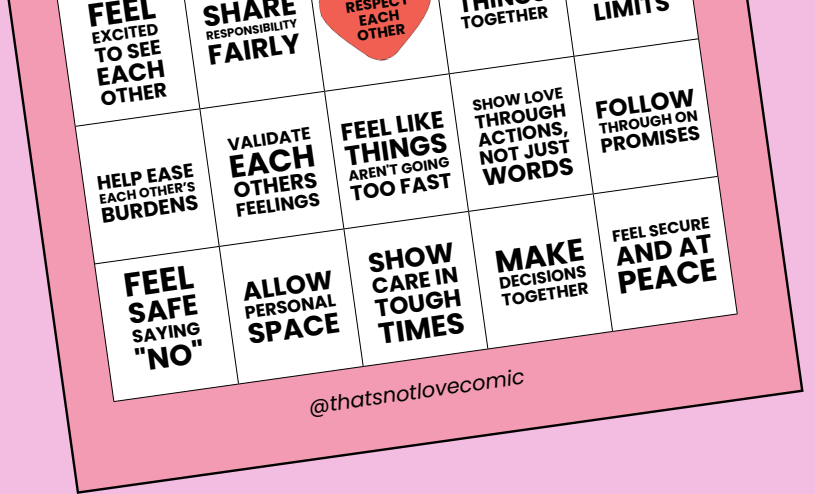
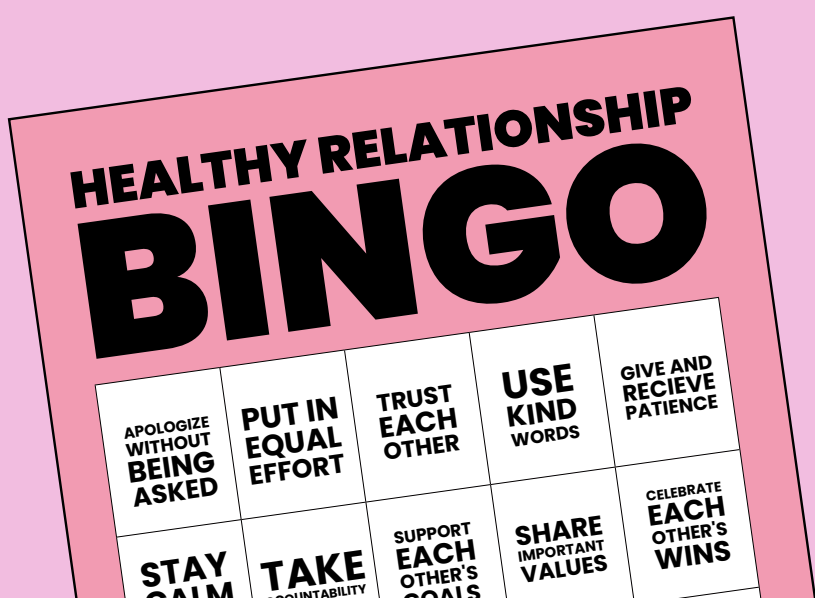




# HEALTHY RELATIONSHIP BINGO INSTRUCTIONS

This bingo card is a way to reflect on your relationship and recognize healthy behaviors. Mark the squares that apply—if you can check off many, it's a sign of a safe and supportive partnership. If some don't fit, it's okay to reflect on what you want and deserve.



**SWIPE TO SEE THE CARD ->**

# DOES YOUR PARTNER...

|                                                                          |                                                                 |                                                                                                                 |                                                                         |                                                                        |
|--------------------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------------------|
| <p>APOLOGIZE<br/>WITHOUT<br/><b>BEING</b><br/>ASKED</p>                  | <p><b>PUT IN</b><br/><b>EQUAL</b><br/><b>EFFORT</b></p>         | <p><b>SHOW</b><br/><b>THEY'RE</b><br/>TRUSTWORTHY</p>                                                           | <p><b>USE</b><br/><b>KIND</b><br/>WORDS</p>                             | <p>GIVE AND<br/>RECIEVE<br/>PATIENCE</p>                               |
| <p><b>SHOW</b><br/>RESPECT<br/><b>DURING</b><br/>ARGUMENTS</p>           | <p><b>TAKE</b><br/>ACCOUNTABILITY<br/>FOR THEIR<br/>ACTIONS</p> | <p>SUPPORT<br/><b>YOUR</b><br/><b>GOALS</b></p>                                                                 | <p><b>SHARE</b><br/>IMPORTANT<br/><b>VALUES</b></p>                     | <p>CELEBRATE<br/><b>EACH</b><br/>OTHER'S<br/><b>WINS</b></p>           |
| <p><b>MAKE</b><br/><b>YOU</b><br/>EXCITED<br/>TO SEE<br/><b>THEM</b></p> | <p><b>SHARE</b><br/>RESPONSIBILITY<br/><b>FAIRLY</b></p>        | <p><br/>RESPECT<br/>YOU</p> | <p>PLAN FUN<br/><b>THINGS</b><br/>TOGETHER</p>                          | <p>RESPECT<br/><b>YOUR</b><br/>BOUNDARIES</p>                          |
| <p>HELP EASE<br/><b>EACH</b><br/>OTHER'S<br/>BURDENS</p>                 | <p>VALIDATE<br/><b>YOUR</b><br/>FEELINGS</p>                    | <p>TAKE THINGS<br/>AT A PACE<br/><b>YOU'RE</b><br/>BOTH OKAY<br/><b>WITH</b></p>                                | <p>SHOW LOVE<br/>THROUGH<br/>ACTIONS,<br/>NOT JUST<br/><b>WORDS</b></p> | <p><b>FOLLOW</b><br/>THROUGH ON<br/>PROMISES</p>                       |
| <p><b>ASK</b><br/><b>FOR</b><br/>CONSENT</p>                             | <p><b>ALLOW</b><br/>PERSONAL<br/><b>SPACE</b></p>               | <p><b>SHOW</b><br/>CARE IN<br/>TOUGH<br/><b>TIMES</b></p>                                                       | <p><b>MAKE</b><br/>DECISIONS<br/>TOGETHER</p>                           | <p><b>MAKE</b><br/>YOU FEEL<br/>SECURE<br/>AND AT<br/><b>PEACE</b></p> |

# IF YOU DIDN'T MARK OFF MANY SQUARES

Your relationship may be missing key aspects of **trust, respect, and support**. Take time to reflect—**do you feel heard, valued, and safe?** If something feels off, reach out to a trusted friend, family member, or counselor.

Furthermore, try our **Unhealthy Relationship Bingo card** and see if any of the squares sound like your relationship.

**SWIPE FOR UNHEALTHY RELATIONSHIP BINGO →**