

HEALTHY RELATIONSHIP BINGO

MARK THE SQUARES THAT APPLY. DOES YOUR PARTNER...

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

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.

IF YOU DIDN'T MARK MUCH: 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. You deserve to be in a relationship where you feel respected and cared for.