

Name: _____

Date: _____

Healthy or Unhealthy Relationship

Write "H" if the statement describes a healthy relationship.

Write "U" if the statement describes an unhealthy relationship.

- _____ Your partner listens when you talk about your feelings.
- _____ Your partner calls you hurtful names during arguments.
- _____ Your partner respects your boundaries and personal space.
- _____ Your partner pressures you to do things you don't want to do.
- _____ Your partner supports your goals and dreams.
- _____ Your partner becomes jealous when you spend time with friends.
- _____ Your partner communicates calmly when problems happen.
- _____ Your partner checks your phone or messages without permission.
- _____ Your partner encourages you to be yourself.
- _____ Your partner gives you the silent treatment when upset.
- _____ Your partner trusts you when you are with other people.
- _____ Your partner tries to control where you go or who you see.
- _____ Your partner compliments and appreciates you.
- _____ Your partner refuses to talk about problems.
- _____ Your partner is willing to work together to solve disagreements.