

---

## Healthy Relationships

---

★ Put a check mark (✓) next to any statement that you believe.

### HEALTHY RELATIONSHIP BELIEFS

1. Seek understanding and solutions, not blame.
2. In a healthy close relationship, *anything* can be talked about.
3. The best way to change a relationship is by changing *my* behavior.
4. Creating good relationships is a skill to learn, just like playing a sport.
5. While losing a relationship may be painful, I can mourn and move on.
6. It is better to be alone than in a bad relationship.
7. A good relationship requires effort but is worth it.
8. I need relationships in which both people's needs are respected.
9. I need to cultivate relationships with a few people who really matter.
10. With recovery, I can respect myself more and others will too.
11. Acceptance is the basis of healthy relationships.

### UNHEALTHY RELATIONSHIP BELIEFS

1. I am always wrong; the other person is always right.
  2. I should hide what I really think and feel.
  3. The other person has to change.
  4. Bad relationships are all I can get.
  5. I cannot exist without \_\_\_\_\_.
  6. It is better to be with someone destructive than to be alone.
  7. Good relationships are easy.
  8. I must take care of everyone else first; my needs come last.
  9. I must be liked by everyone.
  10. I have no value to other people.
  11. I am not \_\_\_\_\_ enough for a relationship.
-