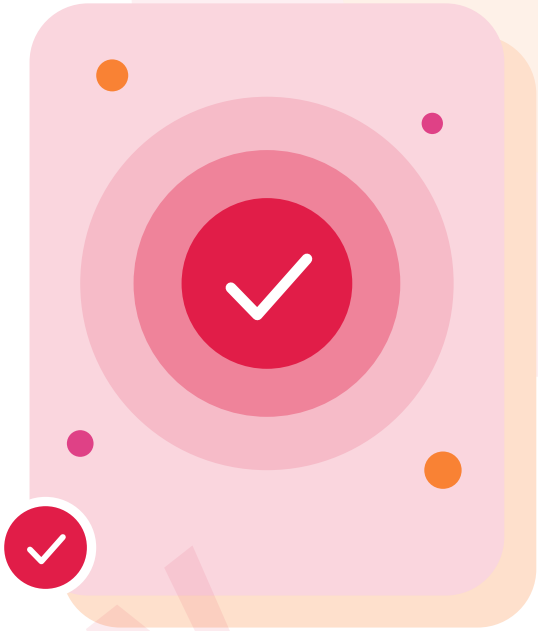
CHECKLIST · RELATIONSHIP

FREE PREVIEW

Practicing Unconditional Acceptance



Unconditional acceptance fosters emotional safety and strengthens relationships. Use this checklist to embrace your partner fully.

10 steps | Print-ready A4

NAME _____ START _____ TARGET DATE _____

1 **Acknowledge Differences**

Recognize and respect areas where you and your partner may differ.

TIP *Celebrate how these differences add depth to your relationship.*

2 **Reframe Criticism into Curiosity**

Replace judgments with questions to understand your partner better.

EXAMPLE *Instead of "Why do you always do that?" try, "What makes this important to you?"*

3 **Let Go of Unrealistic Expectations**

Accept that no one is perfect and that flaws are part of being human.

TIP *Focus on your partner's strengths rather than their shortcomings.*

PREVIEW



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PREVIEW