

Journal Prompts for a Healthier Relationship

Creating healthy relationships means taking a look at the beliefs, attitudes and rules that you hold about relationships. Understanding that these beliefs are not always healthy and can impact the wellness of your relationship enables you to make the necessary changes to get the relationship you deserve.

When I think about the relationship I have/want, some expectations I have are...

When I am in a relationship, I feel like I am supposed to be these qualities...

Based on my history (family and past relationships) I learnt that in a relationship I should...

Based on my history, I learnt that in a relationship I should NOT ...

I expect my partner to.... I expect my partner to not....

When I look at my previous answers, some themes or patterns I am seeing are...

Here are how some of my beliefs and patterns may impact my partner and the relationship in a healthy way:

Here are how some of my beliefs and patterns may impact my partner and the relationship in an unhealthy way:

One belief/pattern that I would need to shift to have a healthier relationship is...

Here's how I will be accountable to making the change I listed above: