



The Soul Studio

RECLAIM YOUR MAGIC

A SELF-AWARENESS CHECKLIST

Am I In A *Toxic Relationship?*

A Yes/No Checklist To Help You See Clearly

20 honest questions. 10 minutes.
The clarity you have been searching for.

Vaishali Roy (Ritu)

CERTIFIED LIFE&WELLNESS COACH

BEFORE YOU BEGIN

Read This First.

This checklist is **not here to tell you what to do**. It is here to help you see what is already true.

"Answer every question honestly. Not how you wish things were. Not on your best day together."

Answer based on what is **normal, what is regular, what keeps happening**.

Nobody is reading this except you. So be honest with yourself.

How to use this checklist:

Go through each question slowly. Do not overthink it. Your first answer is usually the truest one.

Circle Yes or No for each question. Then add up your Yes answers and turn to the Score page at the end.

A SECTION A

Their Behavior Toward You

These questions are about what they do, what they say, and how they treat you consistently.

- 1 Do they criticize you regularly, your appearance, your choices, your thinking, your feelings, in a way that leaves you feeling small?

YES

NO

- 2 Do they dismiss your feelings by saying things like "you are too sensitive," "you are overreacting," or "why do you always make things dramatic"?

YES

NO

- 3 Do they use silence, withdrawal, or the cold shoulder as a way to punish you when you upset them?

YES

NO

- 4 Do they blame you for their moods, their outbursts, or their bad behavior? As in, "I only said that because you made me"?

YES

NO

- 5 Do they bring up your past mistakes during unrelated arguments, as a way to win or to make you feel guilty?

YES

NO

6 Do they make decisions about your life, your time, your money, your friendships, without asking you or without caring about your opinion?

YES

NO

7 Do they make you feel like you owe them something constantly, whether it is gratitude, obedience, or loyalty, even when they have done nothing to earn it?

YES

NO

8 Do they speak to you disrespectfully in front of others and then act like nothing happened, or tell you that you are being too sensitive if you bring it up?

YES

NO

9 Do they twist your words during arguments so that by the end, you are somehow apologizing for something you did not do?

YES

NO

10 Do they threaten to leave, to hurt themselves, or to make your life difficult whenever you try to set a boundary or express a need?

YES

NO

B SECTION B

How You Feel Around Them

These questions are about your internal experience. Your body, your thoughts, your emotional state when you are with them or thinking about them.

11 Do you edit yourself before speaking to them? As in, you think about how to word things carefully so they do not get angry or hurt?

YES

NO

12 Do you feel relieved when they are in a good mood, not happy, just relieved? Like you can finally breathe?

YES

NO

13 Do you spend a lot of mental energy trying to figure out what they are feeling, what mood they are in, or whether they are upset with you?

YES

NO

14 Do you regularly doubt your own memory of events because they tell you things happened differently from how you remember them?

YES

NO

15 Do you feel lonely even when you are with them?

YES

NO

16 Do you avoid certain topics, certain friends, certain opinions, or certain decisions because you already know it will start a fight or make things tense?

YES

NO

17 Do you find yourself making excuses for their behavior to other people, including yourself?

YES

NO

18 Have you stopped doing things you used to enjoy because they disapprove, mock them, or make it hard for you to pursue them?

YES

NO

19 Do you feel like the relationship takes more from you than it gives, most of the time?

YES

NO

20 Deep down, do you feel like you are not fully yourself in this relationship?

YES

NO

RESULTS

Your Score

Count how many times you answered YES and find your range below.

0-5

Some friction. Stay aware.

Your relationship has some friction, which is normal in any close relationship. No relationship is without conflict or difficulty. However, if even one or two of these answers surprised you, pay attention to those specific patterns. Sometimes one toxic behavior, repeated consistently, does more damage than many small issues combined. Stay aware.

6-12

Concerning patterns. Trust yourself.

There are real patterns here that deserve your attention. This range does not automatically mean your relationship is beyond repair, but it does mean something is consistently off. The fact that you took this checklist suggests a part of you already knew that. Trust that part. Consider speaking to someone you trust, a therapist, a coach, or a friend who will tell you the truth, not just what you want to hear.

13-20

You are in a toxic dynamic.

That is not an opinion. That is what your answers are showing you. This does not mean you are weak, foolish, or broken for being here. Toxic relationships are designed to make you doubt yourself, which is exactly why you stayed confused for so long. But you are not confused anymore. You have just seen it clearly, possibly for the first time. What you do with this clarity is your choice. But you deserve to make that choice from truth, not from fear.

A Note Before You Close This

Whatever your score, this checklist is not a verdict. It is a mirror. If you saw something in it that disturbed you, that feeling is information. Do not push it down. Do not explain it away. Sit with it.

You did not pick up this checklist by accident. Something in you was ready to look. That took courage, even if it did not feel like it.

You deserve a relationship where you do not have to take a checklist to figure out if it is safe to be yourself.

WHAT NEXT?

You have seen it clearly.
Now it is time to rebuild.

If this checklist gave you clarity and you are ready to go deeper, the next step is not more questions. It is reconnecting with who you were before the relationship took over.

"21 Days To Reclaim Yourself"

A bilingual healing journal built for women who are done surviving and ready to start rebuilding. 21 days of honest prompts, reflections, and exercises designed to help you find yourself again.

Available on GumRoad

Instagram: @rj_ritu_roy

Website: ritu-roy.com

The Soul Studio: Coaching | Community | Content

*This product was created with care by Vaishali Roy (Ritu).
It is not a substitute for professional mental health support.
If you are in distress, reach out to a mental health professional or helpline in your area.*