

Relationship Quiz: Is My Relationship Healthy?

(Mark your response to each question, and calculate the total number of points)	NEVER (0 points)	RARELY (1 point)	SOMETIMES (2 points)	FREQUENTLY (3 points)
My partner reads my mail, email, text messages, facebook, &/or goes thru my personal items or space (i.e., purse, backpack, cell phone, car/trunk)	0 points	1 point	2 points	3 points
My partner teases me in a hurtful way in private or in public (puts me down, embarrasses me)	0 points	1 point	2 points	3 points
My partner calls me names such as "stupid" or "bitch"	0 points	1 point	2 points	3 points
My partner acts jealous of my friends, family, roommates, classmates, or co-workers	0 points	1 point	2 points	3 points
My partner gets angry about clothes I wear or how I style my hair	0 points	1 point	2 points	3 points
My partner checks up on me by calling, texting, driving by, or getting someone else to	0 points	1 point	2 points	3 points
My partner insists on knowing who I talk to on the phone and/or online	0 points	1 point	2 points	3 points
My partner blames me for their problems or bad mood	0 points	1 point	2 points	3 points
My partner gets angry easily, leaving me walking on eggshells	0 points	1 point	2 points	3 points
My partner throws or destroys things when angry (i.e., personal property, sentimental items)	0 points	1 point	2 points	3 points
My partner hits walls, drives dangerously, or does other things to scare me	0 points	1 point	2 points	3 points
My partner drinks excessively or uses drugs	0 points	1 point	2 points	3 points
My partner insists that I drink or use drugs whenever they do	0 points	1 point	2 points	3 points
My partner accuses me of being interested in someone else (flirting, sleeping around/unfaithful)	0 points	1 point	2 points	3 points
My partner keeps me from getting a job or finds ways to cause problems at my job	0 points	1 point	2 points	3 points
My partner keeps money from me, keeps me in debt, or has "money secrets"	0 points	1 point	2 points	3 points
My partner sold my car, made me give up my license, or won't repair my car	0 points	1 point	2 points	3 points
My partner has threatened to hurt me	0 points	1 point	2 points	3 points
My partner has threatened to hurt my children	0 points	1 point	2 points	3 points
My partner has actually hurt my children	0 points	1 point	2 points	3 points
My partner has threatened to hurt my pets	0 points	1 point	2 points	3 points
My partner has actually hurt my pets	0 points	1 point	2 points	3 points
My partner has threatened to hurt my friends or family	0 points	1 point	2 points	3 points
My partner has hurt a friend or family member	0 points	1 point	2 points	3 points
My partner has threatened to commit suicide if I leave	0 points	1 point	2 points	3 points
My partner has struck me with their hands or feet (i.e., slapped, punched, kicked, pushed)	0 points	1 point	2 points	3 points
My partner has struck me with an object or threatened me with a weapon	0 points	1 point	2 points	3 points
My partner has given me visible injuries (i.e., bruises, welts, cuts)	0 points	1 point	2 points	3 points
I have had to administer first aid to myself due to injuries from my partner	0 points	1 point	2 points	3 points
My injuries have been serious enough to seek treatment (i.e., doctor, hospital, clinic, paramedic)	0 points	1 point	2 points	3 points
My partner forces me to have sex when I don't want to	0 points	1 point	2 points	3 points
My partner forces me to have sex in ways that I don't want to	0 points	1 point	2 points	3 points
My partner has been in trouble with the police	0 points	1 point	2 points	3 points
My partner acts one way in front of others, and another way when we are alone	0 points	1 point	2 points	3 points
My partner is secretive or lies about past relationships	0 points	1 point	2 points	3 points
I feel isolated and alone and have no one I can really talk to	0 points	1 point	2 points	3 points
I have lost friends because of my partner/partner's actions	0 points	1 point	2 points	3 points
I have thought about calling the police because of an incident of violence	0 points	1 point	2 points	3 points
I no longer see some of my family because of my partner	0 points	1 point	2 points	3 points
I have actually called the police on one or more occasions	0 points	1 point	2 points	3 points
I am afraid to call the police because of threats from my partner	0 points	1 point	2 points	3 points
	_____	_____	_____	_____
	TOTAL POINTS =	_____	_____	_____

<u>SCORING KEY</u>		
POINT RANGE	CATEGORY	DESCRIPTION & RECOMMENDATIONS
0 - 17	Generally Non-Abusive	These are likely to be the sorts of strains that are not unusual in relationships. (However, any incident of violence or threat of violence (no matter how isolated) should be treated seriously and not brushed off or minimized)
18 - 58	Moderately Abusive	This is a relationship experiencing some violence at least once in a while. If this is a new relationship, there is good reason to expect the violence eventually will escalate into more serious forms and may occur more frequently.
59 - 95	Seriously Abusive	Scores in this range indicate a seriously abusive relationship that can move into the dangerously severe range (under outside pressure, or with the sudden strain of a family or relationship emergency). Serious injury is quite probable if it has not already occurred. Please consider getting help, even leaving the relationship.
96 and up**	Dangerously Abusive	<p>If you scored in this range, you need to consider even more seriously the option of leaving the relationship, at least temporarily, while you consider your next move. The violence will not take care of itself or miraculously disappear. Over time the chances are very good that your life (and/or the lives of your children) will be in danger.</p> <p>**If this describes your relationship you may be in an unhealthy or abusive relationship. You may "love" the other person but either you or they may not be equipped to be in a loving, healthy relationship at this time. <u>It is possible to be involved with someone who is not good for your physical, emotional, &/or psychological well-being. When the risk of physical or emotional injury is realistic and ever present, protection comes before reconciliation. As long as the threat of harm is valid, it will invalidate any attempts to reconcile conflict.</u></p> <p>Ask them to change (or if you are the abuser, change yourself) before resuming the relationship. If your feelings & needs are important, then the abuser (& you) will act now. Please talk to a professional who can help you. Contact Counseling Services at 814-5709 or SAFE (local domestic violence resource center) at (910)-893-7233 http://www.safeofhc.org/.</p>

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<u>It may be time to say goodbye to the relationship and abuser if:</u>	
Your physical safety is being threatened.	The person you have a relationship with:
Your sense of self has diminished in the relationship.	Is unable to take responsibility for his/her actions.
You are being beaten down – intellectually or emotionally.	Has a substance use problem that might prevent him/her from thinking rationally.
You are afraid.	Has 2 sets of "rules" for behaving (he/she has 1 set of rules; you have another).
You are ashamed of the way you are being treated.	
You don't want to be in the relationship anymore.	

<u>Call a Local Domestic Violence Resource</u> [Hours of contact: 24/7]	
National Domestic Violence Hotline	(www.thehotline.org/) #: 1-800-799-SAFE (7233)
National Teen Dating Abuse Helpline	(www.loveisrespect.org/) #: 1-866-331-9474
SAFE of Harnett County	(www.safeofhc.org/) #: (910) 893-SAFE (7233)
Interact of Wake County	(www.interactofwake.org/) #: (919) 828-7740 1-866-291-0855 toll-free
Harbor, Inc.	(www.harborshelter.org/) #: Crisis Line (919) 631-5478 Office (919) 938-3566
<u>Call a Crisis Line</u> [Hours of contact: 24/7]	
National Suicide Prevention Lifeline (www.suicidepreventionlifeline.org)	#: 1-800-273-TALK/8255 1-800-SUICIDE (784-2433)
Hopeline (Raleigh) (www.hopelinenc.com)	#: 919-231-4525
Smithfield Crisis Line	#: 919-934-6161
Fayetteville HelpLine	#: 910-485-4134
Daymark Recovery Services	#: 1-800-256-2452 (after 5 p.m. and weekends)
<u>Law Enforcement</u>	
Harnett County Sheriffs Office	911
Campus Safety	#: 910-893-1375; x1911 (from campus)