

Partner Loyalty Checklist

This checklist is designed to help you reflect on your partner's behavior and the dynamics within your relationship. It is a tool for self-assessment and should not be used as a definitive judgment, but rather as a starting point for open communication with your partner. Answer honestly based on your observations and feelings.

Instructions: For each statement, mark 'Yes' if it generally applies to your partner/relationship, 'No' if it generally does not, or 'Sometimes' if it varies.

Behavior/Trait	Yes	No	Sometimes
Communication & Transparency			
My partner communicates openly and honestly with me.			
My partner is transparent about their activities and whereabouts.			
My partner shares their thoughts and feelings without significant withholding.			
My partner is receptive to discussing difficult topics.			
Support & Prioritization			
My partner consistently makes me and our relationship a priority.			
My partner supports my goals and aspirations.			
My partner defends me and our relationship to others.			
My partner is there for me during challenging times.			
Respect & Boundaries			
My partner respects my personal boundaries and privacy.			
My partner values my opinions and input in decisions.			
My partner does not engage in gaslighting or manipulative behaviors.			
My partner treats me with consistent respect.			
Consistency & Reliability			
My partner's words and actions are consistent.			
My partner follows through on promises and commitments.			
My partner is reliable and dependable.			
Future & Commitment			
My partner includes me in their future plans.			

Behavior/Trait	Yes	No	Sometimes
My partner expresses a clear commitment to our long-term relationship.			
My partner is willing to work through conflicts constructively.			

Interpreting Your Results:

- **Mostly "Yes" answers:** This suggests a strong foundation of loyalty and trust in your relationship. Continue to nurture these qualities through open communication and mutual respect.
- **A mix of "Yes" and "Sometimes" answers:** This indicates areas where loyalty and trust might be present but could be strengthened. These are excellent points for discussion with your partner to understand their perspective and work together on improving these aspects.
- **Several "No" answers:** This may signal significant concerns regarding loyalty and trust in your relationship. It is crucial to address these issues directly and consider seeking professional guidance if necessary.

Remember, this checklist is a guide, not a definitive diagnostic tool. The most important step is to use these insights to initiate honest and empathetic conversations with your partner about your observations and feelings. A healthy relationship thrives on continuous effort, understanding, and a shared commitment to building and maintaining trust and loyalty.