

Your
**Healthy
Relationship**
Checklist



Welcome

At Life Services, we believe that everyone deserves relationships marked by safety, respect, and love. Whether you're dating, in a committed relationship, or just exploring what's healthy and what's not, this checklist is designed to help you reflect honestly.

It's not about judgment — it's about clarity.

Use this checklist to evaluate how your relationship aligns with foundational principles of emotional, physical, and mental health. It's a simple way to start asking:

“Is this relationship good for me?”

— The Team at Life Services 

THE CHECKLIST

mark every true statement

- I feel safe when I'm with this person—emotionally and physically.
- We can talk openly about feelings, boundaries, and values.
- This person respects my opinions even when they're different.
- I am not pressured into actions or decisions that I don't want.
- We give each other space for friendships, hobbies, and personal time.
- Disagreements don't turn into threats, insults, or silent treatment.
- I feel like myself in this relationship — I don't have to pretend.
- We support each other's goals, faith, and personal growth.
- There's no use of substances or behaviors that make me feel unsafe.
- We share similar values and can respectfully navigate our differences.
- We navigate conflict with respect, and we apologize for our shortcomings.
- I feel safe asking others for help without fear of my partner's reaction.

YOUR RESULTS

count the marks

Count how many statements you checked. Then, use the guide below to reflect on what your total might say about your relationship.

0–4 statements checked:

Your relationship is likely unhealthy. Everyone deserves to feel safe, respected, and supported. If you're seeing patterns of control, fear, or emotional harm, it's important to seek help. It's okay to ask questions about why your relationship scored the way it did; you don't have to figure this out on your own.

5–8 statements checked:

This relationship shows some signs of health, but also some important areas that need some attention. Healthy relationships take intentionality in order to grow. Continue to pay attention to these things and if comfortable, ask your support system (or find one) or a trusted friend for help as you begin to grow your relationship into a healthier version of itself.

9–12 statements checked:

It sounds like you have a strong foundation of mutual trust and respect. That's something to be thankful for. Still, every relationship needs support from a trusted community — no one builds a healthy life alone. Stay connected, keep growing.

NEXT STEPS

community support

If you are experiencing an unplanned or unexpected pregnancy, Life Services is here with you. We offer compassionate medical care and support, for free! We also provide life coaching and counseling for any of our clinic clients and mentor programs and parenting classes to our pregnancy clients. Visit www.lifeservices.org or give us a call at (509) 462-4000 for a privacy-protected conversation about how we can serve you.

If you aren't experiencing a pregnancy, but believe your relationship is not healthy, we encourage you to seek community support to help you navigate it. You don't have to figure it out alone! Although our primary mission is to serve those experiencing an unplanned pregnancy, we still have a free boutique, and abortion healing groups available to the public.

If you are afraid for your safety or have experienced abuse, please don't wait — call 911 immediately. Your safety matters. You're not alone, and help is available.



Life Services is here with you.



Life Services Clinics

SEXUAL HEALTH | PREGNANCY CARE | SUPPORT