Choose Healthy Romantic Relationships

A 3-Week Course

WEEK 1 | Rewriting Your Love Map

1 Understanding Your Love Map

Early experiences of being spoken to, comforted, and respected can create an emotional blueprint. This “love map” shapes what you believe you deserve, how you expect to be treated, and how you treat others. If it included criticism, unpredictability, or emotional neglect, you can begin to redraw it.



A HEALTHY ROMANTIC PARTNER

- Respects your boundaries and emotions
- Communicates with empathy and honesty
- Encourages growth and individuality
- Listens without fixing or belittling you
- Shows consistency in actions and words
- Values you as worthy of love as you are

2 Write a Letter to Your Future Partner

Describe the person you hope to share your life with.

Focus on how they make you feel, not only who they are.

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WEEK 1 | Reflection & Growth

3 Explore the Patterns You Want to Change

My green flags

List at least 5 traits or behaviours that signal emotional safety, respect, and kindness.

My relationship role models

Name a real or fictional relationship you admire. What feels healthy or supportive?

Rewrite an inner message

Write a hurtful message (e.g., “I’ll never be loved”) and a compassionate, realistic truth. Practise it daily for a week.

Define my boundaries

List 3 behaviours that feel unsafe or disrespectful, and how you would respond to protect yourself.

Check in with my body

Think of someone who feels calm, safe, or happy to be around. What sensations do you notice?

4 Name the Red Flags

- Criticizing or mocking your emotions
- Avoiding accountability or blaming
- Unpredictability or manipulation
- Disrespecting time, values, or boundaries
- Making you feel less than or not enough
- Rushing intimacy or ignoring your pace

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WEEK 2 | When Desire Clouds Discernment

1 Make Space for Your Own Signals

Longing to be loved and connected can overshadow your warning system. You may notice a red flag yet hope it is “not that bad,” or believe you can fix or overlook it. Earlier neglect or shame can make approval feel especially important, even at the expense of emotional safety.



Red flags do not always scream.

Sometimes they whisper.

The goal is not a perfect partner. It is learning to notice your feelings and check in when something does not sit right.

2 Create Your Red Flag Radar



JOURNAL

Will I record interactions and how I felt afterward?



TALK IT THROUGH

Will I reflect with a trusted friend or therapist every few weeks?



TRACK PATTERNS

What small behaviours do not align with my values?



NOTICE EARLY SIGNS

What feels off in my body, emotions, or thoughts?

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WEEK 2 | Build a Check In Rhythm

3 My Red Flag Radar Notes

Use this after an interaction. Look for patterns and concerns without judging yourself.

Situation / interaction	What I noticed	How I felt in my body	Possible red flag	What I want to do next

4 Pause, Review & Choose



Pause and reflect

Notice your thoughts, feelings, and body before moving forward.



Review your notes

Look back at recent interactions for recurring themes or concerns.



Look for patterns

Notice repeated behaviour that conflicts with your values.



Honour what feels off

Take concerns seriously. Seek support when needed.

My check-in rhythm: ☐ Weekly ☐ Monthly ☐ After key experiences

My next step: _____

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WEEK 3 | Understanding Love Languages

1 Explore How You Give & Receive Love

People feel loved and emotionally connected in different ways. Gary Chapman’s five “love languages” offer prompts for discussing those preferences. Knowing what matters to you and asking what matters to a partner can support clearer communication.



Being loved well starts with being understood.

WORDS OF AFFIRMATION
Verbal appreciation or encouragement.

ACTS OF SERVICE
Thoughtful, practical help.

RECEIVING GIFTS
Thoughtful or meaningful presents.

QUALITY TIME
Undivided attention or shared experiences.

PHYSICAL TOUCH
Wanted physical closeness, hugs, or gentle affection.

Preferences can shift over time and between relationships. Notice what helps each person feel seen and valued, and explore more than one way of showing care.

Use this as a conversation framework, not a fixed type or a compatibility test.

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WEEK 3 | My Love Language Reflections

2 Understand Your Needs & Communicate Them

1. How do I most naturally receive love?

Which ways of being cared for matter most? Recall a time you felt appreciated: what did someone do or say?

2. How do I most naturally express love?

What patterns do I notice in how I show affection and care?

3. What do I want a future partner to understand?

Are any ways of giving or receiving love uncomfortable or unfamiliar? Why might that be?

4. One kind, clear sentence to communicate my needs

What could I say or ask for to help a future partner understand and support me emotionally?