



HOW MY RELATIONSHIP AFFECTS MY LIFE

MY FRIENDS / FRIENDSHIPS:

Yes No

- Do my friends and family like my partner?
- Have I grown apart from my friends and family since I've been in this relationship?
- Does my partner ever act jealous of my friends/family and try to keep me away from them?
- Has my partner ever threatened or gotten into a physical fight with a friend or family member?
- Has my partner pressured me to quit a club, group or team?
- Do I find myself lying to my friends and family to cover up for my partner?
- Do we each spend time separately with our own friends?
- Do I feel isolated and alone?

WORK AND/OR SCHOOL:

Yes No

- Does my partner support me in my job/career goals?
- Have I ever missed or been late to work or school because of a fight with my partner?
- Does my partner pressure me to miss work or school?
- Do I talk to my partner on the phone so much while at work that it gets in the way of my job?
- Has my partner ever shown up at my job or school to "check up" on me because of jealousy?
- If so, has this caused me embarrassment or questions from other people?
- Has my work performance or grades changed since I've been in this relationship?
- Have I ever quit a school or work group so I could spend that time with my partner?
- Does my partner support my future education and/or professional goals?

MY PHYSICAL HEALTH:

Yes No

- Have I ever had cuts, bruises, or other injuries as a result of a fight with my partner?
- Have I gained or lost a significant amount of weight since I've been in this relationship?
- Have I ever contracted a sexually transmitted disease from my partner?
- Have I had any unplanned pregnancies from this relationship?
- Have I ever been so upset about a fight with my partner that I became physically ill?
- Does my partner ever threaten me or do dangerous things (ex. driving recklessly with me in the car)?

MY EMOTIONAL HEALTH (STRESS, FEELINGS OF WELF WORTH):

Yes No

- Do I feel worse about myself since I have been in this relationship?
- Do I ever think that I couldn't go on without him/her?
- Do I feel more stressed, depressed or anxious since I've been in this relationship?
- Do I cry more frequently since I've been in this relationship?
- Do I have more trouble sleeping or sleep more than usual since I've been in this relationship?
- Do I feel like I am "overacting" because my partner denies upsetting incidents?
- Do I often get the sense that issues are not fully resolved with my partner?
- Do I "let things go" so an argument doesn't get worse?
- Do I feel frustrated because I can't get my partner to understand my intentions?
- Are my opinions, thoughts, suggestions, and feelings routinely disregarded or ridiculed?
- Do I often feel confused, surprised, hurt, frustrated, diminished, or threatened?
- Do I regularly or often feel upset by what is said or not said to me?
- Is there an absence of laughter and fun in my relationship?
- Does my relationship experience many extreme "highs" and "lows"?
- Do I think that when my partner is angry I have somehow hurt him/her?
- Have I learned to overlook unkindness and disrespect from my partner?
- Have I found that I have gradually adapted to my partner's wishes and control?
- Am I often surprised by my partner's irritation or anger at me?
- Do I feel as though there is a difference between the way my partner hears or interprets what I say and what I believe I said or meant?
- Am I usually the one who tries to restore peace during a disagreement?
- Do I get the feeling that my partner usually thinks I am wrong and they are right?

USE OF DRUGS/ALCOHOL:

Yes No

- Have I started/increased smoking, drinking or using drugs since I've been in this relationship?
- Does my partner pressure me to use drugs or alcohol?
- Do I ever use drugs/alcohol to help myself calm down or feel better after a fight?
- Do I ever use drugs/alcohol because I feel it will "loosen me up" and make me less inhibited around my partner or around his/her friends?

Family Shelter Service

605 East Roosevelt Road • Wheaton, Illinois 60187 • 24 Hour Hotline: (630) 469-5650