

Mark with an "X" the box that corresponds with your answer: YES ("Y") or NO ("N")

How are you treating your partner?

- Y N
- During disagreements with your partner, are you able to discuss problems calmly and resolve them together?
- In your opinion, is it OK to have your own privacy and not share everything with your partner?
- Do you sometimes check your partner's phone or text messages without them knowing?
- Do you want your partner all to yourself, in a way that keeps them from doing things they want to do?
- Do you make most of the decisions?
- Do you often feel consumed with worry that your partner might be cheating on you?
- Do you give or withhold affection from your partner to get them to do what you want them to do?
- Have you ever felt like punishing your partner (like ignoring them or flirting with someone else) after they have hurt you or made you mad?
- Have you ever tried to convince your partner to be more sexual with you?
- Do you ever find yourself drinking or using to cope with your relationship?

How is your partner treating you?

- Y N
- When you disagree with your partner, does your partner listen to you and try to understand your point of view?
- Has your partner ever got into your texts or Twitter/Facebook accounts to check up on you?
- Does your partner get upset or jealous when you want to spend time with your family or friends?
- Does your partner ever tell you to change because they don't like what you're wearing?
- Does your partner ever act hot and cold, at moments really sweet then suddenly cold and distant with you?
- Does your partner accuse you of cheating on them or constantly question who you've been around or spoken to?
- Has your partner ever gotten mad or made you feel bad for not wanting to do something sexual that they want to do?
- Has your partner ever scared you when they drink or use drugs?



Scoring

Left Side: How are you treating your partner?

For the first two questions, give yourself one point for each question you answered "NO."

For the remainder of the questions, give yourself one point for each question you answered "YES."

Right Side: How is your partner treating you?

For the first questions, give yourself one point if you answered no.

For the remainder of the questions, give yourself one point for each question you answered yes.

Score: 0 Points

You got a score of zero? Don't worry — it's a good thing! It sounds like your relationship is on a pretty healthy track.

Maintaining healthy relationships takes some work — keep it up! Remember that while you may have a healthy relationship, it's possible that a friend of yours does not. If you know someone who is in an abusive relationship, find out how you can help them by visiting loveisrespect.org or marinyouthservices.org.

Score: 1-2 Points

If you scored one or two points, you might be noticing a couple of things in your relationship that are unhealthy, but it doesn't necessarily mean they are warning signs. It's still a good idea to keep an eye out and make sure there isn't an unhealthy pattern developing.

The best thing to do is to talk to your partner and let them know what you like and don't like. Encourage them to do the same. Remember, communication is always important when building a healthy relationship, even though sometimes it's hard. It's also good to be informed so you can recognize the warning signs of an abusive relationship.

Score: 3-4 Points

If you scored three or four points, it sounds like you might be seeing some warning signs of an abusive relationship. Don't ignore these red flags. Something that starts small can grow much worse over time. No relationship is perfect — it takes work! But in a healthy relationship you won't find abusive behaviors.

Score: 5 or More Points

If you scored five or more points, you are definitely seeing warning signs and may be in an abusive relationship. Remember the most important thing is your safety — consider making a safety plan.

You don't have to deal with this alone. We can help you sort things out. **Chat with a relationship advocate at Huckleberry or contact Marin Youth Services at 415-526-2557 or myservices@c4dp.org.**