

Take This Relationship Test for Yourself or a Friend

Does your boyfriend or girlfriend ever...

- Put you down or criticize the way you eat, dress, talk, dance, etc?..... yes no
- Make fun of you in front of your friends or family..... yes no
- Call you names, embarrass you, or tease you in a hurtful way?..... yes no
- Pressure you into doing things you don't want to do?..... yes no
- Get jealous when you're around other people, even friends or family?..... yes no
- Act suspicious or accuse you of cheating?..... yes no
- Ignore you and your feelings? yes no
- Take your things without asking?..... yes no
- Destroy your property or things that are important to you?..... yes no
- Threaten to hurt you or people in your family?..... yes no
- Push you around or slap or hit you?..... yes no
- Make decisions for you?..... yes no

Do you have to...

- Ask for permission, sneak, or lie to spend time with friends or family?..... yes no
- Always please him/her, do things his/her way, or try to fix things for him/her?.. yes no
- Make excuses to protect him/her or justify his/her behavior?..... yes no
- Take the blame when things go wrong?..... yes no
- Do what he/she wants to avoid an argument or fight?..... yes no

Do you feel...

- That you can help him/her change for the better?..... yes no
- Afraid to express your own opinions or say no?..... yes no
- It's just easier to do things his/her way?..... yes no
- Guilty when you want to spend time with other people?..... yes no
- That maybe all the terrible things he/she says about you are true?..... yes no
- That maybe you stay in the relationship because no one else would want you?... yes no
- Confused?..... yes no
- Worried that things are getting out of control?..... yes no
- Afraid to tell your friends or family what's really going on?..... yes no
- Afraid you might get hurt?..... yes no

**If you answered yes to any of these questions and feel like something isn't quite right in your relationship, you can call NELCWIT to talk about it:
413-772-0808 (Franklin County) or 888-249-0806 (toll free)
24 hours a day, 7 days a week, free and confidential**

We all deserve relationships based on love, equality, and respect.