

## Quiz: Is Your Relationship Healthy?

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.

## RESULTS

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, click [here](#) 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. Click [here](#) to learn more 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 us](#) for help. Or click [here](#) to get more information.

### 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. Break the Cycle can help. We can help you learn about your different options and legal rights. [Contact us](#) to get more information.

If you're in immediate crisis, call 911 or the National Teen Dating Abuse Helpline at 1.866.331.9474 or chat now: [breakthecycle.org](http://breakthecycle.org) | [thesafespace.org](http://thesafespace.org)