



Empowering Youth to End Domestic Violence

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Quiz: Am I Hurting My Partner?

Physical and sexual violence aren't the only types of abuse. You could be harming your partner in verbal or emotional ways, like through name calling, put-downs, isolation and other types of control. You may not realize it, but some of your actions may be hurtful or even abusive.

Is your behavior hurting your partner? Answer yes or no to the following questions to find out. Make sure to circle your responses. At the end you'll find out how to score your answers.

- Do I: Circle One
1. Forget to thank my partner when he/she does something nice for me? Yes No
2. Ignore my partner's calls if I don't feel like talking? Yes No
3. Get jealous when my partner makes a new friend? Yes No
4. Have trouble making time to listen to my partner when something is bothering them? Yes No
5. Discourage my partner from trying something new or joining a new club? Yes No
6. Call, text or drive by my partner's house a lot? Yes No
7. Get upset when my partner wants to hang out with his/her friends or family? Yes No
8. Make fun of my partner or call my partner names? Yes No
9. Criticize my partner for their taste in music or clothing? Yes No
10. Make fun of my partner's appearance? Yes No
11. Accuse my partner of flirting or cheating even if I'm not sure that's what happened? Yes No
12. Take out my frustrations on my partner, like snapping at them or giving them attitude? Yes No
13. Throw things if I'm mad at my partner or do things like hit walls or drive dangerously? Yes No
14. Read my partner's mail/email or go through their personal things, like wallet or purse? Yes No
15. Tell my partner they are the reason for my bad mood even if they are not? Yes No
16. Try to make my partner feel guilty about things they have no control over? Yes No
17. Sometimes say things to my partner knowing that they will be hurtful? Yes No
18. Make my partner feel bad about something nice they did for me that I didn't like, even though I know they tried their best? Yes No
19. Talk down to or embarrass my partner in front of others? Yes No
20. Have sex with my partner even if I think they don't want to go that far? Yes No

Scoring:

Give yourself 1 point for every “Yes” you answered to numbers 1-4 and 5 points for all “Yes” answers to numbers 5-20. Don’t give yourself any points for any “No” answers.

Now that you’re finished and have your score, the next step is to find out what your score means. Simply take your total score and see which of the boxes below applies to you.

Score: 0 points

If you got 0 points, congratulations! It sounds like you’re very mindful of your actions and respectful of your partner’s feelings—these are the building blocks to a healthy relationship. Keeping things on a good track takes some work so keep at it! As long as you and your partner continue to work at it, your relationship should keep growing in a healthy direction.

Score: 1-2 points

If you scored 1-2 points, there may be a couple of things in your relationship that could use a little attention. Nobody is perfect in a relationship in everything they say or do. But it is important that we be as mindful as possible of our actions, to make sure that we’re not hurting our partners and relationships. Be aware of each other’s feelings by always keeping the communication flowing. Read up on how to create a healthy relationship!

Score: 3-4 points

If you scored 3-4 points, it’s possible that some of your actions may hurt your partner and possibly affect your relationship. While the behaviors may not necessarily be abusive, they can worsen over time if you don’t stop them and correct them now. You and your partner deserve to be in a healthy relationship. Make sure you’re doing your part to ensure you’re both in a safe and happy place. Read about the different types of abuse, so that you can keep your relationship abuse free.

Score: 5 points or more

If you scored 5 points or more, there may be signs of real abuse in your actions. You may not realize it, but your behaviors can be damaging your partner and creating an abusive relationship that may be hard to undo. The first step to ending these behaviors is becoming aware of them and admitting that they are wrong. It’s important to take responsibility for the problem and get help to end it. Changing abusive behaviors can be a long and hard process so it’s important that you get help to work through it. Contact Break the Cycle for more information on how to get help.

For more information or to find help, call us at 888.988.TEEN, or visit thesafespace.org.

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