DO YOU KNOW YOUR BOUNDARIES?

1. You say something that your significant other disagrees with. He/she:
   A. Lets you give your opinion.
   B. Teases you and says that you’re stupid.
   C. Tells you to shut up.

2. You and your significant other are fooling around, but you say you don’t want to continue. He/she says:
   A. “That’s okay, I understand.”
   B. “But I thought you said you loved me.”
   C. “Well, you’ve got me excited. Now you owe it to me.”

3. You’re studying for finals and you need some help with the computer. You ask your significant other and he/she:
   A. Says “I’ll be there as soon as I get out of class.”
   B. Refuses, saying “It’s not my problem.”
   C. Yells at you for constantly asking for help.

4. You have a lot of studying to do this week and you don’t have time to go out with your significant other. He/she:
   A. Says “I understand.”
   B. Laughs and tells you there’s no point in studying because you’re going to flunk anyway.
   C. Makes you feel guilty and insists that you go out together.

5. What would your significant other do if you said that you were thinking of breaking up your relationship? Would he/she:
   A. Ask you if you’d like to talk about it.
   B. Say “Forget it!” and find someone else.
   C. Refuse to listen when you want to talk about your feelings and threaten to hurt either of you if you don’t stay together.

6. You make plans to go out with your friends. Your significant other:
   A. Tells you to be safe and have a good time.
   B. Talks about how he/she is going out with his/her friends
   C. Accuses your friends of trying to break up the two of you.

7. Your significant other sees you talking to an attractive person. He/she:
   A. Smiles and waves.
   B. Makes sure the other person knows you are dating by putting his/her arms around you.
   C. Grabs you by the arm and pulls you away, accusing you of flirting.

8. You aren’t home when your significant other calls. He/she:
   A. Mentions the phone call next time you see each other.
   B. Calls your cell phone and asks where you are.
   C. Tracks you down and demands to know what you’re doing and who you’re with.

Mostly A’s: In a healthy relationship, your significant other is respectful and considerate of your feelings and tries to understand that you may have a different point of view about some things. Things might not always be perfect, but you’ve got a good thing going.

Mostly B’s: Think about how you feel when your significant other does these things. Abuse is not always physical. Put downs and jealousy mean the relationship is unhealthy.

Mostly C’s: These are all signs of an abusive relationship. Other danger signs might be:
  ● Does your partner blame you when he/she loses their temper?
  ● Do you get accused of lying to your partner?
  ● Are you afraid that you’ll do something to upset him/her?
  ● Does he/she always have to be right?

Find someone you can trust to talk about what’s going on with your partner, and get the help you need.

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