

Healthy Relationship Questionnaire

Everyone deserves to be in a safe and healthy relationship. Do you know if your relationship is healthy? Answer yes or no to the following questions to find out. Put a Y for Yes and an N for No to the left of the numbers.

— THE PERSON I AM WITH....

1. IS VERY SUPPORTIVE OF THINGS THAT I DO.
2. ENCOURAGES ME TO TRY NEW THINGS.
3. LIKES TO LISTEN WHEN I HAVE SOMETHING ON MY MIND.
4. UNDERSTANDS THAT I HAVE MY OWN LIFE TOO.
5. IS NOT LIKED VERY WELL BY MY FRIENDS.
6. SAYS I'M TOO INVOLVED IN DIFFERENT ACTIVITIES.
7. TEXTS ME OR CALLS ME ALL THE TIME.
8. THINKS I SPEND TOO MUCH TIME TRYING TO LOOK NICE.
9. GETS EXTREMELY JEALOUS OR POSSESSIVE.
10. ACCUSES ME OF FLIRTING OR CHEATING
11. CONSTANTLY CHECKS UP ON ME OR MAKES ME CHECK IN.
12. CONTROLS WHAT I WEAR OR HOW I LOOK.
13. TRIES TO CONTROL WHAT I DO AND WHO I SEE.
14. TRIES TO KEEP ME FROM SEEING OR TALKING TO MY FAMILY AND FRIENDS.
15. HAS BIG MOOD SWINGS, GETTING ANGRY AND YELLING AT ME ONE MINUTE BUT BEING SWEET AND APOLOGETIC THE NEXT.
16. MAKES ME FEEL NERVOUS OR LIKE I'M "WALKING ON EGGHELLS"
17. PUTS ME DOWN, CALLS ME NAMES OR CRITICIZES ME.
18. MAKES ME FEEL LIKE I CAN'T DO ANYTHING RIGHT OR BLAMES ME FOR PROBLEMS.
19. MAKES ME FEEL LIKE NO ONE ELSE WOULD WANT ME.
20. THREATENS TO HURT ME, MY FRIENDS OR FAMILY.

21. THREATENS TO HURT HIM OR HERSELF BECAUSE OF ME.
22. THREATENS TO DESTROY MY THINGS.
23. GRABS, PUSHES, SHOVES, CHOKES, PUNCHES, SLAPS, HOLDS ME DOWN, THROWS THINGS, OR HURTS ME IN SOME WAY.
24. BREAKS OR THROWS THINGS TO INTIMIDATE ME.
25. YELLS, SCREAMS, OR HUMILIATES ME IN FRONT OF OTHER PEOPLE.
26. PRESSURES OR FORCES ME INTO HAVING SEX OR GOING FARTHER THAN I WANT TO.

SCORING

To add up your score 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.

SCORE - 0 POINTS - 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 healthy relationships takes some work— keep it up!

SCORE - 1-2 POINTS - 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 to talk to your partner and let them know what you like and don't like. Encourage them to do the same. Communication is always important when building relationships. It's also good to be informed so you can recognize the different types of abuse.

SCORE - 3-4 POINTS - If you scored three to 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.

SCORE 5 OR MORE POINTS - If you scored five points or more 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.

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You don't have to deal with this alone however, I am here for you, and I can give you the resources you need to deal with the situation in a safe way.