



How Healthy Is My Relationship?

Following are two lists, one of healthy relationship characteristics and one of unhealthy traits. Many relationships have a combination of both. The point of this exercise is to figure out what things in your relationship are healthy or unhealthy, so you can gain appreciation for the best things and decide what you want to change. Read both lists, and check the heart next to every statement that is true about your relationship.

I am evaluating my relationship with: _____

IS IT HEALTHY?

Check the heart if you and this person...

- ♥ Have fun together more often than not
- ♥ Each enjoy spending time separately, with your own friends, as well as with each other's friends
- ♥ Always feel safe with each other
- ♥ Trust each other
- ♥ Are faithful to each other if you have made this commitment
- ♥ Support each other's individual goals in life, like educational or career goals
- ♥ Respect each other's opinions, even when they are different
- ♥ Solve conflicts without putting each other down, cursing at each other or making threats
- ♥ Both accept responsibility for your actions
- ♥ Both apologize when you're wrong
- ♥ Have equal decision-making power about what you do in your relationship
- ♥ Each have an equal say in financial matters
- ♥ Are proud to be with each other
- ♥ Encourage each other's interests - like sports & leisure activities
- ♥ Have some privacy - your letters, diary, personal phone calls are respected as your own
- ♥ Have close friends & family who like the other person and are happy about your relationship
- ♥ Never feel like you're being pressured for sex
- ♥ Communicate about sex, if your relationship is sexual
- ♥ Allow each other 'space' when you need it
- ♥ Always treat each other with respect

IS IT UNHEALTHY?

Check the heart if one of you...

- ♥ Gets extremely jealous or accuses the other of cheating
- ♥ Puts the other down by calling names, cursing or making the other feel bad about him or herself
- ♥ Yells at and treats the other like a child
- ♥ Doesn't take the other person, or things that are important to him/her, seriously
- ♥ Doesn't listen when the other talks
- ♥ Frequently criticizes the other's friends or family
- ♥ Pressures the other for sex, or makes sex hurt or feel humiliating
- ♥ Has ever threatened to hurt the other or commit suicide if they leave
- ♥ Cheats or threatens to cheat
- ♥ Tells the other how to dress
- ♥ Has ever grabbed, pushed, hit, or physically hurt the other
- ♥ Blames the other for your own behavior ("If you hadn't made me mad, I wouldn't have...")
- ♥ Embarrasses or humiliates the other
- ♥ Smashes, throws or destroys things
- ♥ Tries to keep the other from having a job or furthering his/her education
- ♥ Makes all the decisions about what the two of you do
- ♥ Tries to make the other feel crazy or plays mind games
- ♥ Goes back on promises
- ♥ Acts controlling or possessive - like you own your partner.
- ♥ Uses alcohol or drugs as an excuse for hurtful behavior
- ♥ Ignores or withholds affection as a way of punishing the other
- ♥ Depends completely on the other to meet social or emotional needs

This list is a way of identifying some of the healthy and unhealthy characteristics of your relationship -- it does not cover every possible situation. You may want to share this list with someone in your support system, and talk about where you want to make changes in your relationship and how you can begin to do this.



21 Warning Signs

... of a Violent Person

Following are some common signs that a person is or may turn out to be violent toward his or her intimate partner. Answering yes to one or two questions below does not necessarily mean a person has a pattern of abuse. However, if any of the questions below are true about you or your partner, you should be cautious about proceeding with the relationship and be sure to address those issues right away, preferably with the help of a counselor.

AM I / IS MY PARTNER A PERSON WHO...

TRUE of ME

TRUE of
MY PARTNER

- | | | |
|--|--------------------------|--------------------------|
| 1. Gets very serious about a relationship very quickly - saying "I love you" very quickly, wanting to move in together or get engaged after only a few months, or pressuring partner for a serious commitment? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Comes on very strong, is extremely charming and an overly 'smooth talker'? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Is extremely jealous? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Isolates partner from support systems - wants partner all to self, and tries to keep partner from friends, family or outside activities? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Attempts to control what partner wears, what s/he does or who s/he sees? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Is abusive toward other people, especially mother or sisters if he is a male? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Blames others for own misbehavior or failures? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Abuses drugs or alcohol? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Has unrealistic expectations, like expecting partner to meet all needs and be the perfect partner? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Is overly sensitive - acts 'hurt' when not getting own way, takes offense when others disagree with an opinion, gets very upset at small inconveniences that are just a normal part of life? | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Has ever been cruel to animals? | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Has ever abused children? | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Has ever hit a partner in the past? | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Has ever threatened violence, even if it wasn't a 'serious' threat? | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Calls partner names, puts him/her down or curses at him/her? | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Is extremely moody, and switches quickly from being very nice to exploding in anger? | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. If a male, believes women are inferior to men and should obey them? | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Is intimidating, for example using threatening body language, punching walls or breaking objects? | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Holds partner against his/her will to keep him/her from walking away or leaving the room? | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. * Was or is abused by a parent? | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. * Grew up in a home where an adult was abused by another adult? | <input type="checkbox"/> | <input type="checkbox"/> |

* Numbers 20 and 21 do not indicate a person will be abusive. The majority of children who grow up in abusive homes choose not to be abusive as adults. However, these children still have a *higher* likelihood than *other* children of growing up to be involved in abusive relationships. These factors should be considered with other factors.