

### Quiz: Am I in an Abusive Relationship?

**For the purposes of this quiz, I am going to use the term “SO” to replace boyfriend. I know this website is for teen girls, but a male could stumble upon it as well in a google search, because believe it or not, girls can be abusers too.**

- 1) Does your SO ever get jealous? Even when you’re doing normal activities such as hanging out with our family or spending time with friends?
- 2) Have you stopped spending as much time with your family/friends because of this?
- 3) Is your SO physically violent with other people? What about you?
- 4) Does your SO ever say things like, “You’re stupid”, “I can’t believe you would do something like that”, “You love your family more than me.” ?
- 5) Does your SO have massive mood swings?
- 6) Have you ever been afraid of your SO? Afraid to make them angry or that something you do will upset them?
- 7) Does your SO get easily angered at sporting events or while watching sports on TV?
- 8) Have you ever had to talk to your SO, or wanted to, about their behavior?
- 9) Do you want to end the relationship with your SO, but are afraid of what might happen?
- 10) Does your SO keep you away from their friends?
- 11) Does your partner embarrass you, call you names, or make you feel stupid, either in private or in front of friends? Does your partner tell you that you don’t have a sense of humor, or are making a big deal out of nothing when you complain about it?
- 12) When your SO gets angry, do they ever take responsibility for their actions? Or blame others, or you?
- 13) Does your SO constantly check up on you? Question you about where you’re going, who you’re spending time with, and what you’re doing? Text you all the time to check up on you and expect you to answer his/her pages immediately?

- 14) Are you embarrassed to tell you friends/family how your SO treats you?
- 15) Do you feel pressured or forced into ANY type of sexual behavior by your SO?
- 16) Has your SO ever threatened to commit suicide or hurt him/herself if you break up with him/her?
- 17) Have been hit, kicked or shoved by your SO? Even once?

If you said yes to ANY two of these questions, you may be in an abusive relationship.

### What should you do?

- 1) **TELL SOMEONE!** Tell a parent, school guidance counselor, youth pastor, or an older adult you trust. Getting away from these people is not easy and you need to have someone in your corner and someone who knows what they are like.
- 2) **Make a game plan to get out of the relationship.** The longer you stay, the harder it is to get out and the more psychological damage you will receive.

### Here is what you must know:

**THEY WILL NOT CHANGE  
& THE CYCLE WILL NOT  
END. EVER. EVER. EVER.**

You cannot make them change. You cannot inspire them to change. ALL LIES. God is the only one that can change a person and you are not Him. Get out of the relationship and pray God changes them one day. IT IS NOT YOUR JOB AND GOD DOES NOT WANT YOU SUFFERING IN AN ABUSIVE RELATIONSHIP.