

How Healthy Is Your Relationship?

Everyone deserves a healthy relationship, one where they feel safe respected. Do you know if your relationship is healthy? Answer yes or no to the following questions to find out.

- Your partner is very supportive of the things that you do.
- Your partner encourages you to try new things.
- Your partner likes to listen when you have something on your mind.
- Your partner understands that you have your own life too.
- Your partner is well liked by your friends
- Your partner accepts and appreciates you for who you are.
- Your partner gives you space when you need it.
- Your partner respects your privacy (phone calls, computer, texts, etc.)
- Your partner accepts responsibility for their actions and admits when they are wrong.
- Your partner calls you by the correct pronoun and name.
- Your partner texts or calls you all the time.
- Your partner gets extremely jealous or possessive.
- Your partner accuses you of flirting or cheating.
- Your partner constantly checks up on you or makes you check in with them.
- Your partner controls what you wear or how you look.
- Your partner threatens to 'out' you as a method of control.
- Your partner tries to keep you from seeing or talking to your family and friends.
- Your partner has big mood swings. They get angry and yell at you one minute, but are sweet and apologetic the next.
- Your partner puts you down, calls you names, or criticizes you.
- Your partner makes you feel like you can't do anything right, or they blame you for problems.
- Your partner makes you feel like no one else would want you.
- Your partner threatens to harm themselves because of you.
- Your partner threatens to destroy your things.
- Your partner makes you feel nervous or like you're "walking on eggshells."
- Your partner breaks or throws things to intimidate you.
- Your partner pressures or forces you into having sex or going further than you want to.



IF YOU CHECKED MULTIPLE PROMPTS IN THIS COLUMN, YOUR RELATIONSHIP HAS MANY HEALTHY BEHAVIORS!

IF YOU CHECKED MULTIPLE PROMPTS IN THIS COLUMN, YOU MIGHT BE IN AN UNHEALTHY RELATIONSHIP. DVCC IS HERE TO HELP. CONTACT US TO TALK TO ONE OF OUR COUNSELORS. .

**DOMESTIC VIOLENCE CRISIS CENTER (DVCC)
is here to help and support individuals on
their journey to safety.**