

# Relationship Values

A Guide to Building Meaningful and Healthy Connections

## What Are Relationship Values?

Relationship values are the qualities and principles that matter most to you in a connection. They guide how you communicate, set boundaries, and build trust. Knowing your values helps you create relationships that feel safe, respectful, and aligned.

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## Check-In With Yourself

In relationships, I want to feel:

- Safe
- Respected
- Heard
- Supported
- Understood
- Independent
- Connected

One relationship where I feel most like this:

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## Identify Your Core Values

Circle or check what matters most to you:

- Honesty
- Trust
- Communication
- Respect
- Emotional safety
- Consistency
- Loyalty

- Growth
- Independence
- Kindness
- Other: \_\_\_\_\_

**My top 5 values:**

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## Communication Values

In communication, I value:

How I prefer to communicate:

- Direct and clear
- Gentle and thoughtful
- Open and expressive
- Calm and slow

One communication need I want to express more clearly:

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## Boundaries & Values

*Boundaries help protect your values.*

One boundary that supports my values:

Where I need stronger boundaries:

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## Attachment Awareness

How you connect with others can shape your values and needs.

I tend to:

- Seek closeness and reassurance
- Avoid vulnerability or independence feels safer
- Feel secure and balanced
- Feel unsure or mixed

What I notice about my patterns:

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## Alignment Check

In my current relationships:

What feels aligned with my values:

What feels misaligned:

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## My Relationship Vision

I want relationships that feel like:

The kind of partner/friend I want to be:

One value I will actively practice:

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## Reflection

What did I learn about what matters most to me?

What feels most important moving forward?

What is one small step I can take toward alignment?

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## Notes

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*When your relationships align with your values, they feel more natural, safe, and fulfilling.*

**“Clarity in values creates clarity in relationships.”**

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