

Healthy Relationship Quiz

Everyone deserves to be in a safe and healthy relationship. Do you know if your relationship is healthy? Choose how often your partner does the following to find out. Make sure to write down your responses. At the end, you'll find out how to score your answers.

The Person I'm with - circle your answer

1. Is very supportive of things that I do and encourages me to try new things.

Often Sometimes Never

2. Likes to listen when I have something on my mind.

Often Sometimes Never

3. Talks to me when they're unhappy with something in the relationship.

Often Sometimes Never

4. Is willing to compromise.

Often Sometimes Never

5. Understands that we have separate interests and can spend time apart.

Often Sometimes Never

6. Is mean or rude to my friends.

Often Sometimes Never

7. Criticizes or distracts me when I'm doing things that don't involve them.

Often Sometimes Never

8. Gets extremely jealous or possessive.

Often Sometimes Never

9. Accuses me of flirting or cheating when I'm not.

Often Sometimes Never

10. Constantly checks up on me or makes me check in.

Often Sometimes Never

11. Breaks or throws things when we fight.

Often Sometimes Never

12. Threatens to destroy my things.

Often Sometimes Never

13. Tries to control what I do, who I see, what I wear, how I look or who I talk to.

Often Sometimes Never

14. Makes me feel nervous or like I'm "walking on eggshells."

Often Sometimes Never

15. Blames me for problems, puts me down, calls me names or criticizes me.

Often Sometimes Never

16. Makes me feel like no one else would want me.

Often Sometimes Never

17. Threatens to hurt themselves, me, my friends, pets or family.

Often Sometimes Never

18. Grabs, pushes, shoves, chokes, punches, slaps, holds me down, throws things or hurts me in some way.

Often Sometimes Never

19. Yells, screams or humiliates me in front of other people.

Often Sometimes Never

20. Pressures, guilts or forces me into having sex or going farther than I want to.

Often

Sometimes

Never

Scoring

Questions 1-5: Often: -5, Sometimes: -3, Never: 5

Questions 6-10: Often: 5, Sometimes: 1, Never: 0

Questions 11-15: Often: 1, Sometimes: 5, Never: 0

Questions 16-20: Often: 5, Sometimes: 25, Never: 0

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.

Score: 0 or Less Points

You got a negative score or a zero? Don't worry -- it's a good thing! It sounds like your relationship is on a 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 does not. If you know someone who is in an abusive relationship, find out how you can help them.

Score: 1-5 Points

If you scored one to five 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 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 you can recognize the different types of abuse.

Score: 6-10 Points

If you scored six to ten points, it sounds like you may be seeing some warning signs and your relationship may be unhealthy. 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: 11-15 Points

If you scored eleven to fifteen points, you are definitely seeing warning signs and may be in an abusive relationship. Remember, abuse is not just physical. Learn about the different types of abuse and how to spot the warning signs.

Score: More than 15 Points

If you scored more than fifteen points, it is important to consider taking steps to ensure your safety. A trained peer advocate is available to work with you to create a safety plan that is tailored to your situation, and focused on keeping you safe whether you choose to remain in the relationship or not.

One of the significant discoveries I've made is that the most important relationship in my life is the relationship with myself. After living for decades with a destructive self-relationship, I now engage in daily activities to nurture, enrich and savor a strong, healthy respectful relationship with myself and that allows me to have healthier, more rewarding relationships with others.

If you'd like to benefit from my 20+ years of coaching and mentoring women to step out of uncertainty and into confidence, then you'll want to schedule your complimentary **Business Breakthrough Strategy Session** right now!

Act now so you don't miss this amazing opportunity – a \$350 value. It's yours free when **you take action now!**



Susan

Step into your uniqueness and get paid for it!