Relationship Deal Breakers

Heathy relationships, especially marriages, are places where you need to feel safe, accepted, and cared for. What makes them possible is clarity about behaviors that are unacceptable. In other words, deal breakers. A deal breaker doesn't necessarily mean the immediate end to your marriage. It does mean that it is a serious threat that must be addressed and dealt with if it does occur.

Directions: List those things that you believe would threaten your sense of safety and security in this relationship. Be specific. Also note whether you have discussed these with your partner and/or you have a clear idea of what actions would be taken if they were to occur.

Behavior	Discussed	Actions