

How Healthy is Your Relationship?

by Amy Scholten, M.P.H.

A healthy relationship is characterized by mutual respect, trust, compatibility, good communication, and commitment. It doesn't involve emotional, mental or physical abuse. The purpose of this assessment is to help you determine if your intimate relationship is healthy. Please keep in mind that this is a *general* assessment, not a diagnostic tool.

Directions: Please read each statement carefully and select the answer that best describes you. When finished, interpret your score at the bottom of the page.

- 1. In our relationship, I can express how I feel or ask for what I need without fear.**
 - a) true
 - b) sometimes true
 - c) false

- 2. My partner is supportive. He/she doesn't criticize how I look, speak or act.**
 - a) true
 - b) sometimes true
 - c) false

- 3. Neither of us has a problem with drugs, alcohol, or other compulsive behaviors (or, if we do, the problem is being treated).**
 - a) true
 - b) sometimes true
 - c) false

- 4. We enjoy our time together but are also comfortable with our time apart from each other.**
 - a) true
 - b) sometimes true
 - c) false

- 5. We have more in common than just physical attraction.**
 - a) true
 - b) sometimes true

c) false

6. Neither of us tries to “fix” the other person.

a) true

b) sometimes true

c) false

7. There is very little jealousy in our relationship.

a) true

b) sometimes true

c) false

8. My partner doesn't mind if I see my family or friends or want to spend time by myself.

a) true

b) sometimes true

c) false

9. Our relationship is built on mutual trust and reliability. We can count on each other.

a) true

b) sometimes true

c) false

10. My partner doesn't hit, slap, shove, grab, shake or abuse me physically in any other way.

a) true

b) sometimes true

c) false

11. I feel at ease with my partner. I don't feel that I have to censor what I say out of fear of making him/her angry.

a) true

b) sometimes true

c) false

12. My partner doesn't push me into sex or sexual situations with which I am uncomfortable.

a) true

b) sometimes true

c) false

13. I feel that my partner is considerate of my thoughts and feelings.

- a) true
- b) sometimes true
- c) false

14. My partner doesn't call me names.

- a) true
- b) sometimes true
- c) false

15. When we spend time together, we usually make a shared decision about what we want to do.

- a) true
- b) sometimes true
- c) false

16. My partner and I each have our own, separate interests.

- a) true
- b) sometimes true
- c) false

17. I don't keep secrets (undisclosed emotions/desires or events from the past) from my partner.

- a) true
- b) sometimes true
- c) false

18. We rarely fight about money.

- a) true
- b) sometimes true
- c) false

19. When conflict arises, we talk about it and try to work it out. We don't withdraw or let it escalate into a hurtful fight (a hurtful fight may involve name calling, bringing up past hurts, or non-constructive criticism).

- a) true

- b) sometimes true
- c) false

20. We're happy with our sex life.

- a) true
- b) sometimes true
- c) false

21. I know how much money my partner earns, saves and spends.

- a) true
- b) sometimes true
- c) false

22. My partner usually fulfills his/her promises to me.

- a) true
- b) sometimes true
- c) false

23. We don't always have to agree with each other. We can agree to disagree.

- a) true
- b) sometimes true
- c) false

24. My partner doesn't make threats against me (threats that he/she will leave, hurt me or hurt himself/herself).

- a) true
- b) sometimes true
- c) false

25. My partner respects my independence. He/she doesn't try to control where I go or what I do.

- a) true
- b) sometimes true
- c) false

Scoring

Number of a, b, and c Answers	Point Value for Answers	Total Point Value (multiply total number of a, b, and c answers by their corresponding point value)
Number a answers:	All a answers = 0 points	
Number of b answers:	All b answers = 5 points	
Number of c answers:	All c answers = 10 points	
		Score (add total of a, b, and c points):

Your Score	Interpretation
0-29	Your score suggests that your relationship is mostly healthy. This doesn't mean that everything is perfect. Look at any questions where you chose b or c answers as these are some areas that you may want or need to improve.
30-49	Your score suggests that your relationship has some significant problems that need to be addressed. To identify these areas, look at questions where you chose b or c answers. Please seek help for problems that you cannot resolve as a couple, especially if there is abuse.
50-250	Your score suggests that your relationship is unhealthy. The higher your score the more unhealthy and possibly dangerous your relationship is. It's time to get some help.

Source:

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