

HOW TOXIC IS MY RELATIONSHIP?

Rate each statement from 1 (not at all) to 6 (perfect match) by comparing it to your relationship. Write the number in the blank to the left of the question.

- _____ 1. My partner has hit or pushed me.
- _____ 2. My partner calls me names, puts me down, teases me too much.
- _____ 3. My partner lies to me.
- _____ 4. My partner has had more than one outside relationship.
- _____ 5. My partner cheats people out of money or material goods.
- _____ 6. My partner steals.
- _____ 7. My partner abuses drugs or is an alcoholic.
- _____ 8. My partner threatens me with violence or abandonment.
- _____ 9. My partner is unable to make a commitment to our relationship.
- _____ 10. My partner demands his/her way without willingness to compromise.
- _____ 11. My partner can't hold a job.
- _____ 12. My partner has huge, unpredictable mood swings.
- _____ 13. My partner violates my boundaries.
- _____ 14. My partner and I do not communicate on any issues.
- _____ 15. My partner clings tightly to me and doesn't allow me time to myself or friends of my own.
- _____ 16. My partner is jealous.
- _____ 17. There is no trust in our relationship.
- _____ 18. My partner has rages.
- _____ 19. My partner tries to control my life.
- _____ 20. My partner has no self-control with food, money or alcohol.
- _____ 21. My partner is a chameleon, I never know who to expect.
- _____ 22. My partner tells me, directly or indirectly, that I am not good enough.
- _____ 23. My partner is a black-and-white thinker. There is no middle ground.
- _____ 24. My partner has no close friends and is not close to his/her family.
- _____ 25. My partner has spent time in jail or prison.
- _____ 26. My partner greets suggestions with "yes, but..."
- _____ 27. My partner tries to keep me away from friends or family.
- _____ 28. My partner is cruel to my pets/children/family.
- _____ 29. My partner has few emotional reactions to anything.
- _____ 30. My partner brings up everything from my past and acts as though I'm the only one with problems.
- _____ TOTAL

If your total is:

- Under 54 Your relationship is open and connected. Needs a tune-up every so often.
- 55-79 Some problems, but workable without intervention.
- 80-109 Consider a therapist. There's lots of room for improvement.
- 110-134 Get a therapist and get ready for a long haul.
- 135-159 Your relationship is probably not workable.
- Over 160 Caution! This relationship is toxic.