



Customizable Relationship Worksheet





All relationships have ups and downs, and every partnership is unique. But a healthy and strong relationship is grounded in some basic characteristics and questions.

Questions to Ask Yourself

- Am I ready? (Is your current lifestyle ready for the commitment?)
- Am I already over my ex and past relationships?
- Do I love myself?
- What worked in my past relationship?
- What kind of relationship am I looking for?
- What characteristics am I looking for in a partner?

Questions to Ask Before Starting a Relationship

- What did not work in past relationships?
- What worked in my past relationships?
- What kind of relationship am I looking for?
- Am I really interested in this person?
- Why do I even want to be in a relationship?

Questions to Ask Before Starting a Relationship

- What kind of person do I want to be with?
- Do we share the same or similar values?
- Qualities that I want my partner to have:
- Does this person bring out the best in me?
- Things I shouldn't say to my partner.
- Things my partner shouldn't say to me.



Have you considered these questions and feel ready to start a new relationship? If so, then go for it! We're all rooting for you.

At [Becoming Well](#), we help relationships blossom and grow into healthy, strong companionship. We provide safe environments to voice your pain and concerns and learn techniques for healing from infidelity and other relational trauma.

TO SET UP A CONSULTATION

Please email:

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Or call: 928-862-2892 to leave a confidential
message.

Book a Calendly Call:

[Book an appointment with us today!](#)