



# Mental Health Worksheet

by  
DhairyaDa



Is your Love...

## Healthy or Unhealthy?

Place a ✓ next to the things that are a green flag

Trustful

Unsupportive

Resolution focused

Healthy Boundaries

Manipulative

Controlling

Understanding

Encourages growth

Respectful

Dishonest/Lies

Blame Focused

Ignored feelings

Compassionate

Lacking trust

Open Communication

Unfaithful/Disloyal

How do you plan on inculcating **Healthy Love**  
in your relationship?