



Name _____

Relationship Checkpoint

Directions: Read each behavior below. Decide if it belongs in a **Healthy**, **Unhealthy**, or **Abusive** relationship. Then, write one short sentence explaining why you think it fits that category.

1. Your partner respects your opinion even when they disagree with you.
(**Healthy** / **Unhealthy** / **Abusive**)

Why: _____

2. A friend gets angry if you don't text them back right away.
(**Healthy** / **Unhealthy** / **Abusive**)

Why: _____

3. Your partner checks your phone without permission.
(**Healthy** / **Unhealthy** / **Abusive**)

Why: _____

4. You feel safe expressing your feelings honestly.
(**Healthy** / **Unhealthy** / **Abusive**)

Why: _____

5. A friend spreads rumors about you to control who you hang out with.
(**Healthy** / **Unhealthy** / **Abusive**)

Why: _____

6. Your partner compliments you and supports your goals.
(**Healthy** / **Unhealthy** / **Abusive**)

Why: _____

7. Someone threatens to hurt themselves if you try to end the relationship.
(**Healthy** / **Unhealthy** / **Abusive**)

Why: _____

8. A friend listens and apologizes when they hurt your feelings.
(**Healthy** / **Unhealthy** / **Abusive**)

Why: _____

9. Your partner criticizes your appearance or puts you down in front of others.
(**Healthy** / **Unhealthy** / **Abusive**)

Why: _____

10. You both take turns making decisions and setting boundaries.
(**Healthy** / **Unhealthy** / **Abusive**)

Why: _____
