

QUIZ: IS YOUR RELATIONSHIP HEALTHY?

Everyone deserves to be in a safe and healthy relationship. Do you know if your relationship is as healthy as you deserve? Answer "yes" or "no" to the following statements to find out! Make sure to circle your responses. At the end you'll find out how to score your answers.

The person I am with:

Circle One

- | | | |
|---|-----|----|
| 1. Is very supportive of things that I do. | Yes | No |
| 2. Encourages me to try new things. | Yes | No |
| 3. Likes to listen when I have something on my mind. | Yes | No |
| 4. Understands that I have my own life too. | Yes | No |
| 5. Is not liked very well by my friends. | Yes | No |
| 6. Says I'm too involved in different activities. | Yes | No |
| 7. Texts me or calls me all the time. | Yes | No |
| 8. Thinks I spend too much time trying to look nice. | Yes | No |
| 9. Gets extremely jealous or possessive. | Yes | No |
| 10. Accuses me of flirting or cheating. | Yes | No |
| 11. Constantly checks up on me or makes me check in. | Yes | No |
| 12. Controls what I wear or how I look. | Yes | No |
| 13. Tries to control what I do and who I see. | Yes | No |
| 14. Tries to keep me from seeing or talking to my family and friends. | Yes | No |
| 15. Has big mood swings - gets angry and yells at me one minute, and the next minute is sweet and apologetic. | Yes | No |
| 16. Makes me feel nervous or like I'm "walking on eggshells." | Yes | No |
| 17. Puts me down, calls me names or criticizes me. | Yes | No |
| 18. Makes me feel like I can't do anything right or blames me for problems. | Yes | No |
| 19. Makes me feel like no one else would want me. | Yes | No |
| 20. Threatens to hurt me, my friends or family. | Yes | No |
| 21. Threatens to hurt him or herself because of me. | Yes | No |
| 22. Threatens to destroy my things. | Yes | No |
| 23. Grabs, pushes, shoves, chokes, punches, slaps, holds me down, throws things or hurts me in some way. | Yes | No |
| 24. Breaks things or throws things to intimidate me. | Yes | No |
| 25. Yells, screams or humiliates me in front of other people. | Yes | No |
| 26. Pressures or forces me into having sex or going farther than I want to. | Yes | No |

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

Scoring:

Give yourself 1 point for every "no" you answered to numbers 1-4; 1 point for every "yes" response to numbers 5-8; and 5 points for every "yes" to numbers 9-26.

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

You got a score of 0? Don't worry—it's a good thing! It sounds like your relationship is on a pretty healthy track. Maintaining healthy relationships takes some work—keep it up! Remember that while you may have a healthy relationship, it's possible that a friend of yours may not. If you think you know someone who may be in an abusive relationship, find out how you can help that person end the abuse.

Score: 1-2 points

If you scored 1 or 2 points, you might be noticing a couple of things in your relationship that could be unhealthy, but it doesn't necessarily mean they are warning signs. It's still a good idea to keep an eye on them to make sure there isn't a pattern. The best thing to do is to talk to your partner and let them know what you like and don't like. Encourage them to do the same. Remember, communication is always important when building a healthy relationship. It's also good to be informed so that you learn to recognize the warning signs. Break the Cycle can give you information about teen dating violence and the different types of abuse there may be.

Score: 3-4 points

If you scored 3 or 4 points, it sounds like you may be seeing some warning signs of an abusive relationship. Warning signs should never be ignored. Something that starts small can grow much worse over time. No relationship is perfect – it takes some work! But in a healthy relationship you won't find abusive behaviors. If you think your relationship may not be as healthy as you deserve, contact us for help and to get more information.

Score: 5 points or more

If you scored 5 points or more, you are definitely seeing warning signs and may be in an abusive relationship. You don't have to deal with this alone. Break the Cycle can help. We can talk to you about your different options and legal rights.

For more information, you can contact Break the Cycle anonymously through the "Ask Anything" section of thesafespace.org.

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