

HOW HEALTHY IS YOUR RELATIONSHIP?

The quality of our relationships affects our lives in many ways including our self-esteem, our ability to handle stress and our academic and occupational productivity. The following questionnaire can help you identify the health of the relationship that you have with your significant other.

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| 1) My partner and I have clear communication. | Yes | No |
| 2) We have trust in one another. | Yes | No |
| 3) There is mutual respect between us. | Yes | No |
| 4) We have common interests. | Yes | No |
| 5) We are able to perceive things differently without expecting each other to see things the other's way. | Yes | No |
| 6) I feel valued intellectually, emotionally and if intimate, physically. | Yes | No |
| 7) I am able to grow independently and I support my partner's growth, thus our relationship is also able to grow. | Yes | No |
| 8) We have activities and friends outside of the relationship. | Yes | No |
| 9) We accept each other and do not try to change one another. | Yes | No |
| 10) Our relationship adds joy to my life. | Yes | No |

If you answered NO to any of the above questions you may want to explore the health of your relationship. Speaking to a personal counselor can be very helpful in clarifying any doubts or concerns that you may have. To make an appointment with one of our counselors you may call 965-0581 x2298 or come by our office in the Student Services Building (SS-170).

For more information see: [Recognizing Healthy Relationships: A guide for SBCC students](#)

Other Web Links

<http://campusblues.com> A user friendly guide for college student's emotional health

<http://campusblues.com/reabu.html> Relationship abuse

www.healthyboundaries.com/ Guidelines for creating healthy relationships