

Healthy Relationship Quiz

Do you know if your relationship is healthy?

Answer YES or NO to the following questions to find out.

Make sure to check the boxes to record your responses at the end. You'll find out how to score your answers on the back.

YES or NO

The person I'm with:

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

SCORING

Give yourself ONE point for every NO you answered to numbers 1-4, ONE point for every YES response to numbers 5-8, and FIVE points for every YES to numbers 9 and above.

Now that you're finished and have your score. The next step is to find out what it means. Simply take your total score and see which of the categories below apply to you.

0pts

You got a score of zero? Don't worry -- it's a good thing! It sounds like your relationship is on a pretty healthy track. Maintaining a healthy relationship takes some work -- keep it up! Remember that while you may have a healthy relationship, it's possible that a friend of yours does not. If you know someone who is in an abusive relationship, find out how you can help them by visiting loveisrespect.org.

1-2pts

If you scored one or two points, you might be noticing a couple of things in your relationship that are unhealthy, but it doesn't necessarily mean they are warning signs. It's still a good idea to keep an eye out and make sure there isn't an unhealthy pattern developing.

The best thing you can do is 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 you can recognize the different types of abuse.

3-4pts

If you scored three or four points, it sounds like you may be seeing some warning signs of an abusive relationship. Don't ignore these red flags. Something that starts small can grow much worse over time. No relationship is perfect -- it takes work! But in a healthy relationship you won't find abusive behaviors.

5pts

If you scored five or more points, you are definitely seeing warning signs, and may be in an abusive relationship. Remember the most important thing is your safety -- consider making a safety plan. You don't have to deal with this alone. Reach out for help. Call Crossroads helpline at 780-835-2120 or chat with a trained peer advocate to learn about your different options at loveisrespect.org.