

HOW ARE MY RELATIONSHIPS WORKSHEET (page 1)

Are My Relationships Healthy, Unhealthy, and/or Unsafe/Abusive?

Use the worksheet below to see the kinds of relationships you already have and decide on the next steps.

Step One:

Understand the difference between a healthy, unhealthy, or unsafe relationship.

Healthy Relationships

A healthy relationship makes you feel **safe, respected, and supported.**

What it looks like:

- You can be yourself without fear.
- You both listen to each other.
- Disagreements happen, but they are handled calmly.
- There is trust — you do not feel the need to check up on each other constantly.
- You respect each other's boundaries (like privacy, time with friends, or personal space).
- You feel good about yourself when you are with them.



In short: You feel valued and secure.

HOW ARE MY RELATIONSHIPS WORKSHEET (page 2)

Unhealthy Relationships



An unhealthy relationship has **ongoing problems that are not handled well**, but it does not feel dangerous or unsafe. If your relationship is unhealthy, you will need to decide how to make it healthy or that it is not the right relationship for you.

What it looks like:

- Lots of arguing without resolution.
- One person puts the other down or ignores their feelings.
- Poor communication (silent treatment, blaming).
- You often feel stressed, confused, or drained.

In short: Something does not feel right, and your needs are not being met consistently.

Unsafe Relationships

An unsafe relationship goes beyond unhealthy — it involves fear, harm, or control.

What it looks like:

- Physical harm (hitting, pushing, blocking you from leaving).
- Threats or intimidation.
- Extreme control (who you see, what you wear, where you go).



HOW ARE MY RELATIONSHIPS WORKSHEET (page 3)

- Sexual pressure or force.
- You feel scared of how they might react.
- You feel trapped or powerless.

In short: You feel afraid, controlled, or physically/emotionally harmed.

The Key Difference

- **Healthy** = Safe, respectful, supportive.
- **Unhealthy** = Ongoing negative patterns.
- **Unsafe** = Fear, harm, or danger.

If you ever feel unsafe in a relationship, it is important to reach out to someone you trust or a professional support service.

Step Two:

List your friendships and relationships. For each one, decide if it is healthy, unhealthy, or unsafe. Check the box that fits best.

_____	☐ Healthy	☐ Unhealthy	☐ Unsafe
_____	☐ Healthy	☐ Unhealthy	☐ Unsafe
_____	☐ Healthy	☐ Unhealthy	☐ Unsafe
_____	☐ Healthy	☐ Unhealthy	☐ Unsafe

HOW ARE MY SOCIAL RELATIONSHIPS (page 4)

Step Three:

Review your healthy relationships and choose one relationship from step two to decide what you might say to let the person know what you like about your relationship.

My **healthy relationship** is with: _____

What can I do to let them know?

Here is a healthy relationship example:

- My **healthy relationship** is with: *Tiffany*
- What can I do to let them know? *Send her a text saying how important she is to me.*

Review the unhealthy relationships from step two. Choose one unhealthy relationship and decide what you might say to let the person know how you feel.

My **unhealthy relationship** is with: _____

What do I want to do about this relationship?

HOW ARE MY SOCIAL RELATIONSHIPS (page 5)

Review the unsafe relationships and decide what you might do to get the support you need. Usually, if someone is in an unsafe relationship, they need support from others. There are violence prevention agencies that can help.

- National Domestic Violence Hotline 800-799-7233

My **unsafe or abusive** relationship is with: _____

What do I want to do about this relationship?

What to Do if a Relationship is Unsafe

If a relationship feels unsafe:

1. **Talk** to someone you trust about what is happening.
2. **Make a safety plan** to leave or avoid unsafe situations. This plan reminds you of what to do and who to ask for help.
3. **Write down** what happens if you feel safe doing so.
4. **Ask someone you trust** (a family member, support person, or friend) **for help**.

All relationships need work and good communication skills. Sometimes we may decide to work on certain areas in our relationships, or sometimes we may decide to end them. Either way, you get to decide what is right for you.