

How's it Going for You?

Directions

- Assess your relationship, or imagine that you are in a relationship.
- Carefully read each of the squares in the table below.
- Write a number in the box that is inside each square:

- 1 This is not a problem / I can deal with it.
- 2 This is a problem and we would need to work on it together. (Not a crisis yet.)
- 3 This is a big problem and I would seek help to resolve it. (Crisis, but worth working on.)
- 4 This would be an unsolvable problem in our relationship. (Not worth it / end the relationship.)

My Partner				
<input type="checkbox"/> doesn't want to be affectionate with me anymore	<input type="checkbox"/> gets angry easily and often over the smallest things	<input type="checkbox"/> doesn't want me to spend time with my friends	<input type="checkbox"/> doesn't put a lot of time or effort into the relationship	<input type="checkbox"/> finds lots of excuses not to be with me
<input type="checkbox"/> blames me for everything that happens	<input type="checkbox"/> complains about a lot of the things I/we do	<input type="checkbox"/> never says sorry or never takes responsibility for his or her actions	<input type="checkbox"/> raises his or her voice and yells during our arguments	<input type="checkbox"/> promises me lots of things but doesn't follow through
<input type="checkbox"/> criticizes my ideas and suggestions	<input type="checkbox"/> has money but never spends any when we go out	<input type="checkbox"/> likes to party and gets really drunk every time	<input type="checkbox"/> ridicules my values/religious practices	<input type="checkbox"/> argues with me about everything until he or she gets his or her way
<input type="checkbox"/> flirts with others all the time	<input type="checkbox"/> never talks about feelings	<input type="checkbox"/> ignores me around his or her friends	<input type="checkbox"/> wants me to be more like him or her	<input type="checkbox"/> doesn't share a lot of similar interests with me
<input type="checkbox"/> has an annoying habit of _____	<input type="checkbox"/> wants me to have sex all the time	<input type="checkbox"/> never seems to have fun with me	<input type="checkbox"/> gets jealous when I talk to other guys or girls	<input type="checkbox"/> has threatened suicide if I was ever to leave the relationship
<input type="checkbox"/> shuts down and withdraws as soon as I question anything he or she does	<input type="checkbox"/> constantly interrupts me when we are talking about us	<input type="checkbox"/> has hit me, and then apologized	<input type="checkbox"/> has violent outbursts over the smallest disagreements	<input type="checkbox"/> wants me to quit my activities so that we can spend more time together
<input type="checkbox"/> makes me feel afraid at times	<input type="checkbox"/> likes to make fun of me when we are around his or her friends	<input type="checkbox"/> is always around me and doesn't give me my space	<input type="checkbox"/> borrows money from me but rarely pays me back	<input type="checkbox"/> calls me names when we are having a disagreement

Adapted from "Troubles in Paradise", Grade 12 Active Healthy Lifestyles, Manitoba Education, Citizenship and Youth, 2009.