

# GROW YOUR HEALTHY RELATIONSHIP CARDS - INDEX & CHECKLIST 1 of 2

AGREEMENT	QUOTE	✓	Rate: 1-5
<b>STAGE 1- The Foundation</b>			
APPRECIATION	"I value you"		
CARING	"What do you need?"		
EQUALITY	"We are equal"		
FAITHFULNESS	"I choose you"		
FREEDOM	"You are free to be you"		
HONESTY	"I will tell you the truth"		
LOVE	"I love you and I cherish you"		
PRESENCE	"I'm here for you"		
RESPECT	"I respect you"		
SAFETY	"I want you to be you, and to speak your truth"		
TRUST	"You can depend on me"		
<b>STAGE 2- Joining Together</b>			
ACCEPTANCE	"I accept you exactly as you are"		
ADAPTATION	"Let's go with the flow"		
ALLIANCE	"You and I can accomplish anything when we do it together"		
COMFORT & REASSURANCE	"It will be alright"		
COMMITMENT	"Let's dive in deeper"		
GROWTH	"I want to grow with you"		
JOINING	"It's about 'us' now; not just about 'me' "		
LOYALTY	"I have your back"		
SHARED VISION	"Let's share our dreams together"		
<b>STAGE 3- Maturity</b>			
BEST FRIENDS	"We're good together"		
FINDING BALANCE	"I can be 'Me' and I can be 'Us' "		
HARMONY	"We're in synch"		
INDIVIDUAL GROWTH	"You help me grow"		
MUTUAL SUPPORT	"Go for it"		
STRENGTH & RESILIENCE	"We have the power!"		
TRUE UNION	"We are one"		
<b>STAGE 4-Reap the Benefits</b>			
CONTENTMENT	"We can relax now; it's time to receive"		
FULFILLMENT	"You meet my deepest needs"		
GRATITUDE	"I am grateful for you"		
I AM LOVE	"You helped me realize that I am a being of love"		
JOY	"Our relationship is a blessing!"		
SELF LOVE	"Our love has helped me to learn to love myself"		
UNCONDITIONAL LOVE	"I love you completely as you are"		
WISDOM	"Let's share what we know"		

# GROW YOUR HEALTHY RELATIONSHIP CARDS - INDEX & CHECKLIST 2 of 2

ESSENTIAL SKILLS	QUOTE	✓	Rate: 1-5
<b>COMMUNICATION CARDS</b>			
CHECK-INS	"How are we doing?"		
COMPROMISE	"Let's meet each other halfway"		
LISTENING/UNDERSTANDING	"Is this what you mean?"		
RESPONDING VS. REACTING	"Let's take a breath"		
SPEAKING FROM OUR HEART	"Let me say that in a kinder way"		
TALK TO ME	"Tell me what you need"		
TO WALK IN YOUR SHOES	"Now I understand"		
USING "I" STATEMENTS	"This is how I feel"		
<b>NOURISHMENT CARDS</b>			
CELEBRATIONS	"Let's remember the special days"		
FUN, PLAY & ADVENTURES	"Let's have fun!"		
GRATITUDE RITUAL	"The ways I appreciate you are ..."		
SEEING YOU	"I see who you are"		
SPECIAL DATES & GETAWAYS	"Can I take you on a date?"		
THE FIVE LOVE LANGUAGES	"Let me show you how I love you"		
<b>WEEDING CARDS</b>			
CALLING UP THE PAST	-		
COMPETITION	-		
CRITICISM, BLAME & SHAME	-		
HAVING TO BE RIGHT	-		
LEAVING/WITHDRAWING	-		
NAME CALLING	-		
POSSESSIVENESS/CONTROL	-		
YOU NEED TO CHANGE	-		
<b>MENDING &amp; REPAIR CARDS</b>			
APOLOGY	"I'm sorry"		
DON'T GO TO BED ANGRY	"Let's work this out now"		
FORGIVENESS	"I forgive you"		
GOOD COMMUNICATION	"Let's talk about it"		
HEALING TOUCH	"Let me hold you"		
MAKING AMENDS	"Let me fix this"		
A NEW APPROACH	"Let's find a new way to resolve this"		
TIME OUT	"Let's take five"		