

Healthy Relationships Quiz Series



✓ Respect ✓ Trust ✓ Commitment ✓ Integrity ✓ Selflessness ✓

Quiz 1: Do you and your partner have a healthy relationship?

Cars, homes and relationships — they all take time, effort and attention to work their best. Living by core values like respect, trust, commitment, integrity and selflessness can also help strengthen your most personal relationships. Take this quiz to rate your relationship and find out how to make it better than ever.



Please answer Yes or No:

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| 1. Do you enjoy spending quality time with each other outside of your day-to-day routines? (Think date night.) | YES | NO |
| 2. Do you support each other's goals, hopes and dreams? | YES | NO |
| 3. Do you consider your partner your best friend? | YES | NO |
| 4. In an argument, do you both focus on finding a mutually agreeable solution? | YES | NO |
| 5. During times of conflict, do you refrain from bringing up old issues? | YES | NO |
| 6. Do you take a break and step away when you feel frustrated? | YES | NO |
| 7. Do you give each other space when needed? | YES | NO |
| 8. Do you seek outside help when you feel you can't resolve an issue? | YES | NO |

If you answered "no" to any of these questions, consider opportunities to strengthen your relationship. Learn more about healthy dating and relationships at [Military OneSource](https://www.militaryonesource.com), [LoveisRespect.org](https://www.loveisrespect.org) or contact your installation [Family Advocacy Program](#).

If you answered "yes" to all the questions, keep up the good work. Continue to develop positive relationships and handle common challenges at every stage of life. Contact your installation [Family Advocacy Program](#) or [Military OneSource](https://www.militaryonesource.com) at 800-342-9647.