



*Changing What's Within
To
Change What's Around*

FROM THE AUTHOR OF MIRROR MOMENTS

THE RELATIONSHIP SNAP SHOT

STEPHENJTHURSTON.COM

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S A M P L E

SCORING



1 point for every NO you answered for numbers 1-4.

1 point for every YES you answered for numbers 5-8.

5 points for every YES you answered for numbers 9 and above.

Once you have your score, look to the key to determine which category you fall within.



Healthy Relationship Quiz

THE PERSON I'M WITH

YES NO

1. Is very supportive of the things that I do. YES NO
2. Encourages me to try new things. YES NO
3. Likes to listen when I have something on my mind. YES NO
4. Understands that I have my own life too. YES NO
5. Is not liked very well by my friends. YES NO
6. Says I'm too involved indifferent activities. YES NO
7. Texts me or calls me all the time. YES NO
8. Thinks I spend too much time trying to be nice. YES NO
9. Gets extremely jealous or possessive. YES NO
10. Accuses me of flirting or cheating. YES NO
11. Constantly checks up on me or makes me check in. YES NO
12. Controls what I wear or how I look. YES NO
13. Tries to control what I do or who I see. YES NO
14. Tries to keep me from seeing or talking to my family and friends. YES NO
15. Has big mood swings:angry/yelling one minute then sweet/apologetic YES NO
16. Makes me feel nervous or like I'm walking on eggshells. YES NO
17. Puts me down, calls me names, or criticizes me. YES NO
18. Makes me feel like I can't do anything right or blames me for problems. YES NO
19. Makes me feel like no one else would want me. YES NO
20. Threatens to hurt me, my friends, or family. YES NO
21. Threatens to hurt themselves because of me. YES NO
22. Threatens to destroy my things. YES NO
23. Grabs, pushes, shoves, chokes, punches, slaps, holds me down or hurts me in some way. YES NO
24. Breaks or throws things to intimidate me. YES NO
25. Yells, screams or humiliates me in front of other people. YES NO
26. Pressures or forces me into having sex or going farther than I want to. YES NO

0 points

Well, it looks like your relationship is on a pretty healthy track. Remember, that while you may have a healthy relationship maintaining a healthy relationships takes work... keep it up!

1-2 points

There may be a few things in your relationship that are unhealthy, but it doesn't necessarily mean that they are warning signs. It's a good idea to keep an eye out to ensure unhealthy patterns aren't developing. Make sure there's open communication where you and your partner are expressing what you do and don't like.

3-4 points

Looks like there are warning signs of an abusive relationship, which should not be ignored. Something that starts small can grow fast and get worse over time. No relationship is perfect, they definitely take work, but in healthy relationships you won't find abusive behavior.

5 points

There are definite signs that you're in an abusive relationship. Remember that your safety is the most important thing. Consider developing a safety plan and remember that you don't have to deal with this alone. Reach out and get the help you need... there's no shame.

SCORING

1 point for every YES you answered for numbers 1-4.

5 point for every YES you answered for numbers 5-19.

Don't give yourself any points for any NO answers.

Once you have your score, look to the key to determine which category you fall within.



Am I A Good Partner Quiz

DO I

YES NO

1. Forget to thank my partner when they do something nice for me? YES NO
2. Ignore my partner's calls if I don't feel like talking? YES NO
3. Get jealous when my partner makes a new friend? YES NO
4. Have trouble making time to listen to my partner when something bothers them? YES NO
5. Discourage my partner from trying something new? YES NO
6. Call, text, or drive by my partners home often? YES NO
7. Get upset when my partner wants to hang with their friends/family? YES NO
8. Make fun of my partner or call them names? YES NO
9. Criticize my partner for their taste in clothes or music? YES NO
10. Make fun of my partner's appearance? YES NO
11. Accuse my partner of flirting or cheating, even if I'm not sure that's what happened? YES NO
12. Take out my frustrations on my partner? YES NO
13. Throw things if I'm mad at my partner or other potentially dangerous things? YES NO
14. Read my partner's text or go through their personal things? YES NO
15. Tell my partner that they are the reason for my bad mood even if they aren't? YES NO
16. Try to make my partner feel guilty about things they have no control over? YES NO
17. Sometimes say hurtful things to my partner on purpose? YES NO
18. Talk down to or embarrass my partner in front of others? YES NO
19. Make/encourage my partner to do things sexually that i know they don't want to do? YES NO

0 points

Congratulations! You're a good partner. It appears that you're mindful of your actions and respectful of your partners feelings. These are the building blocks of a healthy relationship. Keeping things on track takes work so stay with it. Continue to grow in a healthy direction.

1-2 points

There may be a few things in your relationship that could use a little attention. Nobody is perfect, but it's important to be mindful of your actions and try to avoid hurting your partner. Remember, communication is key to building a healthy relationship.

3-4 points

It's possible that some of your actions may hurt your partner and relationship. While the behaviors may not be abusive, they can worsen over time if you don't make any changes.

5 points

Some of your actions are abusive. You may not realize it, but these behaviors are damaging. The first step to improve your relationship is becoming aware of your unhealthy actions and admitting that they are wrong. It's important to take responsibility for the problem and get help to end it. Unhealthy patterns are hard to change so find an accountability partner in the process.

RELATIONSHIP CONTRACT

I freely enter into this contract, choosing to live in the NOW with you and remaining open-hearted to future of US. I know that nothing is guaranteed and "happily ever after" exists only in fairy tales. Love and relationships take conscious, consistent effort to maintain and to flourish.

I choose to help empower you, not to own you nor possess you. I choose to love, honor, and respect you.

I will be as truthful and reliable as I can be. I will not agree to things unless I truly desire to, yet I will be respectful of, and sensitive to, your needs and feelings. When I want something from you, I will ask clearly, not hint or expect you to read my mind. I will not create expectations in my head concerning you or your actions then blame you for their unfulfillment. I will share my love, joy, and care with you.

I will never use your words against you nor divulge your private thoughts and actions to others without your consent. Any actions or words that relate to something the two of us said or did together should be considered private unless we have discussed it and agreed to reveal our actions or thoughts to others.

I will care for you when you are sick or hurt even if it means you want me to do nothing at all for you. However, I will not let you purposefully hurt or destroy yourself without attempting to persuade you otherwise. You may count on me for strength and emotional support when you are down and I expect the same of you.

We are separate and unique individuals who choose to enrich and cherish each other. Ultimately, though, only I can choose to be happy or not, fulfilled or not. I am equal to you, not more nor less.

RELATIONSHIP CONTRACT

I will not compete with you and play "I win, you lose" games. I will enjoy your different qualities and work towards "win-win" situations. I feel proud of you and will not take you for granted. I will accept you as you are and not try to change those aspects of yourself I am uncomfortable with.

I will endeavor to keep my mind open and my boundaries flexible. I will support your growth processes. I will not attack you in public or private when something occurs that I don't like. I will instead accept it as a part of who you are and rationally discuss it with you in private in order to more fully understand who you are. I will remember your love and constancy and communicate this to you. I will not judge you against my past relationships, good or bad. Nor will I hold on to issues or grudges. I will enjoy sharing hopes, dreams, and plans for the future with you now.

Our time together has a high priority in my life. I value our time and will make conscious efforts to ensure we have as much time for each other as we need. I also recognize that we need separate and alone time, too. I will respect your right to be apart from me, and I expect you to respect my right to have alone time also. I have friends and interests that are not in common with you; you also have friends and interests not in common with me. I will not be possessive or jealous of your time away from me, recognizing that the fulfillment and joy you receive benefits me as well. I will be open to uncommon experiences with you though. Our careers are also important to us and I will be understanding when job demands temporarily take a high priority in your life; I expect the same from you.

RELATIONSHIP CONTRACT

When problems occur, I will work with you to resolve them as soon as possible. When I am upset or conflicted, I will center myself, clarify my feelings, and determine my issues before confronting you. Only then will I approach you to discuss my issues. I will never make threats of breaking our commitments to each other, leaving you, or asking you to leave. I will never intentionally physically harm you nor threaten to. I will not expect either of us to be perfect. Occasionally I will get frustrated and stressed and disappointed, but I will not reject you nor attempt to control your individuality. I accept that I will have times of anger, sadness, fear, and pain and will want your emotional support. I will not feel you are attacking me when you express frustrations or bad feelings.

I will be responsible for supporting myself, and I will share what I can with you to the best of my abilities. I expect you to respect my personal property and I will respect and care for your personal property, as if it were my own. I will make agreements with you concerning mutual financial matters. I will not control you with money, nor will I be controlled by your money.

I commit myself to growing and changing and creating a conscious future with you. I will do my utmost to live up to the spirit of this agreement. We may revise or renegotiate this document as we deem suitable.

In order to fulfill the aforementioned, both parties agree to play their respective parts in creating a healthy, thriving relationship.

Date: _____

Partner: _____

Partner: _____