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.

<table>
<thead>
<tr>
<th>Points</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 - 12</td>
<td>Healthy</td>
</tr>
<tr>
<td>13 - 34</td>
<td>Moderately unhealthy/abusive</td>
</tr>
<tr>
<td>35 - 91</td>
<td>Seriously unhealthy/abusive</td>
</tr>
<tr>
<td>92 - 120</td>
<td>Dangerously unhealthy/abusive</td>
</tr>
</tbody>
</table>

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**

6/2006