



# Relationship Quiz

Use this quiz to evaluate an important relationship in your life.

This might be with your best friend/partner/sibling etc.

**Yes**      **No**

1.	They are always supportive of me		
2.	They encourage me to try new things		
3.	They listen when I have a problem		
4.	They understand it is important to have your own space sometimes		
5.	They don't get along with my friends		
6.	They say I have too many hobbies		
7.	They text/call me all the time		
8.	They tell me I spend too much time trying to look nice		
9.	They can be quite jealous & possessive		
10.	They always check up on me & ask where I am going		
11.	They tell me what I should/shouldn't wear		
12.	They tell me who I can/can't be friends with		
13.	They try to exclude & isolate me from others		
14.	They have mood swings with me and then act like it never happened		
15.	They make me feel nervous around them (walking on eggshells)		
16.	They put me down, call me names & criticize me		
17.	They make me feel like I am not good enough		
18.	They blame me for things that go wrong, even if it is not my fault		
19.	They tell me that other people don't like me		

20.	They make threats to destroy my items (e.g. phone)		
21.	They break & throw things to scare me		
22.	They shout at me in front of others		
23.	They have threatened to hurt me		
24.	They make me feel pressure to do things that I don't feel comfortable with		

## How to find out if your relationship is healthy/unhealthy, give yourself -

- ONE point for every NO you answered from number 1-4
- ONE point for every YES response from numbers 5-8
- FIVE points for every YES from numbers 9 and above

**Write down what points you got \_\_\_\_ & read below to find out what your score means.**

<b>0</b>	This is great, it sounds like your relationship is healthy!
<b>1-2</b>	If you scored this, you might be noticing a couple of things in this relationship that are unhealthy or that you're unhappy with. The best thing to do is talk to the person and let them know what you don't like. Communication is key. If these things get worse/don't stop this may be a warning sign.
<b>3-4</b>	Means that you may be seeing some warnings of an unhealthy relationship. Don't ignore these red flags. It might seem small at the start but could get worse over time. Don't be afraid to talk to someone about this.
<b>5 or more</b>	Means that you are seeing some red flags of an unhealthy relationship. The most important thing is your safety and well-being. Talk to someone you can trust and get the support that you need.