

Is My Relationship Healthy?



(Circle the answer that best describes how you feel.)

The person I am with:

1. Isn't very supportive of me and doesn't take it seriously when I am feeling down.

I always feel this way. I often feel this way. I usually don't feel this way. I never feel this way.

2. Constantly criticizes the way I handle situations.

This always happens. This happens often. This happens rarely. This doesn't happen.

3. Doesn't seem to listen when I have something on my mind.

I always feel this way. I often feel this way. I usually don't feel this way. I never feel this way.

4. Doesn't appreciate that I have my own life outside of our relationship.

I always feel this way. I often feel this way. I usually don't feel this way. I never feel this way.

5. Makes comments about my appearance, suggesting ways to change how I look.

This always happens. This happens often. This happens rarely. This doesn't happen.

6. Expects me to dress a certain way.

I always feel this way. I often feel this way. I usually don't feel this way. I never feel this way.

7. Makes fun of the music I listen to or other things I like.

This always happens. This happens often. This happens rarely. This doesn't happen.

8. Texts or calls me all the time to check up on me—wants me to check in all the time.

This always happens. This happens often. This happens rarely. This doesn't happen.

9. Checks my cell phone and reads my text messages and/or personal emails.

This always happens. This happens often. This happens rarely. This doesn't happen.

10. Follows me and spies on me. *

This always happens. This happens often. This happens rarely. This doesn't happen.

11. Doesn't like to spend time with me in a group and insists that we always spend time just with each other.

This always happens. This happens often. This happens rarely. This doesn't happen.

12. Expects me to be available all the time and gets mad or tries to make me feel bad if I'm busy doing something else.

I always feel this way. I often feel this way. I usually don't feel this way. I never feel this way.

13. Gets extremely jealous if I want to hang out with a friend or if I talk to someone new.

This always happens. This happens often. This happens rarely. This doesn't happen.

14. Often accuses me of being flirtatious with other people when I'm just being friendly.

This always happens. This happens often. This happens rarely. This doesn't happen.

15. Doesn't really get along with my friends and family.

I always feel this way. I often feel this way. I usually don't feel this way. I never feel this way.

16. Pushes me to drink or do drugs when I don't want to.*

This always happens. This happens often. This happens rarely. This doesn't happen.

17. Pressures me to have sex when I don't feel like it and makes me feel bad if I say no.*

This always happens. This happens often. This happens rarely. This doesn't happen.

18. Says things that make me feel inadequate sexually.

This always happens. This happens often. This happens rarely. This doesn't happen.

19. Seems to always make the problems in our relationship all my fault.

I always feel this way. I often feel this way. I usually don't feel this way. I never feel this way.

20. Tells me no one else would understand or love me.

This always happens. This happens often. This happens rarely. This doesn't happen.

21. Always makes me pay for things or never lets me pay for things.

This always happens. This happens often. This happens rarely. This doesn't happen.

22. Lies to me or cheats on me.

This always happens. This happens often. This happens rarely. This doesn't happen.

23. Gets angry or upset easily, has a short fuse and a big temper.

I always feel this way. I often feel this way. I usually don't feel this way. I never feel this way.

24. Yells at me.

This always happens. This happens often. This happens rarely. This doesn't happen.

25. Scares me and is unpredictable.*

I always feel this way. I often feel this way. I usually don't feel this way. I never feel this way.

26. Grabs, pushes, shoves, strangles, punches, slaps, kicks, or holds me down.*

This always happens. This happens often. This happens rarely. This doesn't happen.

27. Throws things when we have an argument.*

This always happens. This happens often. This happens rarely. This doesn't happen.

28. Calls me names and says insulting or belittling things.

This always happens. This happens often. This happens rarely. This doesn't happen.

29. Has big mood swings—yells at me one minute, then apologizes and is sweet the next.

I always feel this way. I often feel this way. I usually don't feel this way. This doesn't happen.

30. Makes me feel nervous, like I'm "walking on eggshells."*

I always feel this way. I often feel this way. I usually don't feel this way. I never feel this way.

31. Makes me feel trapped, like I couldn't break up if I wanted to.*

I always feel this way. I often feel this way. I usually don't feel this way. This doesn't happen.

32. Embarrasses me in front of other people.

I always feel this way. I often feel this way. I usually don't feel this way. I never feel this way.

33. Shares personal details about me with other people.

This always happens. This happens often. This happens rarely. This doesn't happen.

34. Makes me feel guilty as if I'm always doing something wrong.

I always feel this way. I often feel this way. I usually don't feel this way. I never feel this way.

35. Tries to make our problems go away by having sex.*

This always happens. This happens often. This happens rarely. This doesn't happen.

36. Threatens to hurt me, my friends, my family, or my pets.*

This always happens. This happens often. This happens rarely. This doesn't happen.

37. Threatens to commit suicide if I try to end the relationship.*

This always happens. This happens often. This happens rarely. This doesn't happen.

38. Tells me that it would be unbearable to see me dating someone else.*

This always happens. This happens often. This happens rarely. This doesn't happen.

39. Apologizes for hurtful behavior, begs forgiveness, but doesn't really ever change.

This always happens. This happens often. This happens rarely. This doesn't happen.

40. Is unwilling to apologize for anything.

I always feel this way. I often feel this way. I usually don't feel this way. I never feel this way.

Scoring:

On questions marked with an (*), if you answered "This always happens," or "I always feel this way," or "This happens often," or "I often feel this way," you could be in danger. Please check your answers and consider calling a hotline or talking with a counselor who can help you create a safety plan.

Count the number of times you circled "This always happens," or "I always feel this way." _____

30 – 40 RED FLAG

This sounds like an abusive relationship. You don't have to deal with this alone; there are a lot of people who can help you make healthier decisions for you and your partner, or help you safely get out of an unhealthy relationship. Look at your answers again, and consider talking about them with a counselor, calling a hotline, or going online for support.

10 – 30

You are definitely seeing signs of abuse. Don't ignore them. These patterns of behavior may set up even more severe abuse. Look at your answers again, and consider talking about them with a counselor, calling a hotline, or going online for support.

1– 10

It looks like there are things in your relationship that may be unhealthy, but they may not mean you are destined for an abusive relationship. Look at your answers again, and consider talking about them with your partner or a counselor. Consider calling a hotline or going online for support. Honest, open, and respectful communication can put you on the right track.

Count the number of times you circled "I often feel this way," or "This happens often." _____

20 – 40

This sounds like an abusive relationship. You don't have to deal with this alone; there are a lot of people who can help you make healthier decisions for you and your partner, or help you safely get out of an unhealthy relationship. Look at your answers again, and consider talking about them with a counselor, calling a hotline, or going online for support. Don't ignore the warning signs.

10 – 20

You are definitely seeing signs of abuse. Don't ignore them. These patterns of behavior may set up even more severe abuse. Look at your answers again and consider talking about them with your partner and/or a counselor, or calling a hotline, or going online for support.

1 – 10

It looks like there are things in your relationship that may be unhealthy, but they may not mean you are destined for an abusive relationship. Look at your answers again, and consider talking about them with your partner or a counselor. Consider calling a hotline or going online for support. Honest, open, and respectful communication can put you on the right track.

Count the number of times you circled “I usually don’t feel this way,” or “This happens rarely.” _____

30 – 40

It’s good that you are not experiencing a lot of unhealthy patterns in your relationship, but take a look at the quiz again and consider talking with your partner and/or a counselor about your answers. It’s always important to keep communicating about issues that may develop into negative feelings or unhealthy behaviors.

10 – 30

You may have some unhealthy patterns in place that could indicate an abusive relationship. Don’t ignore the warning signs. Consider talking with your partner and/or a counselor about your answers. Honest, open, and respectful communication can send you in the right direction.

0 – 10

You and your partner are on the right track to maintaining good emotional health. Look at your answers again, and consider talking about them with your partner and/or a counselor about the questions you didn’t mark in this category or in the “This doesn’t happen/I never feel this way” category. Honest, open, and respectful communication can reinforce positive behavior.

Count the number of times you circled “This doesn’t happen,” or “I never feel this way.” _____

30 – 40

Wonderful! It sounds as if you and your partner are fostering a healthy, respectful relationship. Consider talking to your partner about any of the answers that you didn’t mark in this category. It’s always important to keep communicating about issues that may develop into negative feelings or unhealthy behaviors.

10 – 30

You and your partner are on the right track to maintaining good emotional health. Consider talking to your partner and/or a counselor about any of the answers that you didn’t mark in this category. It’s always important to keep communicating about issues that may develop into negative feelings or unhealthy behaviors. Honest, open, and respectful communication can reinforce positive behavior.

0 – 10

You may have some unhealthy patterns in place that could indicate an abusive relationship. Don’t ignore the warning signs. Look at your answers again, and consider talking about them with your partner and/or a counselor. Consider calling a hotline or going online for support. Honest, open, and respectful communication can put you on the right track.

Healthy Dating Online Resources

www.LovelsRespect.org
www.BreakTheCycle.org
www.LovelsNotAbuse.com
www.ThatsNotCool.com
www.TheSafeSpace.org

National Domestic Violence Hotline

1-800-799-SAFE (7233) 1-800-787-3224 (TTY)
Confidential 24/7

National Dating Abuse Helpline

1-866-331-9474 | 1-866-331-8453 TTY
Confidential 24/7

Family Violence & Sexual Assault Virginia Hotline

1-800-838-8238
Confidential 24/7

This quiz is intended to raise awareness of potential patterns of abuse. It is not a diagnostic tool. If you have concerns about the health of your relationship, or if you recognize that you are being abusive to your partner, talk to someone about it and get help.



Samaritan House 24-Hour Crisis Hotline
757-430-2120
Confidential 24/7