

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

ARE YOU IN A HEALTHY RELATIONSHIP? – His 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 that 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 she continually monitor your time and make you account for every minute?
(when you run errands, visit friends, commute to work, etc.)
- ___ 2. Does she ever accuse you of having affairs with other women
or act suspicious that you are?
- ___ 3. Is she ever rude to your friends?
- ___ 4. Does she ever discourage you from starting friendships with others?
- ___ 5. Is she overly critical of daily things?
(your cooking, your clothes or your appearance)
- ___ 6. Does she demand a strict account of how you spend money?
- ___ 7. Do her moods change radically, from very calm to very angry, or vice versa?
- ___ 8. Is she disturbed by your career choices?
- ___ 9. Does she become angry more easily if she drinks?
- ___ 10. Does she pressure you for sex?
- ___ 11. Does she become angry if you don't want to go along
with her 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. Has she ever struck you with her hands or feet? (slap, punch, kick, etc.)
- ___ 15. Has she ever struck you with an object?
- ___ 16. Has she ever threatened you with an object or weapon?
- ___ 17. Has she ever threatened to kill either herself or you?
- ___ 18. Does she ever give you visible injuries?
(such as welts, bruises, cuts, lumps on the head)
- ___ 19. Have you ever had to treat any injuries from her 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 she ever hurt you sexually or make you have intercourse
against your will?
- ___ 22. Is she ever violent toward children?
- ___ 23. Is she ever violent toward other people?
- ___ 24. Does she ever throw objects or break things when she is angry?
- ___ 25. Has she 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.

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