



WORKSHEET

**STATEMENTS FOR GROUPS.
PLEASE CUT OUT AND PUT INTO A PILE FOR EACH GROUP**

Activity 2

1. You and your partner talk to each other openly and have good communication	25. Your partner wants to have the passwords to your social media accounts
10. You and your partner allow each other to be as you are without trying to change the other person	26. Even though you don't feel like it, your partner strongly insists that you watch porn together.
11. You feel safe in the relationship	27. When you haven't seen each other for some time, your partner insists that you send them a topless/naked picture of you.
12. You and your partner discuss openly what you enjoy and what you don't enjoy in the relationship. This goes for sex too.	28. You spend so much time together that you are starting to feel suffocated or you ignore your friends, your family or other things that used to be important to you
13. You feel there is an open and safe space for both of you to explore what you like during sex	29. You feel unsafe in the relationship
14. All sexual activity between you is clearly 100% consensual	3. You and your partner feel happy, good and comfortable around each other
15. When your partner gets upset, they sometimes call you names or insult you	30. Your partner constantly calls you degrading names and tries to find an opportunity to make you feel useless or bad about yourself
16. Your partner calls you or texts you many times during the day to see what you're up to	31. You often avoid doing some things because you know they would upset your partner
17. You behave as if the needs of your partner are more important than your own and always put them first	32. Your partner often manipulates you to do what they want



18. Your partner checks your Instagram and other social media activity and expresses their disapproval about things you do online (posts, comments, tags, likes etc.)	33. Your partner actively discourages you from being close to anyone else
19. Even when they apologize for something, your partner still blames you for what happened (I am sorry I yelled at you but you keep pushing my buttons)	34. Your partner demanded that they have the passwords to your social media account and they restrict the way you interact on social networking sites
2. You and your partner trust each other and are honest with each other	35. Your partner gets really angry and pushy when you're physically intimate but don't want to have sex
20. Sometimes you feel you do things just to please your partner	36. When your partner gets angry, they throw things at you or they break things
21. Your partner sometimes writes diminishing or sarcastic comments on social media about your looks, your body, your style or your appearance	37. Your partner forces you to do sexual things you don't feel comfortable with
22. Your partner pressures you to do things sexually that you're not feeling comfortable to do.	38. Your partner threatens you that they will share intimate pictures of you online
23. Your partner is excessively insecure, wants constant reassurance and expects you to agree with them and do things their way	4. You and your partner decide together how you'll spend your time
24. Your partner gets very jealous sometimes	5. You and your partner have freedom within the relationship
8. You fight but you resolve your differences	6. You and your partner have more good times than bad
9. You both respect each other's privacy	7. You and your partner have fun together