

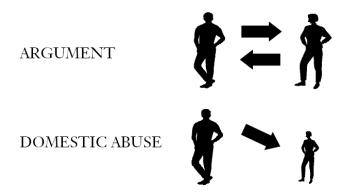


## **Healthy Relationships Tool**

The health of an adult relationship encompasses a spectrum ranging from positive to negative.

Positive relationship health involves mutual trust, support, investment, commitment and honesty. It involves the exchange of words and actions in which there is shared power and open communication.

**Negative** relationship health involves unhealthy and abusive interactions with varying exchanges of emotional, physical and sexual violence. It involves words and actions that misuse power and authority, hurt people, and cause pain, fear or harm.



## How healthy is your relationship with your current partner?

Place an X on the point on the line that most closely reflects how you feel.

Negative	•	•	Positive
Abusive		Unhealthy	Healthy

## How healthy is your relationship with your ex-partner?

Place an X on the point on the line that most closely reflects how you feel

Negative		Positive
Abusive	•	Healthy
	Unhealthy	

Ref: Hegarty, K., et al. (2013). Screening and counselling in the primary care setting for women who have experienced intimate partner violence (WEAVE): A cluster randomised controlled trial. The Lancet. 382, 249–258.