

WHAT IS YOUR RELATIONSHIP LIKE?

1. Does your partner ever get so jealous that you stop seeing friends or doing activities that you enjoy?
2. Does your date or partner make fun of you, your family or friends in a way that hurts your feelings?
3. Do you make decisions mutually about what to do during your time together and about the extent of your sexual activity?
4. Do you feel comfortable saying "no" to your date or partner?
5. Has your date or partner ever threatened you or someone or something you care about to get what they want?
6. Has your date or partner ever pushed, slapped or hit you?
7. Do you ever feel pressured by your date or partner to do things that you don't approve of, or that make you feel uncomfortable?
8. Does your date or partner help you to feel good about yourself?
9. Does your partner listen to and respect your opinions and wishes?
10. Does your date or partner blame you for everything that goes wrong, insult you or put you down?
11. Does your date or partner want to be the only one in charge of your relationship?
12. Are you fearful of your partner?
13. Do you change your behaviour for fear of negative consequences?

If you answered YES to questions 3, 4, 8 and 9, it is likely that your relationship is good for you and your partner. If you answered YES to any of the other questions, you may be in an unhealthy relationship that will likely get worse over time.