

Healthy Independence Worksheets

1. Identifying Personal Needs and Values

List your core personal needs that contribute to your sense of well-being and fulfillment, independent of your relationship.

Identify your core values that guide your decisions and actions in life.

2. Boundaries for Healthy Independence

Reflect on the boundaries necessary to maintain your sense of independence within your relationship.

3. Individual Interests and Activities

List personal interests or activities that you enjoy or would like to pursue independently.

Create an action plan for engaging in these interests or activities.

4. Social Independence

Identify steps you can take to maintain or develop your social connections outside of your relationship.

5. Financial Independence

If applicable, outline steps towards achieving or maintaining financial independence.

6. Communicating Independence Needs

Plan how to effectively communicate your needs and plans for healthy independence to your partner.
