How Safe is Your Relationship?

WORKSHEET

Relationship experts believe that healthy relationships are built on a foundation of safety and trust.

Complete the following:

List some of the things you do to create physical safety in your relationship. Physical safety means freedom from physical harm, the threat of physical harm or withholding physical needs such as housing, money, food, medication, etc.

1.

2.

3.

4.

5.

List some things you do to create emotional safety in your relationship. Emotional safety means an environment where it is safe to express thoughts and feelings openly, and accept your differences without judgment, humiliation or ridicule.

1.

2.

3.

4.

5.

List some of the things you do to create commitment safety in your relationship. Commitment safety means providing support, security and a clear, committed future together – no threats of ending the relationship every time there is a disagreement.

1.

2.

3.

4.

5.