



# SHALOM TASK FORCE

## RELATIONSHIP SCREENING

### FOCUS ON TWO ELEMENTS:

1. "How does this look?"  
(observations and reports of behaviors, patterns, etc.)
2. "How does this feel?"  
(self-awareness of intuition, feelings, and overall experience)

### Markers of a Healthy Relationship:

1. I am treated with respect.
2. I feel heard and cared for.
3. I have a separate identity with unique needs and interests.
4. I can take time and space for myself.
5. I can express an opinion even if it means disagreeing with my partner.
6. I can change my mind.
7. I can set limits that feel right to me.
8. I can share my feelings.
9. I feel safe with my partner at all times.

### DOMESTIC ABUSE:

A pattern of abusive behavior in an intimate relationship that is used by one partner to instill fear and gain power and control over the other. Domestic abuse can be physical, psychological, emotional, sexual, financial, digital or spiritual actions or threats of actions that influence another person.

### RED FLAGS:

- Disrespect
- Dishonesty
- Being put down/ Criticism
- Temper
- Walking on eggshells/ Fear
- Control
- Possessiveness/ Jealousy



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Questions? Call the Shalom Task Force Hotline at: 888-883-2323

## Taking the Temperature of the Relationship:

1. How are decisions made? Who makes the decisions?

Examples - Where to go on dates, activities, etc.? Finances, Wedding planning, etc.?

2. What happens if you disagree?

3. How does he react to frustrations or if things do not go as planned?

Examples - Waiting for you to get ready for a date? Waiting to be served in a restaurant?

4. What are your expectations for getting along or conflict?

5. Do you take space in your relationship?

Examples - Does he check your whereabouts and get upset if you're not available? Does he try to limit your social groups and activities?

6. Do you have a support system?

Examples - Can you identify who you would go to for help? Does he put down your family or friends or try to isolate you from them?

7. Does he take responsibility for his own actions?

Examples - When he discusses conflict, is it always the other person at fault? Makes a mistake and then blames the other person for his actions?

8. Does he put you down or do you find that you put yourself down to appease him?

9. Does he ask very personal questions, breach personal boundaries, or behave in ways that make you feel uncomfortable?

10. Can he accept a "no?"

Example - He wants to see you but you are not available at that time?

11. Does anything in the relationship feel "off" to you even if you can't put it into words?

