**Quiz: Are You in a Toxic Relationship?**

**1. How do you feel after spending time with your partner?**

a. Happy and fulfilled
b. Indifferent
c. Drained or anxious
d. Excited and energized

**2. How does your partner typically respond to your achievements or good news?**

a. Expresses genuine happiness and celebrates with you
b. Offers a neutral response
c. Downplays your success or becomes critical
d. Doesn't seem interested or ignores it

**3. How often do you feel comfortable expressing your opinions or desires in the relationship?** a. Always
b. Most of the time
c. Rarely
d. Never

**4. In conflicts, how does your partner handle disagreements?**

a. Listens, communicates, and seeks resolution
b. Tries to avoid conflicts
c. Blames, criticizes, or becomes aggressive
d. Withdraws or gives the silent treatment

**5. Are you able to maintain connections with friends and family outside of the relationship?**

a. Yes, and my partner encourages it
b. Yes, but it doesn't matter to my partner
c. It's challenging, and my partner disapproves
d. No, my partner isolates me from others

**6. How does your partner react when you express your feelings or concerns?**

a. Listens attentively and shows empathy
b. Responds neutrally
c. Dismisses your feelings or becomes defensive
d. Mocks or ridicules your emotions

**7. Does your partner exhibit controlling behaviors, such as monitoring your activities or isolating you from others?**

a. No, my partner respects my independence
b. Occasionally, but it's not a major concern
c. Yes, and it's a source of tension
d. Yes, my partner is highly controlling

**8. How does your partner handle your boundaries and personal space?**

a. Respects my boundaries and personal space
b. Occasionally crosses boundaries but apologizes
c. Frequently crosses boundaries without apology
d. Disregards boundaries consistently

**9. Are there consistent patterns of verbal or physical abuse in the relationship?**

a. No, there is no abuse
b. Rare instances, but it's not a recurring issue
c. Yes, occasional instances of abuse
d. Yes, frequent or severe instances of abuse

**10. Do you feel free to be yourself in the relationship without fear of judgment or criticism?**

a. Yes, I feel accepted for who I am
b. Mostly, but there are moments of judgment
c. Rarely, there's significant criticism or judgment
d. No, I feel constantly judged or criticized

**Scoring:**

* For each question, assign points as follows:
	+ a = 2 points
	+ b = 1 point
	+ c = 3 points
	+ d = 4 points

**Interpretation:**

* 10-20 points: Your relationship appears healthy.
* 21-30 points: Some concerns may be present; evaluate specific areas.
* 31-40 points: Signs of toxicity are emerging; seek support.
* 41-50 points: There are significant red flags; consider seeking professional help.

