HOW HEALTHY IS YOUR RELATIONSHIP?

Healthy relationships are honest, supportive, safe, respectful, and fair.

To help you assess the health of your own relationships, we invite you to fill out this short quiz.

1. I share how I am feeling with my partner.
   - **ALWAYS**
   - **SOMETIMES**
   - **NEVER**
   - **NOT SURE**

2. I tell the truth about what I’ve been doing.
   - **ALWAYS**
   - **SOMETIMES**
   - **NEVER**
   - **NOT SURE**

3. I admit when I am wrong.
   - **ALWAYS**
   - **SOMETIMES**
   - **NEVER**
   - **NOT SURE**

4. I listen when my partner wants to talk.
   - **ALWAYS**
   - **SOMETIMES**
   - **NEVER**
   - **NOT SURE**

5. I believe what my partner says.
   - **ALWAYS**
   - **SOMETIMES**
   - **NEVER**
   - **NOT SURE**

6. I care if my partner is happy.
   - **ALWAYS**
   - **SOMETIMES**
   - **NEVER**
   - **NOT SURE**

7. I respect my partner’s wishes on when and how to engage in sexual activity.
   - **ALWAYS**
   - **SOMETIMES**
   - **NEVER**
   - **NOT SURE**

8. I can control my anger.
   - **ALWAYS**
   - **SOMETIMES**
   - **NEVER**
   - **NOT SURE**
9. I communicate in a way that is never intimidating, threatening, or violent.
   ○ ALWAYS  ○ SOMETIMES  ○ NEVER  ○ NOT SURE

10. I always speak to my partner with respect.
    ○ ALWAYS  ○ SOMETIMES  ○ NEVER  ○ NOT SURE

11. I value my partner’s opinion.
    ○ ALWAYS  ○ SOMETIMES  ○ NEVER  ○ NOT SURE

12. I accept responsibility for my mistakes.
    ○ ALWAYS  ○ SOMETIMES  ○ NEVER  ○ NOT SURE

13. I am willing to compromise.
    ○ ALWAYS  ○ SOMETIMES  ○ NEVER  ○ NOT SURE

14. I contribute to and encourage dialogue around decision-making.
    ○ ALWAYS  ○ SOMETIMES  ○ NEVER  ○ NOT SURE

15. I willingly do my fair share of chores and other daily tasks.
    ○ ALWAYS  ○ SOMETIMES  ○ NEVER  ○ NOT SURE

Now, take a moment to reflect on how your partner (or others) behave in your relationships:

16. My partner shares how they are feeling.
    ○ ALWAYS  ○ SOMETIMES  ○ NEVER  ○ NOT SURE

17. My partner tells the truth about what they’ve been doing.
    ○ ALWAYS  ○ SOMETIMES  ○ NEVER  ○ NOT SURE

18. My partner admits when they are wrong.
    ○ ALWAYS  ○ SOMETIMES  ○ NEVER  ○ NOT SURE

19. My partner listens when I want to talk.
    ○ ALWAYS  ○ SOMETIMES  ○ NEVER  ○ NOT SURE
20. My partner believes what I say.
   - ALWAYS
   - SOMETIMES
   - NEVER
   - NOT SURE

21. My partner cares if I am happy.
   - ALWAYS
   - SOMETIMES
   - NEVER
   - NOT SURE

22. My partner respects my wishes on when and how to engage in sexual activity.
   - ALWAYS
   - SOMETIMES
   - NEVER
   - NOT SURE

23. My partner can control their anger.
   - ALWAYS
   - SOMETIMES
   - NEVER
   - NOT SURE

24. My partner communicates in a way that is never intimidating, threatening, or violent.
   - ALWAYS
   - SOMETIMES
   - NEVER
   - NOT SURE

25. My partner speaks to me with respect.
   - ALWAYS
   - SOMETIMES
   - NEVER
   - NOT SURE

26. My partner values my opinion.
   - ALWAYS
   - SOMETIMES
   - NEVER
   - NOT SURE

27. My partner accepts responsibility for his or her mistakes.
   - ALWAYS
   - SOMETIMES
   - NEVER
   - NOT SURE

28. My partner is willing to compromise.
   - ALWAYS
   - SOMETIMES
   - NEVER
   - NOT SURE

29. My partner contributes to and encourages dialogue around decision-making.
   - ALWAYS
   - SOMETIMES
   - NEVER
   - NOT SURE

30. My partner willingly does their fair share of chores and other daily tasks.
   - ALWAYS
   - SOMETIMES
   - NEVER
   - NOT SURE
To assess the health of your relationships, give yourself:

- 3 points for each ALWAYS
- 2 points for each SOMETIMES
- 0 point for each NEVER
- 1 point for each NOT SURE

<table>
<thead>
<tr>
<th>Questions</th>
<th>HONEST</th>
<th>SUPPORTIVE</th>
<th>SAFE</th>
<th>RESPECTFUL</th>
<th>FAIR</th>
<th>TOTAL POSSIBLE POINTS = 90</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1, 2, 3, 16, 17, 18</td>
<td>4, 5, 6, 19, 20, 21</td>
<td>7, 8, 9, 22, 23, 24</td>
<td>10, 11, 12, 25, 26, 27</td>
<td>13, 14, 15, 28, 29, 30</td>
<td></td>
</tr>
<tr>
<td>Your Totals</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If you are concerned for your safety or want to learn about community resources, please read our Healthy Relationship tip sheets at canadianwomen.org/avon