

## Healthy Relationship Quiz

Questions to ask yourself about a partner. Answer the following questions with a yes or no.

### Part One:

1. Can you say what you like or admire about your partner?
2. Is your partner glad that you have other friends?
3. Is your partner happy about your accomplishments and ambitions?
4. Does your partner ask for and respect your opinions?
5. Does s/he really listen to you?
6. Can s/he talk about her/his feelings?
7. Does your partner have a good relationship with his/her family?
8. Does s/he have good friends?
9. Does s/he have interests besides you?
10. Does s/he take responsibility for her/his actions and not blame others for his/her failures?
11. Does your partner respect your right to make decisions that affect your own life?
12. Are you and your partner friends? Best friends?

If you answered most of questions 1-12 with a yes, you probably are not in a relationship that's likely to become abusive.

If you answered no to some or most of these questions you may be in an abusive relationship. Please go on to the next set of questions.

### Part Two:

13. When your partner gets angry, does s/he break or throw things?
14. Does your partner lose his/her temper easily?
15. Is your partner jealous of your friends or family?
16. Does your partner think you're cheating on him/her if you talk or dance with someone else?
17. Does your partner expect to be told where you have been when you're not with him/her?
18. Does your partner drink or take drugs almost every day, or go on binges?
19. Does s/he ridicule, make fun of you, or put you down?
20. Does your partner think there are some situations in which it is OK for a man to hit a woman/a woman to hit a man?
21. Do you like yourself less than usual when you've been with your partner?
22. Do you find yourself ever afraid of your partner?

If you answered yes to one or more questions 13-22 you may want to be careful and think about your safety in your relationship.

Your partner may not choose to talk about the problems or admit that s/he needs to find ways of dealing with conflict without resorting to hurting others.

**Together For Youth encourages healthy relationships. If you ever feel concerned about your relationship becoming violent you can meet confidentially with a counselor at:**

**Waypoint Domestic Violence Victim Services  
319.365.1458**

**Riverview Sexual Assault Victim Services  
1.888.557.0310**