

EVALUATING MY RELATIONSHIP

learn

look out

step up

speak out

adults

network

All relationships have positive and negative parts. However, in healthy relationships both partners are able to make their own choices, pursue their own interests, and disagree respectfully.

Answer the following questions thinking about how you have felt since you began dating the person you're with now.

Since our relationship began...

[school/work]

has my partner encouraged or discouraged my participation in school? activities? work?

have my grades changed?

have I ever missed or been late to classes? practice? extracurricular activities? work?

have I started spending less time with my friends?

has my partner shown up at school/work to check on me?

does my partner call/text me while I am at school/work to check on me?

[emotional health]

do I feel better or worse about myself?

do I feel more or less stressed? anxious? depressed?

do I cry more or less?

do I feel that I am nothing or that I couldn't live without my partner?

[physical health]

have I started sleeping more or less?

have I started using drugs/alcohol/tobacco more or less?

have I gained or lost weight since being in this relationship?

have I ever had bruises, cuts, or injuries because of a fight with my partner?

have I ever felt pressured by my partner to have sex?

has my partner ever accused me of flirting, cheating, or sleeping around with others to pressure me into sex?

have I been able to use condoms/birth control/ other barrier methods to protect myself from STDs and/or pregnancy?

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Continue to answer the following questions thinking about how you have felt since you began dating the person you're with now.

Since our relationship began...

[friends/family]

do I see my friends and family more or less?

have my friends or family expressed concern about my relationship?

does my partner ever act jealous or try to keep me from my friends or family?

has my partner ever gotten into an argument or fight with a friend or family member?

do I lie or make excuses to my friends or family to cover for my partner?

do we spend time independently with our own friends or family?

[personal choices]

do I feel like I can make my own decisions or that I have to "okay" my decision with my partner?

have my future dreams/goals changed?

do I feel dependent upon my partner?

do I feel that I could disagree with my partner?

do I feel that I can assert my wants/desires/needs in our relationship?

[next steps]

Thinking about my answers to the questions above...

Do I want to stay in/leave this relationship?

If I want to stay:

Am I safe?

Who can I ask for support?

If I feel unsafe, would I consider filling out a safety plan?

If I want to leave:

Do I feel safe ending this relationship?

Who can I ask for support?

Have I filled out a safety plan?