



# My Valentine Check List

## what I love about you

- you smell nice
- your smile
- you make me laugh
- you laugh at my jokes
- you tell me when I have food in my teeth
- you listen
- you remember my birthday
- you forgive me when I forget your birthday
- we do things together
- you give me time alone when I need it
- you're patient with me
- you encourage me
- I can trust you
- you trust me
- you spend time with my friends and family
- you let me spend time with your friends and family
- you're not extremely jealous or possessive
- you don't hurt me
- you're not controlling
- we make decisions together
- you respect me
- you earn and expect my respect
- our relationship is healthy

Happy Valentine's Day



*Domestic and Sexual Abuse*  
**Resource Center Crisis Line**  
Helping Services **800-383-2988**

The Resource Center is here for those not in a healthy relationship. We help survivors of abuse get back on their feet and feel safe again.

[helpingservices.org](http://helpingservices.org)