

# Relationship ASSESSMENT



@holisticandwell  
wendyhawkins.net

	<b>never</b>	<b>rarely</b>	<b>some times</b>	<b>often</b>	<b>always</b>
My partner is very supportive of things I do (hobbies, career, interests, etc.)					
My friends like my partner					
My partner listens respectfully when I have something on my mind					
My family members like my partner					
My partner is jealous or possessive					
My partner encourages me to try new things					
My partner constantly checks up on me or makes me check in					
My partner is controlling of what I do or who I see					
My partner brings up things in a calm and respectful manner					
My partner has big mood swings, getting angry and yelling at me one minute but being sweet and apologetic the next.					

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	never	rarely	some times	often	always
My partner puts me down, calls me names or criticizes me					
My partner blames me for the problems in our relationship and I don't think I'm fully to blame.					
It's pretty easy to talk to my partner when I have concerns about our relationship.					
My partner threatens to destroy my things (Phone, clothes, laptop, car, etc.).					
Infidelity has happened within the relationship.					
My partner has grabbed, pushed, shoved, choked, punched, slapped, held me down, thrown things or hurt me in some way.					
We have a good time doing mundane things together because we enjoy each other's company (e.g. grocery shopping, laundry, going to the gym)					
We bicker frequently (nagging, fighting over nothing)					