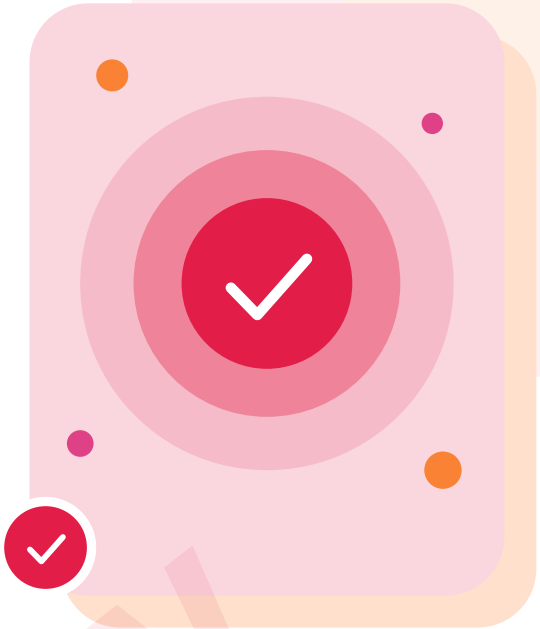
CHECKLIST · RELATIONSHIP

FREE PREVIEW

Navigating Relationship Transitions



Transitions like moving in together or having a child can test relationships. Use this checklist to navigate changes successfully.

10 steps | Print-ready A4

NAME _____ START _____ TARGET DATE _____

1 Discuss Expectations Early

Share what you hope to achieve or experience during the transition.

EXAMPLE *"I'd like to divide household tasks equally when we move in together."*

2 Create a Plan for the Change

Outline steps to manage the transition effectively.

TIP *Use a timeline or checklist to stay organized.*

3 Acknowledge Each Other's Emotions

Validate feelings of excitement, stress, or fear about the change.

TIP *Say, "I understand this is overwhelming, and I'm here to support you."*

PREVIEW



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PREVIEW