

QUIZ: IS MY RELATIONSHIP HURTING ME?

Everyone deserves to be safe and healthy in their relationships. This means being able to make your own choices about your life and health. An abusive relationship may be harmful to your health. Take this quiz to find out if your health has been affected by your relationship.

Answer yes or no to the following questions. Think about how you have felt since you started dating the person you are with.

Since our relationship began, have I:

- Felt guilty or bad about yourself because of something that happened between you and your partner?
- Felt nervous or worried often without knowing why?
- Felt “out of control” when I was around my partner?
- Felt sad and worthless after something that happened in our relationship? Had a hard time doing things that were easy to do before, like talking with friends, going to school, or doing chores because of my sadness?
- Had body pains, such as stomachaches or headaches, when I thought about things that happened in our relationship?
- Had nightmares about something my partner did?
- Stopped enjoying the company of family and friends, preferring instead to be alone or just with my partner? Stopped enjoying activities that I used to like?
- Used smoking, alcohol, or drugs to handle what was happening in our relationship?
- Used alcohol or drugs because my partner threatened or forced me to?
- Tried to control my weight using laxatives or diet pills because my partner wanted me to lose weight? Tried to control my weight using laxatives or diet pills to handle what was happening in our relationship?
- Gone to the emergency room for something in your relationship?
- Worried that I was pregnant or had an STI from not being able to use condoms or birth control with my partner?
- Felt at any time that my sex-life was out of my control?
- Considered or attempted suicide?

What Can I Do?

If you answered yes to any of these questions, you may be in a relationship that is putting your health at risk. You may be more likely to be injured, be affected by STI's, experience emotional stress, or consider suicide. Make your health a priority. Break the Cycle can help you figure out your options and make sure you have the support you need.

**You have the right to a safe and healthy relationship...
free from violence and free from fear.**