

Dear Teens Who Are Dating- Here's How To Know If You Are In An Unhealthy Relationship

Here's a list of questions to ask yourself about your boyfriend or girlfriend (BF/GF): Take an honest look at each one of these to see if your relationship is more like #1 or #2 and circle each number as you go.

1. I feel like I can be myself around my BF/GF.
 2. I sometimes pretend to be someone I'm not when I'm with my BF/GF.
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1. My BF/GF accepts me for who I am.
 2. My BF/GF wants me to change certain things about myself that I don't want to change.
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1. I feel comfortable telling my BF/GF anything.
 2. I'm afraid to share certain parts of my life because I don't think my BF/GF will understand.
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1. My BF/GF cares about my problems.
 2. My BF/GF doesn't care about my problems.
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1. My BF/GF listens to me when I tell them what I need.
 2. My BF/GF rarely listens to me when I tell them what I need.
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1. I trust that my BF/GF is being faithful.
 2. I wonder if my BF/GF is secretly seeing other people.
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1. When my BF/GF sees me do something they don't like; they share their feelings respectfully.
 2. When my BF/GF sees me do something they don't like, they yell at me or threaten me.
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1. I can make plans with other people and do my own thing whenever I want.
 2. I have to ask for permission from my BF/GF to do stuff with other friends.
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1. My BF/GF respects my physical boundaries.
 2. My BF/GF pressures me into doing some sexual things I'm not comfortable doing.
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1. When we fight, my BF/GF is always willing to talk it out.
 2. When we fight, my BF/GF isn't willing to see things from my side and shuts down the conversation.

1. My BF/GF says sorry if they make a mistake or do something wrong.
 2. My BF/GF gets mad at me when I confront them about doing anything wrong.
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1. My BF/GF considers my ideas when we make plans so we can choose together.
 2. My BF/GF makes all the plans and doesn't give me a choice in the matter.
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1. My BF/GF is lovingly attentive to me when we spend time together.
 2. My BF/GF sometimes ignores me or acts rude when we spend time together.
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1. I have the freedom to choose what I want to do and my BF/GF is supportive.
 2. There are certain things I'm not allowed to do because my BF/GF sets the rules.
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1. When we fight, we talk through our problems calmly.
 2. When we fight, sometimes my BF/GF can get physical or verbally insult me.
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1. The friends and family members I trust really like my BF/GF.
 2. The friends and family members I trust don't like my BF/GF.
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1. My BF/GF makes me feel seen and valued, just being me.
 2. My BF/GF is critical of all my flaws and weaknesses.
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1. My BF/GF supports all the things I love to do.
 2. My BF/GF wants me to be less social and active so I can only be with them.
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1. I feel confident and strong when I'm around my BF/GF.
 2. I feel insecure and nervous when I'm around my BF/GF.
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1. My BF/GF appreciates all my strengths and talents.
 2. My BF/GF doesn't really acknowledge my strengths and talents.
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1. I feel I could end the relationship on good terms even though it would be hard.
 2. I'm scared to leave my BF/GF because they've threatened to do something hurtful or dangerous.
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1. People really like and respect my BF/GF.
 2. My BF/GF has a bad reputation.
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1. Since we started dating, I feel like I'm becoming a better person.
 2. Since we started dating, I'm getting into more trouble.
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1. This relationship is helping me grow into a better person.
 2. This relationship makes me feel stuck and I'm not progressing in anything at all.

1. I'm proud of all the things my BF/GF does.
2. I'm embarrassed and ashamed by some things my BF/GF does.

1. My life is much more enjoyable with my BF/GF in it.
2. My life is harder and more complicated with my BF/GF in it.

1. I feel like my BF/GF adds positivity and hope to my life.
2. I feel like my BF/GF adds more anxiety and stress to my life.

If you picked #2 for any choices on the list, I urge you to seriously consider ending the relationship. Those show unhealthy symptoms and may be signs that you are in a toxic relationship. Of course, there will be difficulties in **any** relationship, but these key points show there could be something more serious.

It takes a lot of courage to take the next step, but I promise you, it will be worth it. And please know and believe this to be true: In time, you will find that wonderful someone who will love you well, and you will love them well too.