

SAFETY CHECKLIST

Take some time to fill out the checklist below. For each line in the list below, pick the statement those that love you would say best describes your behavior toward them most of the time.:

<input type="checkbox"/> Calmly expresses thoughts and emotions.	OR	<input type="checkbox"/> Can be aggressive or overly express opinions and emotions.
<input type="checkbox"/> Behaves in a predictable manner.	OR	<input type="checkbox"/> Behaves unpredictably.
<input type="checkbox"/> Is open to the opinions of others.	OR	<input type="checkbox"/> Can be stubborn.
<input type="checkbox"/> Doesn't have hidden agendas.	OR	<input type="checkbox"/> Seems to have an agenda.
<input type="checkbox"/> Is willing to receive feedback.	OR	<input type="checkbox"/> Can get defensive.
<input type="checkbox"/> Works to address conflicts.	OR	<input type="checkbox"/> Avoids conflicts.
<input type="checkbox"/> Speaks to me as an equal.	OR	<input type="checkbox"/> Can be condescending.
<input type="checkbox"/> Tries to see things from my perspective.	OR	<input type="checkbox"/> Can be critical of me.
<input type="checkbox"/> Is patient.	OR	<input type="checkbox"/> Is impatient.
<input type="checkbox"/> Loves me without condition and extends grace.	OR	<input type="checkbox"/> Makes me earn their love.
<input type="checkbox"/> Takes responsibility for their actions.	OR	<input type="checkbox"/> Tends to blame others.
<input type="checkbox"/> Apologizes and tries to change future behavior.	OR	<input type="checkbox"/> Justifies their actions.
<input type="checkbox"/> Puts the interests of others ahead of their own.	OR	<input type="checkbox"/> Can be selfish or insensitive.
<input type="checkbox"/> Listens to and understands me.	OR	<input type="checkbox"/> Interrupts me and answers before listening.
<input type="checkbox"/> Respects and values me.	OR	<input type="checkbox"/> Can be disrespectful to me.
<input type="checkbox"/> Collaborates with me on decisions.	OR	<input type="checkbox"/> Makes decisions without me.
<input type="checkbox"/> Gives me their full attention when we are together.	OR	<input type="checkbox"/> Is distracted by technology and other things.
<input type="checkbox"/> Trusts me and gives me the benefit of the doubt.	OR	<input type="checkbox"/> Focuses on the negative and assumes the worst-case scenarios.
<input type="checkbox"/> Protects me.	OR	<input type="checkbox"/> At times I feel like I have to fend for myself.
<input type="checkbox"/> Makes wise decisions.	OR	<input type="checkbox"/> Can make poor decisions.
<input type="checkbox"/> Has healthy boundaries with others.	OR	<input type="checkbox"/> Has unhealthy boundaries.
<input type="checkbox"/> Prioritizes me over other relationships and things.	OR	<input type="checkbox"/> Is busy and puts other people and things ahead of me.
<input type="checkbox"/> Is vulnerable and honest with me.	OR	<input type="checkbox"/> Can be deceptive and often hides things from me.
<input type="checkbox"/> Maintains confidentiality.	OR	<input type="checkbox"/> Talks to others about our private conversations.