

# Healthy Relationships Check-Up

## Is my relationship healthy?

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

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## Or is my relationship unhealthy?

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