



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.

Make sure to check the boxes to record your responses.

At the end you'll find out how to score your answers

The person I'm with;

| | Yes | No |
|--|-----|----|
| Stops me seeing my family and friends | | |
| Tells you what to wear and how to look | | |
| Never listens when I have something to say | | |
| Puts me down, calls me names or criticizes me | | |
| Discourages me to try new things | | |
| Threatens to hurt me | | |
| Never admits when they are wrong | | |
| Gets extremely jealous or possessive | | |
| Texts me or calls me all the time | | |
| Makes me cry and we never have fun together | | |
| Doesn't like that I have my own interests | | |
| Makes me feel nervous or like I'm 'walking on eggshells' | | |
| Breaks or throws things to intimidate me | | |
| Pressures or forces me into going further than I want to sexually | | |
| Grabs, pushes, shoves, punches, slaps, throws things or hurts me in some way | | |

Scoring

Give yourself 1 point for every YES you have answered
Simply take your Total score and see which of the categories below apply to you.

0
pts

You got a score of zero? It sounds like your relationship is on a pretty healthy track. Maintaining healthy relationships takes some work -- keep it up!

1 - 2
pts

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 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.

3 - 4
pts

If you scored three or 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 behaviours.



5 +
pts

If you scored five or more points, 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 - **click here for one**. You don't have to deal with this alone - **find out more**.