

*Note: This exercise is for the couple to complete and discuss privately.
It is not to be collected.*

ARE YOU IN A HEALTHY RELATIONSHIP? – Her Pages

This questionnaire is designed to help you discover if you are in a healthy relationship.

Please answer these questions honestly and total the points.

This will give some indication if you are in a healthy relationship.

It will hopefully be an instrument for dialogue with your partner.

QUESTIONS #1 TO 13

3 – Frequently 2 – Sometimes 1 – Rarely 0 – Never

- ___ 1. Does he continually monitor your time and make you account for every minute?
(when you run errands, visit friends, commute to work, etc.)
- ___ 2. Does he ever accuse you of having affairs with other men
or act suspicious that you are?
- ___ 3. Is he ever rude to your friends?
- ___ 4. Does he ever discourage you from starting friendships with others?
- ___ 5. Is he overly critical of daily things?
(your cooking, your clothes or your appearance)
- ___ 6. Does he demand a strict account of how you spend money?
- ___ 7. Do his moods change radically, from very calm to very angry, or vice versa?
- ___ 8. Is he disturbed by you working or by the thought of you working?
- ___ 9. Does he become angry more easily if he drinks?
- ___ 10. Does he pressure you for sex?
- ___ 11. Does he become angry if you don't want to go along
with his requests for sex?
- ___ 12. Do you quarrel much over financial matters?
- ___ 13. Do you quarrel much about having children or raising them?

QUESTIONS #14 to 26

6 – Frequently 5 – Sometimes 4 – Rarely 0 – Never

- ___ 14. Does he ever strike you with his hands or feet? (slap, punch, kick, etc.)?
- ___ 15. Does he ever strike you with an object?
- ___ 16. Does he ever threaten you with an object or weapon?
- ___ 17. Has he ever threatened to kill either himself or you?
- ___ 18. Does he ever give you visible injuries?
(such as welts, bruises, cuts, lumps on the head)
- ___ 19. Have you ever had to treat any injuries from his violence with first aid?
- ___ 20. Have you ever had to seek professional aid for any injury
at a medical clinic, doctor's office or hospital emergency room?
- ___ 21. Does he ever hurt you sexually or make you have intercourse against your will?
- ___ 22. Is he ever violent toward children?
- ___ 23. Is he ever violent toward other people?
- ___ 24. Does he ever throw objects or break things when he is angry?
- ___ 25. Has he ever been in trouble with the police?
- ___ 26. Have you ever called the police or tried to call them
because you felt you were in danger?

_____ **TOTAL**

Add up the points for each question. Compare your score with the following chart.

0 - 12	Healthy
13 - 34	Moderately unhealthy/abusive
35 - 91	Seriously unhealthy/abusive
92 - 120	Dangerously unhealthy/abusive

Although these issues may be difficult to discuss,
the tragic fact is that domestic violence is a reality.
There are different kinds of abuse and not every person experiences all forms.
Do not overlook or minimize suspected abuse in your relationship.

CSR ABUSE INDEX

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