

## What's My Relationship IQ

*Today we want to get "smart" about relationships.*

*It's okay if you don't know everything just yet, that's why you're here!*

*But by the end, we hope you feel a little "smarter" and a little more prepared to juggle all the important relationships in your life!*

There are no right or wrong answers to these ideas – just tell us what you're thinking and feeling, where you think you're at right now **BEFORE** our workshop starts.

1. I know myself really well (my interests, values, goals, etc)

- Yes, I'm a master of me!
- Not quite, I'm still figuring this out

2. I know what to look for in a good romantic partner and what warning signs to avoid

- Yes - I definitely know what I want/to avoid
- I think I know, but I'm still not sure
- No - I have no idea!

3. It is better to "go with the flow" rather than to think carefully about each major step in a romantic relationship

- Yes, it's good to just take it as it comes
- No, I should stop and think about it

4. I can tell what makes a relationship healthy or unhealthy

- Definitely
- Sometimes it's hard to tell the difference
- I have no idea

5. I have the skills needed for healthy relationships

- I sure do!
- Not yet, I need to work on this.

6. If I experience a breakup, I am confident I can work through it

- It may be hard, but I can do it
- I'm not sure how I'll cope

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