UNDERSTAND THE PATTERNS

Supportive Relationship Signals

Healthy relationships are not conflict-free. A useful question is whether both people can express needs, disagree, repair harm, and retain dignity and individuality.

OPTIONAL CHECK-IN - MARK ANYTHING THAT FITS

- [ ] I can disagree without intimidation.
- [ ] My needs are taken seriously.
- [ ] I can keep friendships and interests.
- [ ] Apologies involve responsibility and changed behaviour.
- [ ] My privacy and choices are respected.
- [ ] I feel able to share vulnerability without ridicule.

REFLECT AT YOUR OWN PACE

Which qualities help me feel emotionally safer with someone?

Where do I already experience some of these qualities?

You may skip any prompt. If someone monitors your device or papers, consider whether keeping this worksheet is safe.

Concepts informed by: Durvasula, R. (2023). Dynamics of Narcissistic and Antagonistic Relationships. PESI training materials. | Durvasula, R. (2023). Working with Clients Experiencing NA/ARS: An Antagonism-Informed Treatment Approach. PESI training materials.

UNDERSTAND THE PATTERNS

Supportive Relationship Signals

These questions are for you, not for proving anything to someone else. You can write a few words, discuss them in therapy, or simply think about them.

EXPLORE WHAT MATTERS TO YOU

How do I recognize repair after conflict?

Which relational values matter most to me?

What support would help me develop or sustain reciprocal relationships?

OPTIONAL GENTLE PRACTICE

Identify one relationship, friendship, or community connection in which you feel respected. Notice what makes it different.

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