



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 getting a job or going to college
- ☐ 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 control your own money
- ☐ Are proud to be with each other
- ☐ Encourage each other's interests - like sports & extracurricular 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.

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