

Quiz: Is it time to break up with my boyfriend?

1. How much time do you spend together?

No change

More than usual

Less than usual

2. How often do you get in arguments?

We never argue

Once or twice a week

Two or three times a month

3. Do you ever imagine yourself being single again or in a relationship with someone else?

Never/Rarely

Sometimes

Often

4. Does your boyfriend ever push you towards something you don't want either physically or with the future, such as where to go to college?

No

Yes

5. Do you ever look at other couples and think "I wish I had a relationship like that"?

No

Yes

6. Has your boyfriend started to engage in behaviors you disagree with?

No

Yes

7. Do you ever feel tense around your boyfriend, as if he could yell at you or be mean at any time?

No

Yes

8. Do your friends and family like your boyfriend?

No

Yes

9. Do you feel happier or less stressed when you're away from your boyfriend?

No

Yes

10. Do you feel like you're missing out on life or times with friends because of your boyfriend?

No

Yes

11. Are you bored with the relationship?

No

Yes

*If the majority of your answers fell on the left-hand side of the choices, then your relationship seems pretty solid and it doesn't seem like there's a "reason" to break up, unless you just want too.

* If the majority of the answers fell on the right-hand side, it may be time to call it quits. There is no point during your teenage years to be in a relationship you're not happy in.

*If you answered YES to question 7, you may be in an abusive relationship. We have a 7 part series on the cycle of violence that I STRONGLY encourage you to read.

*Being in a romantic relationship should not be the goal of high school. These are precious years designed for you to grow in your individual walk with God and determine your interests and plan for your future. If you are focused on a boy, you miss out on some of the fun of high school.

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