

Relationship check

Physical violence is easy to recognise; this check is aimed at recognising emotional and psychological abuse. Not all abusive relationships are intimate partner relationships – you might be worried about your relationship with your partner, but most of these questions can also be applied to other relationships – for example with parents, other family members, or even friends. Try to answer every single question. However, if a question isn't relevant to your relationship, you can skip it.

1. The person is supportive of my relationships with other family and friends
 yes no
2. The person constantly monitors me and/or monitors my phone and other devices
 yes no
3. The person blames me for how they're feeling, or their actions
 yes no
4. The person respects my thoughts and feelings
 yes no
5. The person makes me feel guilty
 yes no
6. The person threatens to take the children away from me
 yes no
7. Children see or hear us arguing or fighting regularly
 yes no
8. We make important decisions together, and they take my opinion into account
 yes no
9. The person treats me like a servant
 yes no
10. The person controls/takes all of the money
 yes no
11. The person uses our money to buy things for themselves, and puts their needs first
 yes no
12. The person is supportive and encouraging of my interests and choices
 yes no

13. The person threatens to hurt me, my family, my friends or my pets
 yes no
14. The person makes me do things I know are wrong or illegal
 yes no
15. The person threatens to report me (to school/The Police/Oranga Tamariki (CYFS), Work & Income, or my family or friends)
 yes no
16. The person says they will kill or hurt themselves, or people/animals I love if I leave them
 yes no
17. The person scares me with their looks, actions or gestures
 yes no
18. The person destroys possessions or property
 yes no
19. The person hurts or abuses animals
 yes no
20. The person puts me down, or makes me feel bad about myself
 yes no
21. The person constantly criticises what I say, what I do, or who I am
 yes no
22. Sometimes the person makes me feel crazy, mad or stupid
 yes no
23. The person hurts me (physically, psychologically, emotionally or sexually)
 yes no
24. The person forces, intimidates or pressures me to do things I don't want to do
 yes no
25. I'm frightened the person is going to hurt me (physically or sexually)
 yes no

How to add up your score

Score your answers as follows:

1. The person is supportive of my relationships with other family and friends (yes= 0, no = 1)
2. The person constantly monitors me and/or monitors my phone and other devices (yes = 3, no = 0)
3. The person blames me for how they're feeling, or their actions (yes = 1, no = 0)
4. The person respects my thoughts and feelings (yes = 0, no = 1)
5. The person makes me feel guilty (yes = 1, no = 0)
6. The person threatens to take the children away from me (yes = 3, no = 0)
7. Children see or hear us arguing or fighting regularly (yes = 3, no = 0)
8. We make important decisions together, and they take my opinion into account (yes = 0, no = 1)
9. The person treats me like a servant (yes = 1, no = 0)
10. The person controls/takes all of the money (yes = 3, no = 0)
11. The person uses our money to buy things for themselves, and puts their needs first (yes = 1, no = 0)
12. The person is supportive and encouraging of my interests and choices (yes = 0, no = 1)
13. The person threatens to hurt me, my family, my friends or my pets (yes = 5, no = 0)
14. The person makes me do things I know are wrong or illegal (yes = 5, no = 0)
15. The person threatens to report me (to school/The Police/Oranga Tamariki (CYFS), Work & Income, or my family or friends) (yes = 3, no = 0)
16. The person says they will kill or hurt themselves, or people/animals I love if I leave them (yes = 5, no = 0)
17. The person scares me with their looks, actions or gestures (yes = 1, no = 0)
18. The person destroys possessions or property (yes = 1, no = 0)
19. The person hurts or abuses animals (yes = 3, no = 0)

20. The person puts me down, or makes me feel bad about myself (yes = 1, no = 0)
21. The person constantly criticises what I say, what I do, or who I am (yes = 1, no = 0)
22. Sometimes the person makes me feel crazy, mad or stupid (yes = 1, no = 0)
23. The person hurts me (physically, psychologically, emotionally or sexually)
(yes = 10, no = 0)
24. The person forces, intimidates or pressures me to do things I don't want to do
(yes = 5, no = 0)
25. I'm frightened the person is going to hurt me (physically or sexually)
(yes = 5, no = 0)

What your score means

0 points: A score of zero suggests that your relationship is healthy and equal.

1-4 points: if you scored 1-4 points, you may be noticing a couple of things in your relationship that are bothering you. They're not necessarily 'red flags' but it's important to listen to your instincts and tell the person how you're feeling. Taking the opportunity to have a conversation about what you like and don't like can stop unhealthy patterns developing.

5-9 points: if you scored 5-9 points, it's possible that there is a pattern of power and control in your relationship. If you feel able to, talk to the person about what you like and don't like. If you don't feel comfortable to talk to them about it, call Aviva on 0800 28482 669.

10 or more points: if you scored 10 or more points, you or your children could be at risk of harm. Remember, abuse is not always physical. If you are in immediate danger dial 111. If you would like support from Aviva please call us on 0800 AVIVA NOW (0800 28482 669).