



HEALTHY RELATIONSHIPS GUIDE



Build Strong Connections.
Live a Happier Life Together.



Build Trust



Communicate
Better



Show
Respect



Grow
Together

A SELF-HELP WORKBOOK FOR LASTING
LOVE, UNDERSTANDING & HARMONY



Disclaimer



This workbook is designed for education and self-help.



Healthy relationships require mutual respect, trust, communication, and effort from everyone involved.



If you are experiencing abuse, violence, or fear in a relationship, seek immediate support from a trusted person or qualified professional.

"Healthy relationships begin with respect and understanding."





What is a Healthy Relationship?

A healthy relationship helps both people feel:



Safe



Respected



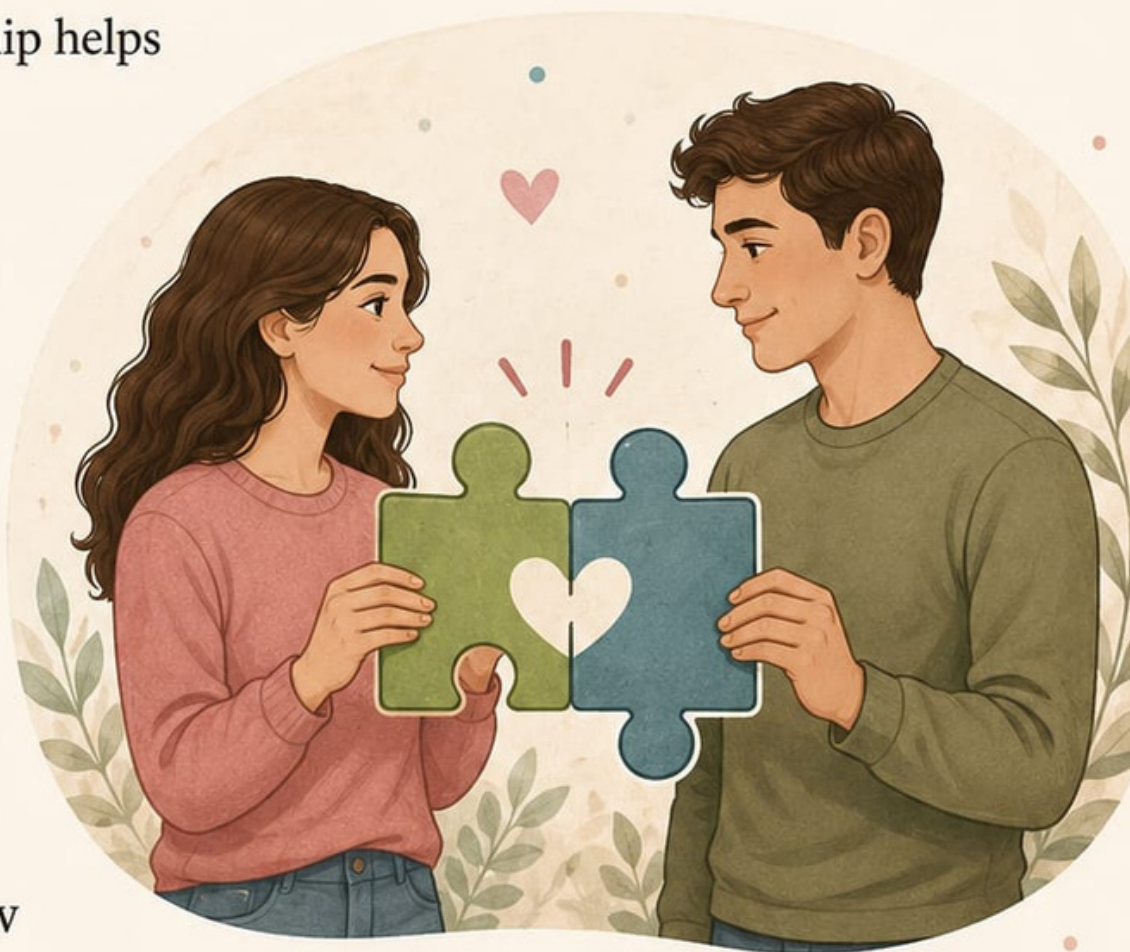
Valued



Heard



Free to grow



Healthy relationships are built on
trust—not control.

Healthy love feels safe, not scary.



What Makes Relationships Strong?

The Foundation Flow



Essential Ingredients



Honesty

Be real with each other.



Kindness

Small acts create big connections.



Listening

Listen to understand, not to reply.



Boundaries

Respect each other's space and limits.



Appreciation

Notice and value the good.



Forgiveness

Let go, learn, and move forward.



“ Strong relationships are not about being perfect. They are about growing *together* with respect and care. ”



Worksheet 1

Relationship Health Check

Tick one answer.

Statement	Never	Sometimes	Often	Always
 I feel respected.	☐	☐	☐	☐
 We communicate openly.	☐	☐	☐	☐
 I feel safe expressing my feelings.	☐	☐	☐	☐
 We solve problems calmly.	☐	☐	☐	☐
 We respect each other's boundaries.	☐	☐	☐	☐
 We appreciate each other.	☐	☐	☐	☐
 I feel emotionally supported.	☐	☐	☐	☐
 I trust this person.	☐	☐	☐	☐

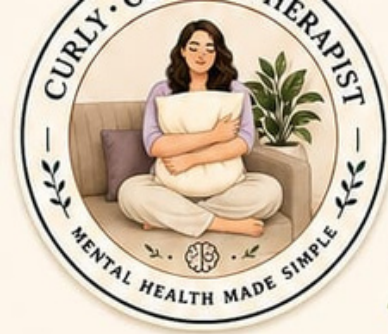
Reflection



♥ Healthy relationships improve with honest communication.

♥ Use this check-in to build stronger, kinder, and happier relationships.





Green & Red Flags

Know the signs. Protect your peace.



Green Flags



Trust

They are honest and reliable. You feel secure with them.



Respect

They value you, your feelings, and your boundaries.



Kind Words

They speak to you with care, kindness, and encouragement.



Honest Communication

You can talk openly and feel heard without fear of judgment.



Personal Space

They respect your independence and give you space to grow.



Shared Decisions

You make important decisions together as a team.



Red Flags



Constant Criticism

They put you down often and make you feel not good enough.



Jealousy

They get jealous easily and don't trust you without reason.



Control

They try to control your choices, actions, or who you talk to.



Lying

They hide the truth or lie to you, even about small things.



Fear

You feel scared, anxious, or walking on eggshells around them.



Emotional Manipulation

They guilt-trip, blame, or twist things to get their way.



Healthy love lifts you up.



Your well-being matters more than anyone's approval.



Healthy relationships make you feel safe, respected, and free to be yourself.
You deserve love that is kind and real.





How Relationships Affect Mental Health



The people we connect with can lift us up or weigh us down.

Choose connection that helps you grow.



POSITIVE RELATIONSHIPS



Confidence

You feel valued, worthy, and capable.



Peace

You feel calm, safe, and secure.



Growth

You feel inspired, motivated, and free to be yourself.



NEGATIVE RELATIONSHIPS



Stress

You feel tense, overwhelmed, and drained.



Anxiety

You feel worried, on edge, and mentally restless.



Low Self-Esteem

You feel unworthy, not good enough, and lose confidence.



Healthy relationships heal.

Unhealthy relationships hurt.

Your mental health matters. Choose wisely.



Surround yourself with people who bring out the best in you.



You deserve relationships that support your peace and happiness.



Protect your mind, your heart, and your future.



Stronger relationships, stronger you.



TALK

Method

Simple steps for healthy communication.

T

Talk honestly.

- Share your thoughts and feelings openly.
- Be real, not perfect.

A

Accept different opinions.

- Everyone sees things differently.
- Respect their point of view.

L

Listen without interrupting.

- Give full attention.
- Listening shows you care.

K

Keep respect alive.

- Use kind words.
- Respect builds trust and keeps love strong.



Good communication creates strong connections.

Communication is not just about talking, it's about understanding each other.



Healthy Communication

♥ Words matter. How we say things builds trust and understanding.

✗ **INSTEAD OF**

“You never understand me.”



SAY ✓

“I feel hurt when I am not heard.”



✗ **INSTEAD OF**

Blaming



CHOOSE ✓

Explaining



REMEMBER ♥



Listen to understand, not to reply.



Speak with kindness and honesty.



Focus on the issue, not the person.



Good communication builds strong connections.



Clear communication creates a stronger, happier relationship.



BUILDING EMOTIONAL SAFETY ♥

Emotional safety means...

- ✓ Feeling safe to be yourself.
- ✓ Sharing your feelings without fear.
- ✓ Knowing your feelings are respected.
- ✓ Being heard without judgment.
- ✓ Trusting the relationship.
- ✓ Feeling supported during hard times.
- ✓ Expressing needs openly.
- ✓ Knowing it's okay to set boundaries.

♥ When we create a safe space for each other, we create a strong relationship.



You deserve to be in relationships where your *heart* feels safe and your *voice* is free.



REFLECTION TIME



♥ What makes you feel emotionally safe in a relationship?

♥ What can you do to create a safer, kinder space for your loved ones?



Emotional safety is the foundation of deep, lasting love.

Build it. Protect it. Cherish it.





STRONG RELATIONSHIPS

Build
STRONG LIVES ♥



♥ When we build healthy relationships, we build a life filled with love, peace and possibilities. ♥



♥ TODAY'S ACTION ♥

- ☐ Appreciate someone. ♥
- ☐ Listen for five minutes without interrupting. ♥
- ☐ Say one genuine compliment. ♥

♥ Strong relationships don't just make us happier—
they help us become our best selves. ♥



CHOOSE RESPECT

Every Day

Instead of ✕



Trying to
win every
argument.



Choose ✓



Trying to
understand.



Instead of ✕



Controlling
the person
you love.



Choose ✓



Supporting
the person
you love.



The strongest relationships
are built on *respect, not perfection.* ♥



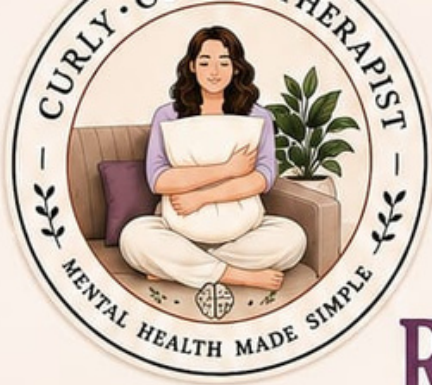
RESPECT BUILDS

- ♥ Trust
- ♥ Safety
- ♥ Understanding
- ♥ Love

TOGETHER WE BUILD A FUTURE

- ♥ With love
- ♥ With patience
- ♥ With respect





7-DAY RELATIONSHIP JOURNAL ♥



Take a few minutes each day to reflect, appreciate, and plan for even stronger relationships.



♥ DAY	★ ONE POSITIVE MOMENT	♥, ONE THING I APPRECIATED	🌱 TOMORROW I WILL...
MON 🌿			
TUE 🌿			
WED 🌿			
THU 🌿			
FRI 🌿			
SAT 🌿			
SUN 🌿			



Small moments, big impact.
Reflect today, grow together tomorrow.

Your relationship is worth the time you invest.





WORKSHEET 2

WHEN SHOULD I SEEK PROFESSIONAL HELP? ♥

Answer **Yes** or **No**.

- | | YES | NO |
|---|--------------------------|--------------------------|
| 1. I feel unsafe. | ☐ | ☐ |
| 2. I am constantly criticized. | ☐ | ☐ |
| 3. I fear expressing myself. | ☐ | ☐ |
| 4. My partner controls my choices. | ☐ | ☐ |
| 5. Arguments often become abusive. | ☐ | ☐ |
| 6. I feel emotionally exhausted. | ☐ | ☐ |
| 7. My relationship affects my work or studies. | ☐ | ☐ |
| 8. I feel isolated from family or friends. | ☐ | ☐ |
| 9. I have lost confidence because of my relationship. | ☐ | ☐ |
| 10. I feel hopeless. | ☐ | ☐ |



GUIDANCE

- 😊 0-2 Yes → Continue building healthy communication.
- 😐 3-5 Yes → Relationship counselling may help.
- 😞 6+ Yes → Professional support is strongly recommended.



If you are experiencing emotional, physical, or sexual abuse,
seek immediate help
 from trusted people, local support services,
 or emergency authorities.



TALK TO
SOMEONE
YOU TRUST

♥ YOU ARE NOT ALONE. ♥

Asking for help is a sign of strength, not weakness.

Your safety and well-being matter.



SUPPORT
IS ALWAYS
AVAILABLE



MY HEALTHY RELATIONSHIP PLAN ♥



Small choices today create stronger, happier relationships tomorrow.



TODAY I WILL...

☐

Listen with patience.

☐

Speak respectfully.

☐

Appreciate someone.

☐

Respect boundaries.

☐

Forgive when appropriate.

☐

Practice kindness.



A healthy relationship
is a garden.
*We plant it together,
we grow it together,
and we protect it
together.* ♥



REMEMBER

Healthy relationships don't happen by chance. ♥

THEY GROW THROUGH



RESPECT



TRUST



COMMUNICATION



CARE



EFFORT



Keep choosing love. Keep choosing respect. Keep growing together. ♥



You deserve a relationship that feels like
peace, home, and happiness.





Our Team

Compassion • Clarity • Growth

Compassionate professionals dedicated to promoting mental well-being and creating meaningful change.



Narender Kumar Vashistha

COUNSELOR | CAREER GUIDANCE EXPERT |
BEHAVIOUR MODIFICATION SPECIALIST

With over 27 years of experience in counseling, behaviour modification, career guidance, and personal development, he helps individuals build resilience, overcome challenges, and achieve meaningful growth.



Nikita Vashistha

FOUNDER | COUNSELING PSYCHOLOGIST

A Counseling Psychologist committed to promoting emotional well-being through evidence-based care, counseling, workshops, and mental health initiatives. She believes in creating safe spaces for healing and growth.



Safia

PSYCHOLOGIST | FREELANCE COUNSELOR |
WELLBEING EDUCATOR | CO-FOUNDER,
CONVOCARE INDIA

A psychologist, wellbeing educator, and mental health advocate passionate about accessible and inclusive mental healthcare. She works towards creating awareness, empowering communities, and reducing stigma.



Curly Couch Therapist

— Compassion • Clarity • Growth —

At Curly Couch Therapist, we believe that mental well-being is the foundation of a healthier and more meaningful life.

Through evidence-based psychological support, self-help resources, counselling, workshops, and mental health education, we strive to empower individuals with the knowledge and skills needed to navigate life's challenges with confidence and resilience.



Inside this book, you'll discover practical insights, evidence-informed strategies, and simple tools to support your emotional well-being and personal growth.

Connect With Us



Email:
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Website:
www.curlycouchtherapist.com



Scan the QR Code

to explore counselling services,
workshops, self-help resources,
and upcoming wellness programs.

*Your journey toward healing,
resilience, and growth begins here.*