



Quiz: Can You Identify What a Healthy Relationship Looks Like?

Circle "True" for all the statements you believe are important to a healthy relationship and "False" for those with which you disagree.

1. Relationships are a necessary part of healthy living, but there is no such thing as a perfect relationship.

True False

2. Each relationship contains a combination of both healthy and unhealthy characteristics.

True False

3. Healthy relationships require give and take on the part of each partner.

True False

4. Fighting is not a part of a healthy relationship, regardless of how the conflict is handled.

True False

5. It's not necessary for a couple in a relationship to be good friends.

True False

6. Healthy relationships show each partner's willingness to sacrifice the demands of self over that of his partner.

True False

7. In a secure relationship, a person should feel safe to open up and be vulnerable.

True False

8. Honesty is telling the truth even if you think the other person's feelings may be hurt.

True False

9. Trust in a relationship is relying on your partner to do the right thing in all situations, and doing the same for yourself.

True False

10. Making time for your friends and family is a healthy part of a relationship.

True False