

# Am I a Good Partner? Quiz

ARE YOU A GOOD PARTNER? ANSWER YES OR NO TO THE FOLLOWING QUESTIONS TO FIND OUT. MAKE SURE TO CHECK THE BOXES TO RECORD YOUR RESPONSES. AT THE END, YOU'LL FIND OUT HOW TO SCORE YOUR ANSWERS.

DO I	YES	NO
1. Forget to thank my partner when they do something nice for me?	<input type="radio"/>	<input type="radio"/>
2. Ignore my partner's calls if I don't feel like talking?	<input type="radio"/>	<input type="radio"/>
3. Get jealous when my partner makes a new friend?	<input type="radio"/>	<input type="radio"/>
4. Have trouble making time to listen to my partner when something is bothering them?	<input type="radio"/>	<input type="radio"/>
5. Discourage my partner from trying something new like joining a club?	<input type="radio"/>	<input type="radio"/>
6. Call, text or drive by my partner's house a lot?	<input type="radio"/>	<input type="radio"/>
7. Get upset when my partner wants to hang out with their friends or family?	<input type="radio"/>	<input type="radio"/>
8. Make fun of my partner or call them names?	<input type="radio"/>	<input type="radio"/>
9. Criticize my partner for their taste in music or clothing?	<input type="radio"/>	<input type="radio"/>
10. Make fun of my partner's appearance?	<input type="radio"/>	<input type="radio"/>
11. Accuse my partner of flirting or cheating even if I'm not sure that's what happened?	<input type="radio"/>	<input type="radio"/>
12. Take out my frustrations on my partner, like snapping at them or giving them attitude?	<input type="radio"/>	<input type="radio"/>
13. Throw things if I'm mad at my partner or do things like hit walls or drive dangerously?	<input type="radio"/>	<input type="radio"/>
14. Read my partner's texts or go through their personal things, like their wallet or purse?	<input type="radio"/>	<input type="radio"/>
15. Tell my partner they are the reason for my bad mood even if they aren't?	<input type="radio"/>	<input type="radio"/>
16. Try to make my partner feel guilty about things they have no control over?	<input type="radio"/>	<input type="radio"/>
17. Sometimes say things to my partner knowing that they are hurtful?	<input type="radio"/>	<input type="radio"/>
18. Talk down to or embarrass my partner in front of others?	<input type="radio"/>	<input type="radio"/>
19. Make/encourage my partner to do things sexually that I know they don't want to do?	<input type="radio"/>	<input type="radio"/>

## So Are You A Good Partner?



# SCORING

GIVE YOURSELF ONE POINT FOR EVERY “YES” YOU ANSWERED TO QUESTIONS ONE THROUGH FOUR AND FIVE POINTS FOR ALL “YES” ANSWERS TO NUMBERS 5-20. DON’T GIVE YOURSELF ANY POINTS FOR ANY “NO” ANSWERS.

NOW THAT YOU’RE FINISHED AND HAVE YOUR SCORE, THE NEXT STEP IS TO FIND OUT WHAT IT MEANS. SIMPLY TAKE YOUR TOTAL SCORE AND SEE WHICH OF THE CATEGORIES BELOW APPLY TO YOU.

### 0pts

If you got zero points, congratulations! You make a good Partner! It sounds like you’re very mindful of your actions and respectful of your partner’s feelings -- these are the building blocks of a healthy relationship. Keeping things on a good track takes work, so stay with it! As long as you and your partner continue like this, your relationship should grow in a healthy direction.

### 1-2pts

If you scored one or two points, there may be a couple of things in your relationship that could use a little attention. Nobody is perfect, but it is important to be mindful of your actions and try to avoid hurting your partner. Remember, communication is key to building a healthy relationship!

### 3-4pts

If you scored three or four points, it’s possible that some of your actions may hurt your partner and relationship. While the behaviours may not be abusive, they can worsen over time if you don’t change.

### 5pts

If you scored five or more points, some of your actions may be abusive. You may not realize it, but these behaviours are damaging. The first step to improving your relationship is becoming aware of your unhealthy actions and admitting they are wrong. It’s important to take responsibility for the problem and get help to end it. An unhealthy pattern is hard to change, so chat with a peer advocate at [loveisrespect.org](http://loveisrespect.org) for more information on how to get help.