WHAT DO YOU DO?

Read the following situations and choose the answer that best describes what you would do.

I feel angry because my boy/girlfriend hangs out with other friends sometimes.
1. I tell him/her and explain why.
2. I tell him/her I'll break up if s/he doesn't stop.
3. I try to get even.

My best friend and I aren't getting along very well lately.
1. I try to talk about it so we can try to make things better.
2. I tell him/her if s/he'd only do what I want, things will be okay.
3. I show how mad I am by ignoring her/him and not talking.

My boy/girlfriend will only talk on the phone for a few minutes.
1. I ask why and explain how I feel, but say I understand if s/he can't talk.
2. I call and try to get him/her to keep talking.
3. I won't talk to her/him the next time s/he calls to get even.

I don't like the way my best friend has started to dress.
1. I tell her/him how I feel, but say it won't change our friendship.
2. I make fun of the clothes and try to get her/him to change.
3. I buy her/him something I like and insist s/he wear it if s/he's my friend.

My best friend is very popular.
1. I feel proud to be friends.
2. I feel scared and wish s/he weren't so popular.
3. I do things to make her/him look bad.

My boy/girlfriend says NO to kissing and making out.
1. I say okay. I'll wait until s/he's ready.
2. I constantly try to pressure her/him into doing what I want.
3. I say I'll break up unless s/he does what I want.

Blackburn Center
AGAINST DOMESTIC & SEXUAL VIOLENCE

24 Hour Hotline
Toll Free 1-888-832-2272
www.blackburncenter.org

www.pcar.org   www.teenpcar.org
www.pcadv.org   www.chooserespect.org
www.menagainstsexualviolence.org

United Way
United Way of Westmoreland County

HOW DID YOU DO? Answer 1 is respectful and will encourage trusting equal healthy relationship. Answers 2 and 3 are manipulative and indicate a need to control, or even punish the other person which results in unequal, unhealthy, or dangerous relationships. all want to control things sometimes, but if you answered 2 or 3 to most of the questions, think about changing. Talk to someone you trust who can help you.