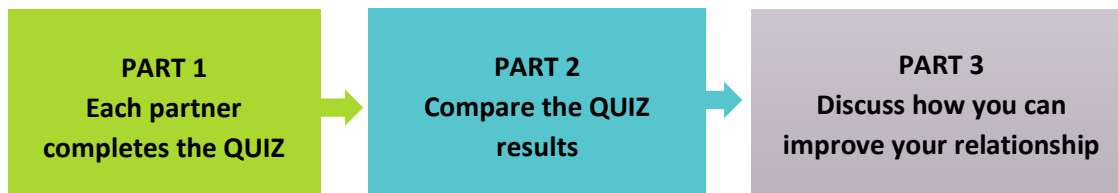


QUIZ

Am I in a Healthy Relationship?

What to do

This QUIZ has 3 parts.



Important Note

As a tool, the quiz on its own can't reveal if you're in a healthy relationship but it's a good way to raise awareness of the traits and signs of a healthy relationship.

PART 1 - Complete the QUIZ

You and your partner each completes the QUIZ individually.

1. Read each statement carefully.
2. Score each trait according to the rating scale below:

5	4	3	2	1
Very strong Present all the time.	Strong Present most of the time.	Towards strong Present sometimes.	Weak Present now and again.	Very weak Most of the time not present.

Use the rating scale to score each trait. In the rating column, write the number you think represents this trait in your relationship in the rating column.

Healthy relationship traits	My rating
1. I take care of myself and have good self-esteem independent of my relationship.	
2. My partner and I both maintain and respect each other's individuality, without criticizing the other or trying to change who they are.	
3. We both maintain and respect each other's relationships with friends and family.	
4. We both express ourselves to one another without fear of blame, conflict and violence.	
5. We both feel secure and comfortable with each other in our relationship.	



Healthy relationship traits	My rating
6. We both take a keen interest in each other’s activities, hobbies and interests.	
7. Being honest, transparent and open is at the core of our relationship: NO SECRETS.	
8. There is no violence or abuse – physical, emotional, mental, sexual or spiritual – in our relationship.	
9. We honour each other’s privacy when either of us wants it.	
10. We equally take responsibility to have fun, nurture our relationship and keep it strong and exciting.	
11. We fight fairly. We know disagreeing with each other is part of healthy relationships and we take time to listen to each other and put our view point across calmly.	
12. We both have respect for sexual boundaries. We are committed to each other and no sexual activity occurs outside of the relationship.	
13. We build our relationship on give and take. We influence each other positively and with humility	
14. We communicate openly and regularly with each other to have our needs met and to connect effectively with each other.	

PART 2 – Compare the QUIZ results

Make a note of the traits you and your partner scored the **lowest**.

My two lowest scored traits	

My partner’s two lowest scored traits	



PART 3 – Discuss how to improve your relationship

With your partner, talk about those areas you would like to improve.

Create an action plan to show what you will do, when, and how to improve the lowest scored traits of both of you.