

HEALTHY RELATIONSHIP QUIZ

Take this quiz to measure the health of your relationship.

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| 1. Both of us decide what we want to do when we are together? | True or False |
| 2. I am starting to feel isolated from my friends and family? | True or False |
| 3. My feelings and wishes are important to my partner? | True or False |
| 4. I always try to please my partner and feel responsible when things go wrong? | True or False |
| 5. My partner physically hurt me, although he was very sorry after? | True or False |
| 6. My partner ignores or withholds affection as a way of punishing. | True or False |
| 7. We enjoy spending time separately, as well as together? | True or False |
| 8. At times I feel pressured to have sex? | True or False |
| 10. My partner often criticizes the way I look or act? | True or False |
| 11. My partner is frequently drunk or stoned? | True or False |
| 12. My partner is very jealous of my other friendships? | True or False |

**Give yourself two points if you answered false to 1, 3, and 7.
(Zero if you answered True)**

**Give yourself two points if you answered True to 2, 4, 5, 6, 8, 9, 10, 11, 12
(Zero if you answered False)**

***If you scored 8 points or more,
you may be in an abusive relationship.***