CHECKLIST · RELATIONSHIP

FREE PREVIEW

Managing Relationship Anxiety



Overcoming relationship anxiety improves emotional security and strengthens bonds. Use this checklist to navigate anxious feelings in your relationships.

10 steps | Print-ready A4

NAME	START	TARGET DATE

1 Recognize Triggers

Identify situations or thoughts that cause anxiety in your relationships.

TIP *Keep a journal to track patterns and gain clarity about your triggers.*

2 Communicate Openly

Share your feelings and concerns with your partner or trusted friends.

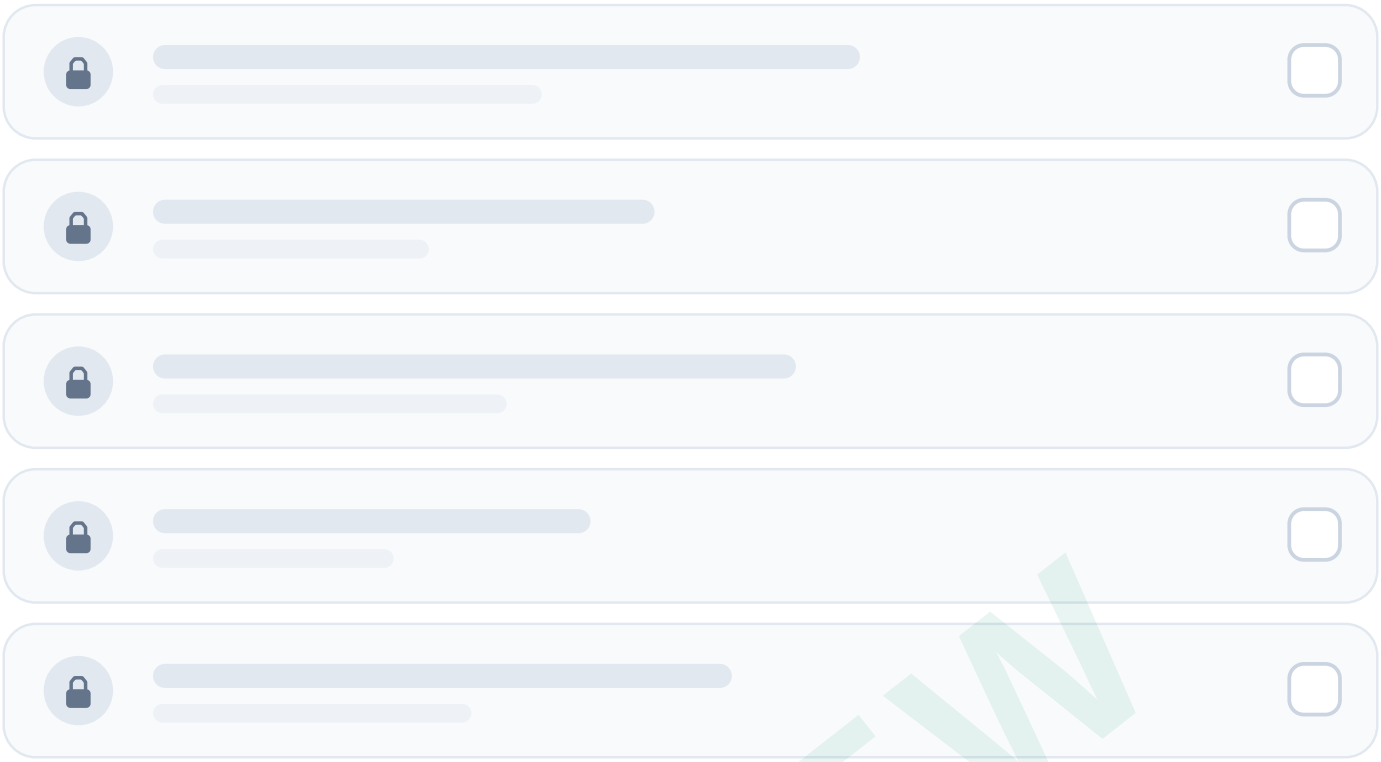
EXAMPLE *“I’ve been feeling anxious about how I communicated earlier—can we talk about it?”*

3 Practice Self-Compassion

Avoid being overly critical of yourself when anxiety arises.

TIP *Use affirmations like, “It’s okay to feel this way—I’m working on improving.”*

PREVIEW



Like the design?

Get the full version: every step with examples and tips, a reflection page, no watermark.

Get the full version

PREVIEW