

## **Are You in an Unhealthy Relationship?**

**Take this quiz to find out.**

(Quiz adapted from Santa Monica University Counseling Center)

1. Do you feel afraid to speak your mind, express how you feel or ask for something you need?
2. Does your partner tell you are "stupid", "crazy", or "inadequate" when you disagree?
3. Does your partner make fun of your ideas or opinions?
4. Is your partner bossy and/or try to control every detail in your relationship?
5. Is your partner extremely demanding and jealous?
6. Do you often feel guilty and second-guess your choices in friends, social activities, jobs, etc. because of your partner's negative comments about these choices?
7. Are you afraid of your partner's temper, feel like you walk on eggshells, and/or are constantly monitoring what you say and do as an attempt to avoid making him/her angry?
8. Do you find yourself making excuses for your partner and justifying his/her actions to others?
9. Do you feel more "free" to be yourself when he/she isn't around?
10. Does your partner throw or break things when angry?
11. Does your partner try to control where you go and what you do?
12. Does your partner pressure you to engage in sexual activities that you are uncomfortable with and put you down if you refuse?
13. of93.

**Relationships**