

## State Avenue Counseling & Wellness

39 E. State Avenue, Meridian, Idaho 83642

208-994-3599

RELATIONSHIP BEHAVIORS								
No matter how well a couple gets alo	ng, ther	e are tin	nes whe	n they d	isagree,	become	<u>;</u>	
irritated, have different expectations, or have disagreements. Below are statements that will								
ask you the number of times you engaged in certain behaviors in your relationship. Please								
mark the number of times that the example statement has happened in your relationship								
over the last year.	-				1		1	
How often did this happen in the	Once	Twice	3 - 5	6 - 10	11-20	20 +	Not this	Never
past year:			Times	Times	Times	Times	year	
	1	2	3	4	5	6	7	0
1. I showed my partner I cared even								
though we disagreed.								
2. My partner showed care for me								
even though we disagreed.								
3. I explained my side of a								
disagreement to my partner.								
4. My partner explained his or her								
side of a disagreement to me.								
5. I insulted or swore at my partner.								
6. My partner insulted or swore at								
me.								
7. I threw something at my partner								
that could hurt them.								
8. My partner threw something at								
me that could hurt.								
9. I twisted my partner's arm or								
pulled their hair.	-							
10. My partner twisted my arm or								
pulled my hair.								
11. I had a sprain, bruise or small cut								
because of a fight with my partner.								
12. My partner had a sprain, bruise, or small cut because of a fight with								
me.								
13. I showed respect for my								
partner's feelings about an issue.								
14. My partner showed respect for								
my feelings about an issue.								
ing reenings about all issue.	1				L			

15. I made my partner have sex				
without a condom.	 			
16. My partner made me have sex				
without a condom.				
17. I pushed or shoved my partner.				
18. My partner pushed or shoved				
me.				
19. I used force (like hitting, holding				
down, or using a weapon) to make				
my partner have oral or anal sex.				
20. My partner used force to make				
me have oral or anal sex				
21. I used a knife or gun on my				
partner.				
22. My partner used a knife or gun		T		
on me.				
23. I passed out from being hit on			 	
the head by my partner in a fight.				
24. My partner passed out from			 	
being hit on the head by me in a				
fight.				
25. I called my partner fat or ugly.				
26. My partner called me fat or ugly.				
27. I punched or hit my partner with				
something that could hurt them.				
28. My partner punched or hit me				
with something that could hurt me.				
29. I destroyed something belonging				
to my partner				
30. My partner destroyed something				
that belonged to me.				
31. I went to a doctor because of a				
fight with my partner.				
32. My partner went to a doctor				
because of a fight with me.				
33. I choked my partner.				
34. My partner choked me.				
35. I shouted or yelled at my				
partner.				
36. My partner shouted or yelled at				
me.				
37. I slammed my partner against a				
wall.				
38. My partner slammed me against				
a wall.				
39. I said I was sure we could work				 
out a problem.				

40. My partner was sure we could							
work it out.							
41. I needed to see a doctor because							
of a fight with my partner, but I							
didn't.							
42. My partner needed to see a							
doctor because of a fight with me							
but didn't.							
43. I beat up my partner.							
44. My partner beat me up.							
45. I grabbed my partner.							
46. My partner grabbed me.							
47. I used force (like hitting, holding							
down or using a weapon) to make							
my partner have sex.							
48. My partner used force to make							
me have sex.							
49. I stomped out of the room or							
house or yard during a							
disagreement.							
50. My partner stomped out of the							
room or house or yard during a							
disagreement.							
51. I insisted on sex when my							
partner did not want to (but did not							
use physical force).							
52. My partner insisted that I have							
send when I didn't want to (but did							
not use physical force).							
53. I slapped my partner.							
54. My partner slapped me.							
55. I had a broken bone from a fight							
with my partner.							
56. My partner had broken bone							
from a fight with me.							
57. I used threats to make my							
partner have oral or anal sex.							
58. My partner used threats to make							
me have oral or anal sex.							
59. I suggested a compromise to a							
disagreement.							
60. My partner suggested a							
compromise to a disagreement.							
61. I burned or scaled my partner on						<u> </u>	
purpose							
62. My partner burned or scalded							
me on purpose	l						

63. I insisted my partner have oral or anal sex (but did not use physical force).		r	1	1	1	1	1
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64. My partner insisted I have oral or anal sex (but did not use physical force).      Image: Second							
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