

Name: _____ Date: _____

Unhealthy Healthy Boundaries

Give a ✓ if you feel the phrase describes qualities of a healthy relationship, and a ✗ if you feel it describes an unhealthy relationship.

- ☐ Your partner calls you names and makes you feel bad about yourself
- ☐ Your partner gets jealous whenever you are talking to other people
- ☐ Your partner wants you to spend all your free time with them
- ☐ Your partner is supportive of your goals
- ☐ Your partner communicates assertively with you whenever they are upset
- ☐ Your partner puts their hands on you whenever they get upset
- ☐ Your partner pressures you into doing things that you don't want to do
- ☐ Your partner doesn't want you hanging out with your friends anymore
- ☐ Your partner becomes upset whenever you tell them "no"
- ☐ Your partner listens to your needs
- ☐ Your partner is willing to sit down and talk whenever you disagree
- ☐ Your partner calls you multiple times a day and gets upset if you don't pick up
- ☐ Your partner trusts you and doesn't get mad when you're with other people
- ☐ Your partner listens to you and respects your opinion
- ☐ Your partner is honest with you