



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
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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

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

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