

Relationships

Provided by the Fairfield County Prosecuting Attorney's Office – Kyle Witt
Office of the Victim Assistance Division

Questions to Ask Yourself about Dating

1. How many essential characteristics of your “ideal boyfriend/girlfriend” does he/she have?
2. Is he/she glad you have other friends?
3. Is he/she willing to have you spend time alone, even if he/she would like to be with you?
4. Is he/she pleased at your accomplishments and ambitions?
5. Does he/she sometimes ask your opinion?
6. Does he/she both talk and listen?
7. Does he/she have good friends?
8. Does he/she have interests besides you?
9. When angry does he/she break or throw things?
10. Does he/she loose his/her temper suddenly over small things?
11. Does he/she ask you about other boyfriends/girlfriends in your life?
12. Does he/she want to know where you've been when you've been out?
13. Does he like and admire his mother or sister?

If you have answered “No” to most of these questions you could be in an abusive relationship.

Signs of a Health Relationship

- Accepts partner’s friends and family without jealousy.
- Allows for growth and change without partner being threatened.
- Does not attempt to control or change the other partner.
- Allows for individuality of the other.
- Encourages self-sufficiency in each other.
- The relationship is based on trust and mutual respect.

Signs of an Unhealthy Relationship

- Is jealous and possessive toward you.
- Won’t let you have friends.
- Checks up on you.
- Don’t let you end a relationship.
- Tries to control you, being bossy & giving orders.
- Believes men should be in control of women.
- Blames you when they mistreat you.
- Says you provoked them, lead them on, made them do it.
- Pressures you for sex and is forceful or scary about it.
- Is violent, and loses their temper quickly and brags about mistreating others.
- Gets serious in relationship really quickly.
- Has strong beliefs about men and women’s roles.
- Demanding expectations of the other.
- Blames others for his/her problems.
- Hurts animals or is cruel to children.
- Threatens to hurt you or themselves.
- Acts like two different people.
- Your family or friends have expressed concerns to you

