



EQUIPPED

mental health training & tools for young adults

Healthy Relationships 101

Workbook



Canadian Mental
Health Association
Calgary
Mental health for all



Acknowledgements

Land Acknowledgement

In the spirit of reconciliation, we acknowledge that we live, work and play on the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani), the Tsuut'ina, the Chiniki, Bearspaw, and Goodstoney First Nations, most commonly known as the Stoney Nakoda Nations, the Métis Nation (Districts 5 and 6), and all people who make their homes in the Treaty 7 region of Southern Alberta. This Land Acknowledgement reminds us of the histories that precede us, highlights our responsibilities going forward, and helps bring us together on a shared journey of Truth and Reconciliation.



Canadian Mental Health Association – Calgary Region

Canadian Mental Health Association – Calgary Region (CMHA Calgary) builds awareness and provides education and support for individuals and families living with mental health or substance use concerns, and a loss by suicide. CMHA Calgary works closely with other community organizations to bridge gaps in mental health care system and facilitates access to important services and resources.

YouthSMART

CMHA Calgary's YouthSMART (Youth Supporting Mental Health And Resiliency Together) integrates collaborative, youth-led mental health learning opportunities in local junior and senior high schools. YouthSMART knows that students are incredibly influential amongst their peers, within their schools, families, and communities. As such, YouthSMART values youth as peer contributors, actively involved in the programming and opportunities that directly impact their wellness, and works with SMART School Leaders to transform the culture of their school surrounding mental health. For more information about CMHA Calgary's YouthSMART, check out YouthSMART.ca.

EQUIPPED

EQUIPPED offers mental health training and tools for young adults. It builds on the basic concepts taught in YouthSMART, but expands knowledge for a slightly older audience of emerging adults ages 16 to 24. The program is an online, self-directed mental health education platform that offers a variety of courses. The EQUIPPED name indicates that these educational courses will help to equip a young person with foundational mental health concepts and the skills necessary to practice self-care.



How to Use this Workbook

Emerging adults are dealing with a unique balance of stress due to many life changes. Throughout this period, emerging adults may experience the following challenges: pursuit of educational or career goals, moving out of childhood home, establishing financial independence, establishing new relationships, and developing their sense of identity (who they will be).

The aim of this workbook is to equip you with mental health knowledge and skills to understand the things you can do to help support your mental health. This workbook is primarily designed for those who are 16 to 24, also known as emerging adults.

This workbook was designed alongside the online module *Healthy Relationships 101*, available at equipped.youthsmart.ca. Although it can be used independently, you may wish to check out the online module for additional information and resources.

Materials needed:

There is not much required for this workbook other than an open mind and some curiosity. A pen and coloured pencils would be helpful.

If you don't have access to a printer, recreate the activities on any blank paper.

What Do I Value in My Relationships?

Our values serve as the guiding principles that shape how we live, make decisions, and interact with others. In relationships – whether friendships, romantic partnerships, or family connections – values play a crucial role in fostering trust, respect, and emotional safety.

When our relationships align with our core values, we tend to feel more connected, supported, and understood.

This worksheet will help you reflect on the values that are most important to you in relationships and recognize how these values show up (or don't) in your current relationships.

Identifying Your Values:

Circle what you value most in relationships. Think about what makes you feel safe, respected, and understood.

HONESTY

KINDNESS

FUN

VULNERABILITY

LOYALTY

COMMUNICATION

INDEPENDENCE

GROWTH

SHARED INTERESTS

FRIENDSHIP

RESPECT

POSITIVITY

SIMPLICITY

PATIENCE

RESPONSIBILITY

ADD YOUR OWN HERE:

Why are these values important to you?

Assessing Your Current Relationships:

Choose 1-3 important relationships in your life. For each one, answer the following:

RELATIONSHIP 1:

RELATIONSHIP 2:

RELATIONSHIP 3:

- Which of my top values are present in this relationship?
- Are there any values I feel are missing or not respected?
- How does this relationship make me feel?
 - Respected, safe, supported, fulfilled, drained, conflicted, confused, other
- What might I want to change or communicate in your relationship to better align with my values?

Understanding Yourself in Relationships

Before you can build strong, respectful, and fulfilling relationships with others, it helps to first understand yourself, including your identity, experiences, and the things that have shaped how you think, feel, and connect.

Part 1: Who Am I?

Write or draw the parts of your identity that feel important to you.

This can include your gender, culture, religion, race, age, abilities, passion, roles, etc.

What are 3 words you would use to describe yourself?

What do you love or appreciate most about yourself?

Your strengths, values, skills, etc.

Part 2: Influences and Experiences

What messages did you hear growing up about relationships (*family, romantic, or friendships*)?

What have you learned about a relationship that you want to keep?

What have you learned that you want to leave behind?

Understanding Yourself in Relationships

Part 3: Showing Up as Your Best Self

What does “being your best self” in a relationship look like to you?

What supports you in being your best self?

Examples may include boundaries, rest, and honest communication.

What's one thing you want to remember about yourself as you connect with others?

Relationship Audit

Whether you are reflecting on a current relationship or processing a past one, this worksheet can help you step back and notice patterns, good or bad. Use it to gain insight, spot red or green flags, and make decisions that support your emotional and mental health.

Green Flags – Healthy Relationship Signs

- I feel safe being myself
- My boundaries are respected
- We can talk honestly, even about hard things
- I am supported in my goals and interests
- There is trust between us
- I can say “no” without guilt or fear
- Conflict is handled with care and respect
- They take responsibility for their actions
- I feel appreciated and valued
- I can grow in this relationship

Red Flag – Warning Signs

- I often feel anxious, unsafe, or drained
- My boundaries are ignored or challenged
- I feel manipulated, guilted, or controlled
- I can't be honest without fear of consequences
- They make me feel small or “less than”
- Apologies are rare or insincere
- I feel isolated from friends, family, or support
- They dismiss my feelings or experiences
- There is lying, jealousy, or possessiveness
- I feel like I have to shrink or hide parts of myself

Reflection:

How does this relationship make you feel?

How can you address the red flags? How can you encourage the green flags?

Remember, all relationships have ups and downs. Use this relationship audit to help you determine if the challenges are part of a larger problem and to understand if this relationship still meets your needs.

Communication and Conflict Resolution

Conflict is a natural part of any relationship. What matters is how we handle it. This worksheet helps prepare you for difficult conversations, reflect on your communication habits, and practice conflict resolution skills that support healthier relationships.

Part 1: Know Your Communication Style

What's one communication habit I'm proud of?

When conflict comes up, I tend to...

- Avoid it and hope it goes away
- Get defensive or shut down
- Try to smooth things over, even if I'm upset
- Blame or raise my voice
- Listen and try to understand
- Express how I feel directly and calmly
- Other: _____

What's one habit I'd like to improve?

Part 2: Preparing for Difficult Conversations

Think of a conversation you need to have, or a past one you are still processing.

What is/was the core issue? (try to focus on your needs, not just the other person's behaviour)

What do you want the other person to understand?

How do you want to feel during and after the conversation?

- Heard
- Calm
- Respected
- Understood
- Clear
- Other: _____

Communication and Conflict Resolution

Part 3: Communicate Clearly

Communicating means expressing your thoughts, feelings, and needs in a direct but respectful way. It helps others understand where you're coming from and reduces the chance of confusion or misinterpretation.

When things get tense, try to:

- Take a breath before reacting
- Use “I” statements instead of blame
- Stay curious instead of assuming
- Pause the conversation if needed
- Focus on solutions, not winning
- Recognize when a conversation is going nowhere

My Boundaries Map

Boundaries help protect your energy, values, safety, and emotional well-being. They define what's okay and what's not okay in your relationships. Everyone's boundaries are different. This worksheet helps you identify where you stand, how you respond when a boundary is crossed, and how you can communicate your needs more clearly.

Mapping Your Boundaries

Think about the different areas of your life. For each category below, list examples of boundaries that are:

- Firm:** Non-negotiable, these must be respected.
- Flexible:** Depends on the situation or relationship.
- Unsure:** Still figuring it out

***(Add your own categories if needed!)

Category	Firm	Flexible	Unsure
Physical Space	e.g., "I don't like being touched without consent"	e.g., "I'm okay with hugs from close friends"	e.g., "Not sure how I feel about public affection"
Time & Energy			
Emotional Safety			
Communication			
Digital Boundaries			
Intimacy			
Cultural/Spiritual			

My Boundaries Map

Recognizing when a boundary is crossed

What are some signs that someone has crossed your boundary?

Examples include tight chest, shutting down, irritability, avoiding someone, and anxiety.

How do you usually respond when a boundary is crossed?

- Speak up right away
- Freeze or shut down
- Withdraw from the person
- Try to smooth things over
- Feel guilty for saying anything
- Other: _____

Communicating Your Boundaries

Clear communication helps others understand what you need. Practice writing or saying your boundaries in a kind but firm way.

Try: "I feel _____ when _____. I need ____."

Example:

- "I feel overwhelmed when you show up unannounced. I need you to check in with me first."
- "I feel uncomfortable when jokes are made about my identity. I need that to stop."

Practice writing boundary statements for a real or potential situation in your life



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My Relationship Goals

This worksheet will help you set personal goals for nurturing relationships that are respectful, supportive, and aligned with your values. Use it to reflect, set intentions, and create a plan for growing healthier connections.

Reflect on Where You Are Now

What does a healthy relationship mean to you?

Think about how you want to feel, how you want to be treated, and how you want to treat others.

What have you learned recently about yourself in relationships?

This could relate to your values, boundaries, needs, or communication.

Set Your Intentions

What relationship goals do you want to work on this year?

- Communicating more honestly and calmly
- Setting and holding boundaries
- Being more present with people I care about
- Letting go of relationships that no longer serve me
- Building connections that reflect my values
- Getting clearer on what I want from relationships
- Learning how to handle conflict with care
- Other: _____

My Relationship Goals

Plan Your Growth

Focus Area	What I Want to Work On	How I'll Practice This
Communication	e.g., Speak up instead of avoiding conflict	Use “I” statements in tough conversations
Boundaries	e.g., Say no without guilt	Practice saying “no” kindly but firmly
Values	e.g., Surround myself with people who share my core values	Reflect on red/green flags in relationships
Knowing Myself	e.g., Get clearer on what I need in a partner or friend	Journal weekly about how I feel in my relationships

My Relationship Goals

Who Can Support You?

A friend who encourages me: _____

A professional (therapist, coach, etc.): _____

A community or group I feel safe in: _____

Accountability buddy or check-in partner: _____

Other support or resources: _____