# Self-Assessment Worksheet: Is My Relationship Healthy or Unhealthy?

Name: Blank Class: Blank Date: Blank

Think about a family member, a friend, or a dating partner. Answer yes or no to each of the following statements. If you have more *yes* answers than *no*, you seem to have a healthy relationship with that person—keep it up!

If you have more *no* answers than *yes* or you have an even number of *no* and *yes* answers, you may have an unhealthy relationship with the person you chose. Keep this self-assessment in mind as you read the chapter and think about some changes you may need to make.

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| --- | --- | --- |
|  | Yes | No |
| I can be honest with this person. |  |  |
| I can easily talk to this person about things I need to. |  |  |
| I like the fact that decisions in our relationship are made by both of us. |  |  |
| I rarely (less than half of the time we are together) fight or argue with this person. |  |  |
| I respect their personal boundaries and they respect mine. |  |  |
| I rarely (less than half of the time we are together) feel pressured to do things I don’t want to do. |  |  |
| I think it is important to hang out with friends without this person sometimes. |  |  |
| I like to do many of the same things they like to do. |  |  |
| I have not changed who I am, what my goals are, or what I believe in for this person. |  |  |
| Most (over half) of my close friends like this person. |  |  |

My score for Is My Relationship Healthy or Unhealthy?= Blank (total number of yes or no answers)