

Healthy Relationships Check-Up

Is my relationship healthy?

<p>Does my partner make me feel good?</p> <ul style="list-style-type: none"><input type="checkbox"/> My partner listens to me.<input type="checkbox"/> My partner does nice things for me.<input type="checkbox"/> My partner believes in me.	
<p>Does my partner make me feel safe?</p> <ul style="list-style-type: none"><input type="checkbox"/> My partner can talk about feeling angry without trying to hurt me.<input type="checkbox"/> My partner says it's okay if we don't agree sometimes.<input type="checkbox"/> My partner asks me how I feel.	
<p>Does my partner respect me?</p> <ul style="list-style-type: none"><input type="checkbox"/> My partner likes me the way I am.<input type="checkbox"/> My partner asks me what I think.<input type="checkbox"/> My partner wants me to succeed.	
<p>Does my partner trust and support me?</p> <ul style="list-style-type: none"><input type="checkbox"/> My partner thinks it's okay when I spend time with my friends.<input type="checkbox"/> My partner helps do things that need to get done.<input type="checkbox"/> My partner believes me when I say I am faithful.	
<p>Is my partner a good parent?</p> <ul style="list-style-type: none"><input type="checkbox"/> My partner helps the kids feel good about themselves.<input type="checkbox"/> My partner pays child support.<input type="checkbox"/> My partner listens to the kids.	<p>National DV Hotline: 1-800-799-7233 (SAFE)</p>
<p>Is my partner honest?</p> <ul style="list-style-type: none"><input type="checkbox"/> My partner admits mistakes.<input type="checkbox"/> My partner sticks to our agreements.<input type="checkbox"/> My partner tells the truth.	
<p>Does my partner share the money?</p> <ul style="list-style-type: none"><input type="checkbox"/> My partner talks with me about how we spend the money.<input type="checkbox"/> My partner shares the work that supports us.<input type="checkbox"/> My partner doesn't waste our money.	

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Or is my relationship unhealthy?

<p>Does my partner put me down?</p> <ul style="list-style-type: none"><input type="checkbox"/> My partner tells me I am crazy or stupid.<input type="checkbox"/> My partner blames me for everything that goes wrong.	
<p>Does my partner lie?</p> <ul style="list-style-type: none"><input type="checkbox"/> My partner cheats on me.<input type="checkbox"/> My partner lies about hurting me.<input type="checkbox"/> My partner lies to me about money.	
<p>Does my partner take advantage of me?</p> <ul style="list-style-type: none"><input type="checkbox"/> My partner takes all the money.<input type="checkbox"/> My partner makes important decisions without me.<input type="checkbox"/> My partner makes me do all the work	
<p>Does my partner try to scare me?</p> <ul style="list-style-type: none"><input type="checkbox"/> My partner threatens to hurt me or himself/herself.<input type="checkbox"/> My partner makes me do things I don't want to do.<input type="checkbox"/> My partner yells at me.	
<p>Does my partner keep me away from other people?</p> <ul style="list-style-type: none"><input type="checkbox"/> My partner won't let me see my friends.<input type="checkbox"/> My partner threatens to report me to INS.<input type="checkbox"/> My partner locks me up somewhere.	
<p>Does my partner treat the children badly?</p> <ul style="list-style-type: none"><input type="checkbox"/> My partner puts the kids in the middle of fights.<input type="checkbox"/> My partner hits or hurts the kids.<input type="checkbox"/> My partner threatens to kidnap the kids.	<p>National DV Hotline: 1-800-799-7233 (SAFE)</p>
<p>Does my partner try to hurt me?</p> <ul style="list-style-type: none"><input type="checkbox"/> My partner tries to hit, kick, or push me.<input type="checkbox"/> My partner makes me have sex when I don't want to.<input type="checkbox"/> My partner makes me do illegal things.	<p>Written by LEAP. May be used without alteration if LEAP is credited. www.leapsf.org</p>