

Everyone deserves to be in a safe and healthy relationship. Do you know if your relationship is as healthy as you deserve? Answer “yes” or “no” to the following statements to find out! Have a piece of paper and pen nearby. At the end you’ll find out how to score your answers.

The person I am with:

1. Is very supportive of things that I do. Yes No
 2. Encourages me to try new things. Yes No
 3. Likes to listen when I have something on my mind. Yes No
 4. Understands that I have my own life too. Yes No
 5. Is not liked very well by my friends. Yes No
 6. Says I'm too involved in different activities. Yes No
 7. Texts me or calls me all the time. Yes No
 8. Thinks I spend too much time trying to look nice. Yes No
 9. Gets extremely jealous or possessive. Yes No
 10. Accuses me of flirting or cheating. Yes No
 11. Constantly checks up on me or makes me check in. Yes No
 12. Controls what I wear or how I look. Yes No
 13. Tries to control what I do and who I see. Yes No
 14. Tries to keep me from seeing or talking to my family and friends. Yes No
 15. Has big mood swings - gets angry and yells at me one minute, and the next minute is sweet and apologetic. Yes No
 16. Makes me feel nervous or like I'm "walking on eggshells." Yes No
 17. Puts me down, calls me names or criticizes me. Yes No
 18. Makes me feel like I can't do anything right or blames me for problems. Yes No
 19. Makes me feel like no one else would want me. Yes No
 20. Threatens to hurt me, my friends or family. Yes No
 21. Threatens to hurt him or herself because of me. Yes No
 22. Threatens to destroy my things. Yes No
 23. Grabs, pushes, shoves, chokes, punches, slaps, holds me down, throws things or hurts me in some way. Yes No
 24. Breaks things or throws things to intimidate me. Yes No
 25. Yells, screams or humiliates me in front of others. Yes No
 26. Pressures or forces me into having sex or going farther than I want to. Yes No
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Scoring:

Give yourself 1 point for every “no” you answered to numbers 1-4; 1 point for every “yes” response to numbers 5-8; and 5 points for every “yes” to numbers 9-26.

Now that you're finished and have your score, the next step is to find out what your score means. Simply take your total score and see which of the boxes below applies to you.

Score: 0 points

You got a score of 0? Not to worry—it's a good thing! It sounds like your relationship is on a pretty healthy track. Fostering 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 may not. If you think you know someone who may be in an abusive relationship, call us at Associated Counseling to learn how you can help that person end the abuse.

Score: 1-2 points

If you scored 1 or 2 points, you may be noticing a couple of things in your relationship that may be unhealthy, but it doesn't necessarily mean they are warning signs. It's still a good idea to keep an eye on them to make sure there isn't a pattern. The best thing to do is to communicate with your partner and let them know what you like and don't like. Encourage them to do the same. Remember, communication is always a step forward to building a healthy relationship. It's also good to be informed so that you learn to recognize the warning signs. Ask us about the different types of abuse.

Score: 3-4 points

If you scored 3 or 4 points, it sounds like you may be seeing some warning signs of an abusive relationship. Warning signs should never be ignored. Something that starts small can get much worse over time. Relationships are never perfect—they take some work! But in a healthy relationship you won't find abusive behaviors. If you think your relationship may not be as healthy as you deserve, contact Associated Counseling for help.

Score: 5 points or more

If you scored 5 points or more, you are definitely seeing warning signs and may be in an abusive relationship. You don't have to deal with this alone. Associated Counseling can help. We can help you learn about your different options and legal rights.

This quiz was reprinted from www.thesafeplace.org, a project of [Break the Cycle](http://www.breakthecycle.org) who **believes everyone has the right to safe and healthy relationships**. They are the leading, national nonprofit organization addressing teen dating violence.