

DOES YOUR RELATIONSHIP NEED A MAKE-OVER?

Answer the questions in your mind, then see results below.

1. What are some characteristics of a healthy relationship?

- a. Being in control
- b. 50/50 partnership

2. What are some characteristics of an unhealthy relationship?

- a. Physical acts of violence against one in the relationship
- b. Forced sexual intercourse (rape)
- c. Being in control
- d. All of the above

3. Have you ever thought you were in danger in your relationship?

Yes No

4. Have you ever wanted to end the relationship, but were forced to stay?

Yes No

REVIEW

Q1- Being in a 50/50 partnership is characteristics of a healthy relationship. Controlling one in a relationship is never the answer, and has to stop.

Q2- All of the answers are correct. Physical acts of violence such as hitting, kicking, slapping, forced sexual intercourse (rape), and being in control are all characteristics of an unhealthy relationship.

Q3- If you ever thought you were in danger in your relationship, chances are you are. "No" is always a good enough answer. Trust your instincts.

Q4- If you want to end the relationship, then you have the right to GET OUT!

Call 1-800-331-9474 for help if you are in trouble.