



# Relationship Quiz

Love is not some misty feeling like you are floating on cloud nine. Love is not a feeling it is a behavior. Love is an action word. Love is not the way you think a relationship should "feel". Keep this in mind when taking this short quiz. If you answer yes to any of the following questions you may be involved in a dangerous, unhealthy or even an abusive relationship.

## Has or does your Boyfriend or Girlfriend.....

Get extremely Jealous or possessive?

- Yes  
 No

Say that no one else would want you?

- Yes  
 No

Try to influence the way you dress or how much make up you wear?

- Yes  
 No

Destroy personal property, including yours or your friends/family?

- Yes  
 No

Call you names, put you down or embarrass you in front of others?

- Yes  
 No

Hit, Slap or Push you around or use any physical force to harm you?

- Yes  
 No

Text you or call you multiple times a day or make you check in with him/her?

- Yes  
 No

Pressure you for physical intimacy including sex? Make you feel guilty for saying NO?

- Yes  
 No

Keep you from seeing your friends or family, or doing activities you enjoy?

- Yes  
 No

Tell you to stop bringing up past arguments or past behavior that caused a fight?

- Yes  
 No

Make you feel uneasy or nervous, like you are walking on eggshells?

- Yes  
 No

Brag about past relationships or relationships they could have?

- Yes  
 No

Have extreme mood swings.... Full of anger one minute, and sweet or apologetic the next?

- Yes  
 No

Pressure you to take or partake in the use of drugs and alcohol because that's what he/she wants?

- Yes  
 No

Make you feel you have to justify everything you do or every where you go to avoid fights?

- Yes  
 No

Make you obsessively spend all of your time trying to please him/her to keep him/her happy?

- Yes  
 No

Accuse you of cheating on him/her or flirting with other people?

- Yes  
 No

Use their temper, size or voice to intimidate you?

- Yes  
 No

Threaten to hurt himself/herself or threaten suicide if you leave?

- Yes  
 No

Do you feel the emotional/physical abuse is getting worse over time?

- Yes  
 No

Threaten to hurt you, your family, friends or pets?

- Yes  
 No

Make you feel trapped and that there is no way out?

- Yes  
 No

Make you feel worthless, like you can't do anything right?

- Yes  
 No