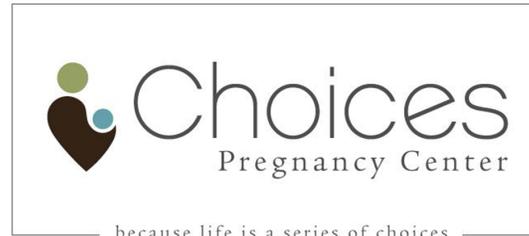


---

*A healthy relationship  
involves two caring people  
who actively build each other up  
because they think the world  
of each other.*

---



You can find out more:  
[www.choicespregnancycenter.com](http://www.choicespregnancycenter.com)

**Text us:**

507-598-4272

**Call us:**

507-637-2534

**Email:**

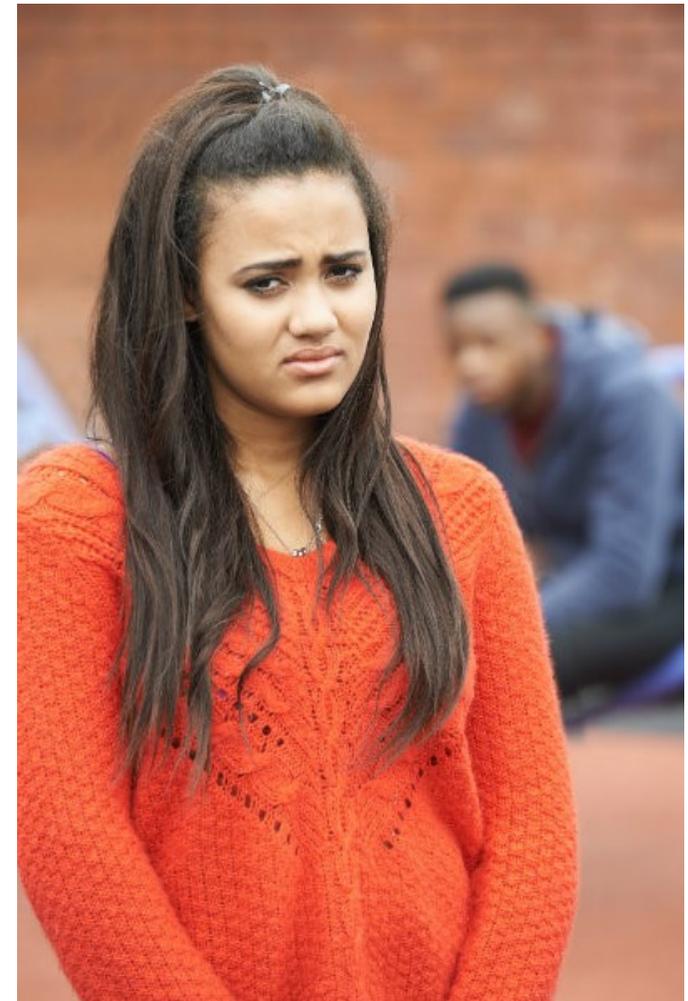
[gwenn@choicespregnancycenter.com](mailto:gwenn@choicespregnancycenter.com)

**Or stop by our office:**

Armory Square

PO Box 22, 231 East Second Street

Redwood Falls, MN 56283



**IS MY  
RELATIONSHIP  
HEALTHY?**

**Take this simple quiz**

---



## Take the Quiz

Finish each sentence with one response (1-4) that is **most like** how you feel.

Add up your score at the end of this page.

The way my partner treats me makes me feel:

1. Respected
2. Okay
3. Ashamed
4. Smothered

When we're apart, my partner:

1. Trusts me; he is comfortable giving me my space
2. Doesn't care what I'm doing and doesn't tell me what he's doing
3. Checks up on me afterward to make sure "nothing happened"
4. Calls or texts frequently, or drops in on me unannounced

I feel like my partner:

1. Supports me in my interests
2. Doesn't care about me very much
3. Might leave me when he finds someone better
4. Owns me and keeps me prisoner

Early in our relationship:

1. My partner took time to learn about me and what I am like, as I did about him
2. Just wanted someone to be with
3. Started criticizing things about me
4. Wanted to rush into serious things like sex, moving in together, etc.

When we disagree:

1. We can talk it out
2. He usually clams up and won't talk
3. He puts me down and talks about breaking up
4. He threatens me and may physically hurt me

Around my friends or family:

1. I feel comfortable talking about my relationship – in fact, I enjoy it
2. I don't have much to say about my relationship
3. I don't want to talk about my relationship because I feel uneasy about it
4. I have to hide the truth about my relationship because I am afraid not to

When my partner looks at me now:

1. I can see he loves me
2. He looks bored
3. He seems to be looking for something to criticize
4. I feel frightened by that one particular look of his

## Calculate your score:

Add up the numbers of your answers.  
(You should get a number from 7 to 28.)

**My relationship  
scores a \_\_\_\_\_.**

## What your score says

**7 - 8:** Your relationship is **healthy**; keep up the good work!

**9 - 15:** Your relationship **lacks true caring**. Unless you can both find something to admire and enjoy in each other, you will not find this situation satisfying in the long run.

**16 - 20:** Your relationship is **unhealthy**; your partner is manipulating you, which is emotional abuse. You deserve better, no matter what he tells you. Find a way to break free\* and move on to someone who sees the good in you.

**21 - 28:** Your relationship is not only unhealthy, but **dangerous**. You will do well to get away\* from this partner to a safe place where you can begin a new life without fear. Seek help for friends, family, community agencies or even law enforcement.

### **\*If you're married—**

**Marriage is a lifetime commitment. It is worth working on**, because it is designed to be a fulfilling and enjoyable relationship. But "working on it" will take some serious changes.

**Scoring 9-15** mean you've settled for just being together, when you could be experiencing much more. Talk to a wise friend, pastor, or counselor for help in bringing new life to your marriage. Marriage retreats can also make a big difference.

**Scoring 16 or more** means you need professional help to save your marriage. Unless your partner deals with the deep-seated problems causing these destructive behaviors, he will not change. You may need to live apart for a time while you seek healing for the damage already done.