

Healthy Relationship Check-Up

Is my relationship healthy?

Does my partner make me feel good?

- My partner listens to me.
- My partner does nice things for me.
- My partner believes in me.

Does my partner make me feel safe?

- My partner can talk about feeling angry without trying to hurt me.
- My partner says it's okay if we don't agree sometimes.
- My partner asks me how I feel.

Does my partner respect me?

- My partner likes me the way I am.
- My partner asks me what I think.
- My partner wants me to succeed.

Does my partner trust and support me?

- My partner thinks it's okay when I spend time with my friends.
- My partner helps do things that need to get done.
- My partner believes me when I say I am faithful.

Is my partner a good parent?

- My partner helps the kids feel good about themselves.
- My partner pays child support.
- My partner listens to the kids.

Is my partner honest?

- My partner admits mistakes.
- My partner sticks to our agreements.
- My partner tells the truth.

Does my partner share the money?

- My partner talks about how we spend the money.
- My partner shares the work that supports us.
- My partner doesn't waste our money.

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Or is my relationship unhealthy?

Does my partner try to hurt me?

- My partner tries to push, hit, or kick me.
- My partner makes me have sex when I don't want to.
- My partner makes me do illegal things.

Does my partner try to scare me?

- My partner threatens to hurt me or themselves.
- My partner makes me do things I don't want to do.
- My partner yells at me.

Does my partner put me down?

- My partner tells me I am crazy or stupid.
- My partner blames me for everything that goes wrong.
- My partner tells me I am a bad parent.

Does my partner keep me away from other people?

- My partner won't let me see my friends.
- My partner threatens to report me to INS.
- My partner locks me up somewhere.

Does my partner treat the children badly?

- My partner puts the kids in the middle of fights.
- My partner hits or hurts the kids.
- My partner threatens to take away the kids.

Does my partner lie?

- My partner cheats on me.
- My partner lies about hurting me.
- My partner lies to me about money.

Does my partner treat me like a servant?

- My partner takes all the money.
- My partner makes important decisions without me.
- My partner makes me do all the work.