



Empowering survivors of

Gender-Based Violence

RELATIONSHIP HEALTH CHECK

Is My Relationship Healthy?

A healthy relationship should make you feel respected, valued, supported, and safe.

Use this simple checklist to reflect on your relationship. Tick the statements that apply most of the time.

Healthy Relationship Behaviours

Respect

- ☐ My opinions are listened to and valued.
- ☐ My boundaries are respected.
- ☐ My partner treats me with kindness, even during disagreements.
- ☐ I feel respected as an equal.

Trust

- ☐ My partner trusts me without constant suspicion.
- ☐ I can spend time with friends and family freely.
- ☐ I do not feel monitored or controlled.
- ☐ We are honest with each other.

Communication

- ☐ We can discuss problems respectfully.
- ☐ I feel comfortable expressing my feelings.
- ☐ My concerns are taken seriously.
- ☐ We listen to each other without belittling or blaming.

Independence

- ☐ I can make my own decisions.
- ☐ I have interests and activities outside the relationship.
- ☐ My partner supports my goals and aspirations.
- ☐ I feel free to be myself.

Total Healthy Behaviours Ticked: _____ / 16

Unhealthy Relationship Behaviours

Control

- ☐ My partner tells me what I can or cannot do.
- ☐ I feel pressured to seek permission for everyday activities.
- ☐ My partner controls money, transportation, or access to resources.
- ☐ I am expected to account for my whereabouts constantly.

Jealousy

- ☐ My partner becomes jealous without reason.
- ☐ I am accused of flirting or cheating unfairly.
- ☐ My partner becomes upset when I spend time with others.
- ☐ Jealousy frequently causes conflict.

Isolation

- ☐ I have become distant from friends or family.
- ☐ My partner discourages me from seeing loved ones.
- ☐ I feel alone or unsupported.
- ☐ My social life has become limited because of the relationship.

Intimidation

- ☐ I feel afraid of my partner's reactions.
- ☐ My partner uses threats, anger, or fear to get their way.
- ☐ Property has been damaged during arguments.
- ☐ I often "walk on eggshells" to avoid conflict.

Total Unhealthy Behaviours Ticked: _____ / 16

Reflection

How does this relationship make me feel most of the time?

What are my greatest concerns?

What is one positive step I can take today?

What Do My Results Mean?

Mostly Healthy Behaviours

- Your relationship may be demonstrating healthy foundations of respect, trust, communication, and independence.

A Mix of Healthy and Unhealthy Behaviours

- Consider which behaviours are occurring regularly and how they affect your wellbeing.

Several Unhealthy Behaviours

- Multiple unhealthy behaviours may indicate an unhealthy or abusive relationship. Consider speaking with a trusted person, counsellor, or support organisation.

Remember

♥ Healthy relationships are built on:

- Respect
- Trust
- Communication
- Equality
- Safety

▶ Unhealthy relationships often involve:

- Control
- Jealousy
- Isolation
- Intimidation
- Fear

You deserve to feel safe, respected, and valued.