

RELATIONSHIP CHECK-UP

Think of an important relationship in your life and answer the questions.

(0 = no, 1 = sometimes, 2 = yes)

Score

- ___ 1. Does he/she always make an effort to talk to you appropriately, even when angry?
- ___ 2. Do you feel safe (physically and emotionally) around him/her, even when he/she is angry?
- ___ 3. Do you feel comfortable making a decision for yourself without consulting him/her?
- ___ 4. Can you disagree or be angry with him/her without him/her getting angry?
- ___ 5. Does he/she ask your input when making plans, rather than just telling you?
- ___ 6. Do you feel he/she takes time to try and understand how you are feeling without having to solve everything or make it better?
- ___ 7. Do you feel free to make plans that don't involve him/her without feeling guilty or him/her getting angry?
- ___ 8. Does he/she encourage you to set, and work for, goals even if they are different from his/hers?
- ___ 9. Does he/she make an effort to be involved in your interests rather than just have you involved in his/hers?
- ___ 10. Do your family and friends - like this person?
- like this person's influence on you?
- ___ 11. Do you make the same choices/decisions with him/her that you would make alone?
- ___ 12. Do you feel comfortable when you don't know where he/she is, without worrying or being suspicious?
- ___ 13. Does he/she express or show gratitude for time or effort you put into the relationship?
- ___ 14. Does he/she respect commitments you make to others without pressuring you to change or break them?
- ___ 15. Does he/she interact with you the same as he/she does with others?

___ = **Total score**

Under 18 - Relationship is most **LIKELY UNHEALTHY**. Are you getting what you need?

18-25 - Relationship is **POSSIBLY UNHEALTHY**. Examine it closely.

Above 25 - Relationship is **PROBABLY HEALTHY**. Stay aware.

Take a look at the questions you scored 0 or 1 for and ask yourself if you make excuses for him/her. Ask yourself why you sacrifice yourself for this person. If you're not sure, then talk to someone.

Think about the qualities and values that the questions draw on. Healthy relationships are mutually beneficial and are basically founded on trust, respect, communication, individuality, care and encouragement...to just list a few. Everyone deserves these in a relationship so make sure you're getting it.

One Last Check-up

Think about the person you are in a relationship with and ask yourself how he/she would answer the questions about you. Do you pass?