How Healthy is Your Relationship?

**DIRECTIONS:** Consider the dynamics of one of your closest relationships. Place a checkmark next to those statements that are true for your relationship.

**Healthy Relationship**

___  1. Treat each other with respect.
___  2. Feel secure and comfortable.
___  3. Not violent with each other.
___  4. Can resolve conflicts satisfactorily.
___  5. Enjoy spending time together.
___  6. Support one another.
___  7. Take interest in each other’s lives.
___  8. Have privacy in the relationship.
___  9. Trust each other.
___ 10. Communicate clearly and openly.
___ 11. Each has their own letters, phone calls, and e-mail accounts.
___ 12. Make healthy decisions about alcohol and other drugs.
___ 13. Encourage other friendships.
___ 14. Honest about past and present sexual activity.
___ 15. Most people are happy about the relationship.
___ 16. There are more good times than bad.

**Unhealthy Relationship**

___  1. Control or manipulate the other.
___  2. Ridicule or call names.
___  3. Dictate how the other dresses.
___  4. Fail to reserve or make time for each other.
___  5. Criticize the other’s friends.
6. Afraid of the other’s temper.
7. Discourage the other from being close to anyone else.
8. Ignore the other when they are speaking.
9. Overly possessive or jealous about ordinary behavior.
10. Support each other in criticizing people according to gender, race, ethnicity, sexual orientation, religion, disability, or other personal attribute.
11. Controls the other person’s money or other resources (e.g., car).
12. Harm or threaten to harm objects of personal value, pets, children, or family.
13. Pushes, grabs, hits, punches, or throws objects.
14. Uses physical force or threats to prevent the other from leaving.

EVALUATION: Now, look and see where you have placed most of your checkmarks. If they occur under the Unhealthy Relationship category, do you think it might be time to find a better relationship? Look for, practice, and encourage some of the behaviors of a healthy relationship.

Source: This information was found at www.goaskalice.columbia.edu/