



Relationship Skills Workbook

Learn how to communicate effectively,
manage conflicts respectfully, and set
healthy boundaries.

Name _____

Date _____





Activity I: Communication Check-In

Instructions:

Think about your recent conversations with friends, family, or a partner.

Rate yourself from 1-5:

Statement	Rating
I listen without interrupting.	① ② ③ ④ ⑤
I express my feelings clearly.	① ② ③ ④ ⑤
I avoid assuming what others mean.	① ② ③ ④ ⑤
I ask questions when I don't understand.	① ② ③ ④ ⑤
I communicate respectfully during disagreements.	① ② ③ ④ ⑤

Reflection:

What is one communication skill you would like to improve?





Activity 2: "What I Say vs What I Mean"

People often communicate indirectly.

Match the hidden feeling behind the statement:

Statement

Possible Feeling

"Forget it, it's fine."

Hurt

"Do whatever you want."

Frustration

"Nothing is wrong."

Feeling ignored

"You never listen to me."

Disappointment

Reflection:

Have you ever said something different from what you actually felt? Why?





Activity 3: I-Statements Practice

Replace blaming statements with "I" statements.

Example:

"You never call me."

→ "I feel disconnected when we don't talk regularly."

Now Try These:

1. "You always ignore my messages."

→ _____

2. "You don't care about me."

→ _____

3. "You ruined our plans."

→ _____





Activity 4: Conflict Resolution Scenario

Scenario

You planned to meet a friend. They cancelled at the last minute without explanation.

Answer:

1. What emotions might you feel?

2. What assumptions might you make?

3. How can you respond respectfully?

4. What would escalate the conflict?





Activity 6: Relationship Values Exercise

Choose your top 5 relationship values:

Trust

Respect

Loyalty

Communication

Honesty

Independence

Empathy

Support

Kindness

Trust

Reflection:

Why are these values important to you?





Final Reflection

Three Things I Learned

1. _____

2. _____

3. _____

One Skill I Will Practice This Week

One Boundary I Need To Strengthen





Healthy relationships are built through communication, respect, understanding, and boundaries. These skills take practice, and every small step toward healthier interactions creates stronger and more meaningful connections.

“Relationships grow when communication is clear, conflicts are handled respectfully, and boundaries are honored.”

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