



# THE CONSCIENCE CHECK-UP

The conscience is one of the most important areas to pay attention to when getting to know a partner, and a poor conscience can really wreak havoc on a committed relationship. Unfortunately it's not always so easy to figure out whether someone has a good conscience or not, so here's a handy guide that outlines some signs of an unhealthy vs healthy conscience.

## UNHEALTHY

VS

## HEALTHY

Ego-centric. Basically this means that he/she always thinks about how things will impact him or her.

Never really meets the needs of other people unless he/she is prompted or reminded to do so.

Wants others and you to give more to him/her than he or she is willing to give.

Tends to be unconcerned with actions when there is no threat of being caught.

Thoughtless when emotional, which means he/she can be hurtful when emotional.

Focuses more on immediate situations vs the big picture when acting, speaking and making decisions.

Never apologizes.

Always defensive when you have a concern or complaint.

Thinks about other people's feelings and perspectives, not just his/her own.

Initiates things that meet other people's needs, not just his or her own.

Wants and lives out a balance between what he/she gives and what he/she expects you to give.

Works to be consistent in how he/she acts whether anyone is watching, or there is any consequences.

Thinks before he/she speaks, especially when upset.

Thinks about the context and consequences of his or her actions when speaking, acting and making decisions.

Apologizes when wrong

Tries to be open to your criticisms and suggestions.