

Name:  
Teacher/Period:






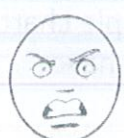






# Relationship Manifesto

Manifesto: (noun) a written statement declaring publicly the intentions, beliefs, or views of its writer

Taking into consideration what you've learned this week, complete this manifesto as a way to plan ahead for your own future dating experiences.

For me, the most important reasons to date are:

A healthy relationship feels like:

 joy	 accepted	 aware	 angry	
 sadness	 rejected	 surprised	 fearful	

When there's conflict in my relationship, I will not:

- Hurt myself
- Hurt my partner
- Stay up all night to argue
- Post about it publicly
- Destroy their property
- Lie about my partner
- Make threats
- Text or call repeatedly

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Two things that my partner and I need to agree on are:

I know someone cares about me when:

When it comes to physical contact, I am okay with:

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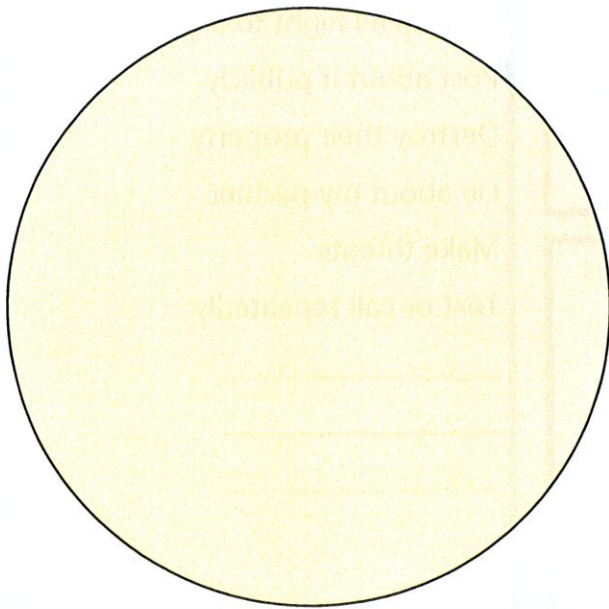
Two coping skills I can use to help me heal and move on after a breakup are:

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My deal breakers are:

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We all have to balance different parts of our lives. On this pie chart, indicate and label how much time and effort you dedicate to all the responsibilities you have:



How much time are you willing to give to your dating relationship? Indicate where your relationship would fit in with all the responsibilities you have:

