



Family Violence Prevention

Quiz: Is your relationship healthy?

Choose the answers that generally describe your relationship when it comes to:

Sharing feelings:

- a) You feel safe and strong enough to tell your partner how you really feel.
- b) You feel awkward telling your partner how you really feel.
- c) You are afraid to tell your partner how you really feel because you fear getting put down or threatened.

Communicating:

- a) You respect and listen to each other even when you have differing opinions on a topic.
- b) Your partner ignores you and does not respect your opinions when there is a difference of opinion.
- c) Your partner treats you with disrespect and ignores or makes fun of your ideas and feelings.

Having disagreements:

- a) You can have disagreements and still talk respectfully to each other. You resolve your disagreements.
- b) Your disagreements often turn into fights.
- c) You are afraid to disagree because you do not want to unleash your partner's anger and violence. The disagreement is an excuse for abuse.

Being intimate:

- a) Both of you can be honest about your feelings about physical affection and sex. Neither of you feels pressured to do anything you do not want to do.
- b) You are embarrassed to say how you feel because you think your partner may not listen or care. You "go along" with some things.
- c) Your partner ignores your needs and wants. Your partner pushes you into situations that make you uncomfortable, frighten you, or degrade you.

Trusting each other:

- a) You trust each other. You are comfortable with your partner spending time with another person.
- b) Your partner feels jealous every time you talk to another person. You feel jealous every time your partner talks to someone else.
- c) Your partner accuses you of flirting or having an affair, and orders you not to talk to that person.

Spending time alone:

- a) You can each spend time alone and you consider this a healthy part of your relationship.
- b) You think there may be something wrong if you want to do things without your partner. Your partner does not want to spend time apart from you.
- c) Your partner does not allow you to spend time doing things on your own. Your partner sees this as a challenge or threat to your relationship.

Being violent or abusive to each other:

- a) You take care not to speak harsh words or say mean comments to each other. There is no physical violence in your relationship.
- b) There have been a few incidents of emotional abuse or controlling behaviour in your relationship. There is no pattern of abuse or violence.
- c) There is a pattern of increasing, ongoing abuse in your relationship: emotional, physical, sexual abuse and/or intimidation.



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If you answered **mostly a's**. Your relationship is **healthy**.

If you answered **mostly b's**. Your relationship is **unhealthy**. Talk to your partner about your concerns and consider talking to a professional for help.

If you answered **mostly c's**. Your relationship is **abusive**. You need to get help. It is important to realize that you are not to blame and that you are not responsible for your partner's actions. You do not deserve to be abused.