Loves Me... Loves Me Not
It Feels Like Love, But Is It?

It is totally normal to want to be in a relationship with that guy or girl who often makes you blush and releases those butterflies in your stomach. But, how do you know if the relationship you are in is healthy and beneficial to both you and your partner’s well-being? Take this quiz to reveal how you and your partner treat one another.

**How are you treating your partner?**

- During disagreements with your partner, are you able to discuss problems calmly and resolve them together? *(y/n)*
- In your opinion, is it OK to have your own privacy and not share everything with your partner? *(y/n)*
- Do you sometimes check your partner’s phone or text messages without them knowing? *(y/n)*
- Do you want your partner all to yourself, in a way that keeps them from doing things they want to do? *(y/n)*
- Do you make most of the decisions? *(y/n)*
- Do you often feel consumed with worry that your partner might be cheating on you? *(y/n)*
- Do you give or withhold affection from your partner to get them to do what you want them to do? *(y/n)*
- Have you ever felt like punishing your partner (like ignoring them or flirting with someone else) after they have hurt you or made you angry? *(y/n)*
- Have you ever tried to convince/pressure your partner to be (more) sexual with you? *(y/n)*
- Do you ever find yourself drinking or using to cope with your relationship? *(y/n)*

**Left Side: How are you treating your partner?**
For the first two questions, give yourself one point for each question you answered “NO.”
For the remainder of the questions, give yourself one point for each question you answered “YES.”

**Right Side: How is your partner treating you?**
For the first two questions, give yourself one point if you answered no.
For the remainder of the questions, give yourself one point for each question you answered yes.

**Score: 0 Points:** Good! It sounds like your relationship is pretty healthy! Maintaining healthy relationships takes some work—keep it up!
**Score: 1-2 Points:** You might be noticing a few unhealthy habits, but it doesn’t necessarily mean they are warning signs. Still keep an eye out and make sure there isn’t an unhealthy pattern developing. Talk to your partner and discuss what you both like and don’t like. Be informed on red flags.
**Score: 3-4 Points:** Sounds like you might be seeing some warning signs of an abusive relationship. Don’t ignore these red flags. Something that starts small can grow much worse over time. While a healthy relationship takes work, you won’t find abusive behaviors in one.
**Score: 5 or More Points:** You are definitely seeing warning signs and may be in an abusive relationship. Safety is a priority! Talk to your parents/guardians and/or a trusted adult immediately—consider making a safety plan.

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Adapted from centerfordomesticpeace.org

"A healthy relationship will never require you to sacrifice your friends, dreams, or your dignity." — Dinkar Kalotra