

Break the Cycle – Empowering Youth to End Domestic Violence

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Quiz: Is my Relationship Hurting Me?

Everyone deserves to be safe and healthy in their relationships. This means being able to make your own choices about your life and health. An abusive relationship may be harmful to your health. Take this quiz to find out if your health has been affected by your relationship.

Think about how you have felt since you started dating the person you are with. Answer “yes” or “no” to the following questions. Make sure to circle your responses. At the end you’ll find out how to score your answers.

Since our relationship began, have I: Circle One

- | | | |
|--|-----|----|
| 1. Felt guilty or bad about myself because of something that happened between me and my partner? | Yes | No |
| 2. Felt nervous or worried often without knowing why? | Yes | No |
| 3. Felt “out of control” when I was around my partner? | Yes | No |
| 4. Felt sad and worthless after something that happened in our relationship and had a hard time doing things that were easy to do before, like talking with friends, going to school, or doing chores because of my sadness? | Yes | No |
| 5. Had body pains, such as stomachaches or headaches, when I thought about things that happened in our relationship? | Yes | No |
| 6. Had nightmares about something my partner did? | Yes | No |
| 7. Stopped enjoying the company of family and friends, preferring instead to be alone or just with my partner? Stopped enjoying activities that I used to like? | Yes | No |
| 8. Used smoking, alcohol or drugs to handle what was happening in our relationship? | Yes | No |
| 9. Used alcohol or drugs because my partner threatened or forced me to? | Yes | No |
| 10. Tried to control my weight using laxatives or diet pills because my partner wanted me to lose weight? Tried to control my weight using laxatives or diet pills to handle what was happening in our relationship? | Yes | No |
| 11. Gone to the emergency room for something in our relationship? | Yes | No |
| 12. Worried that “we” were pregnant or that I had an STI from not being able to use condoms or birth control with my partner? | Yes | No |
| 13. Felt at any time that my sex-life was out of my control? | Yes | No |
| 14. Considered or attempted suicide? | Yes | No |

You have the right to a safe and healthy relationship..

Free from violence and free from fear.

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Scoring:

Give yourself 1 point for every “yes” answer.

Now that you’re finished and have your score, the next step is to find out what your score means. Simply take your total score and see which of the boxes below applies to you.

Score: 0 points

So you got 0 points. Well that’s actually a good thing. It means that your relationship must be going pretty well—nice going! Building a healthy relationship isn’t always easy. But remember that while things may be going good for you, they may not be so good for someone you know. If you’re worried that a friend’s relationship may be causing them harm, speak up about it. Tell them you’re worried and want to help. Share this quiz with them and let them know they can contact Break the Cycle for help.

Score: 1 or more points

If you scored 1 or more points, you may be in a relationship that is putting your health at risk. Feelings that something may not be right should never be ignored. Abuse can get worse over time and cause you greater harm. You may be more likely to be injured, be affected by STI’s (sexually transmitted infections), experience emotional stress, or consider suicide. Make you health a priority. Find out if you may be in an abusive relationship and what you can do if you see warning signs. Break the Cycle can help you figure out your options and make sure you have the support you need. Contact us for help.

To contact Break the Cycle, call us at 888.988.TEEN, or visit thesafespace.org for more information.