

## Platonic Healthy Relationship/Friendship Quiz

Think of a person in your life you are connected to: a friend, a family member, a partner, a peer, a roommate etc. For each of these individuals, your relationship may look different, and yet there are similar key components which make this relationship feel “healthy.”

For this quiz, think of one of these people you have a relationship with and answer the following questions either “Yes” or “No.”

### **In this relationship, this person...**

1. Is supportive of my passions, my work, my hobbies, and other aspects of my life.
2. Encourages me to try new things.
3. Listens to me when I need support.
4. Respects my boundaries (physically, emotionally, related to time, or otherwise).
5. Creates opportunities for me to spend time with people other than them.
6. Encourages me to balance my time between the relationship and other aspects of my life.
7. Respects me for who I am and doesn't try to change me.
8. Is not well-liked by my other friends and/or family.
9. Texts me or calls me constantly, wondering where I am.
10. Accuses me of not being a loyal member of this relationship/family/community.
11. Tells me I should change things about how I look.
12. Makes me check-in with them a lot to update them on what I'm doing.
13. Always tells me that I need to support them, and is never there for me when I need support.
14. Makes me feel bad about myself.
15. Limits my access to my own money and/or controls all of the finances we share responsibility for.
16. Spreads rumors about me.
17. Pressures me to engage in physical touch (i.e. hugging, holding hands, etc.).
18. Blames or shames me when I ask for help or support from them.
19. Makes me feel like I need to change part of who I am and that I can't be my authentic self.
20. Makes me feel like I am walking on eggshells around them.
21. Yells, belittles, or humiliates me in front of other people.
22. Grabs, pushes, shoves, kicks, punches, slaps or hurts me physically in some other way.
23. Has really big mood swings: they may be yelling at me one minute, and then apologizing to me about it in the next.
24. Tries to control what I do, who I see, and/or how I spend my time.
25. Gets jealous or possessive.
26. Puts me down, calls me names, or criticizes me.

## Scoring

Now, it's time to tally up your answers.

For questions 1-7, tally 1 point for every "No" you answered.

For questions 8-17, tally 1 point for every "Yes" you answered.

Finally, for questions 18-26, tally 2 points for every "Yes" you answered.

*If you scored no points*, your relationship seems pretty healthy! The most important pieces to a healthy relationship are trust, respect, honesty, communication, equality, and honoring each other's boundaries. It takes a lot of work to make sure each of these components is present (and that all people in that relationship feel the same). That hard work is all the more worth it when we have happy, healthy, relationships with awesome people in our life!

*If you scored 1-10 points*, you may be noticing a few things that don't feel great or that you've got some questions about. This isn't to say that your relationship may be harmful or abusive, there may be some pieces missing from the core components mentioned above. It might be helpful to talk to someone about what you're feeling, and what your options are for having conversations about your relationship. Consider reaching out to someone in your community of care, a counselor from CAPS to start counseling, staff/student interns at WesWell for information, and/or the SACE Office to explore what other options are available for finding support.

*If you scored 10-20*, you may be noticing a few more red flags in your relationship. This relationship may be unhealthy and/or abusive. The most important thing is your safety. You deserve to feel safe and comfortable in all of your relationships. Consider reaching out to a counselor from CAPS to start counseling, an advocate at New Horizons (off-campus, community resource), and/or the SACE Office to explore what other options are available for finding support.

*If you scored 20-30+*, you are most likely in an abusive relationship. This isn't meant to name your experience, and hopes to serve as an opportunity to connect you to people who can help. If you feel unsafe with this person, help is available to you. Contact folks in the Office of Equity and Inclusion (non-confidential), CAPS (confidential), the SACE Office (confidential), or an advocate at New Horizons (confidential) to think about making a safety plan and learning more about resources.

**Source:** Loveisrespect.org. 2018. "Healthy Relationship Screener." *Loveisrespect.org*. Retrieved on Tuesday, August 7<sup>th</sup>, 2018 from <http://www.loveisrespect.org/printable-quizzes/>