



How Empowered Is Your Relationship?

5 MINUTE ASSESSMENT



fiercely
EMPOWERED
with Tracy May

"Am I Crazy or Is He A Jerk" Relationship Assessment

I am so glad you are here, wanting to get some answers about your relationship.

I have been where you are, wondering if I am the crazy one, not able to get clear answers to the problems in my relationship so I know what to do to fix it or if I should let go. I have created this assessment to help you understand more fully the dynamics around your relationship so you can make good decisions for yourself and be clear about behaviors that truly are toxic and disempowering.

I really want you to get that you do not cause any of your partners behaviors, that's right, you are not to blame. I remember walking on eggshells believing everything was my fault for 20+ years. It took me some time to finally believe it wasn't my fault and I want you to know it is not your fault too.

I would love to talk about your results to further help you use what you discover to become empowered in your relationship or in leaving or in figuring out what to do next. At the bottom of the assessment results is a button to schedule a breakthrough session with me. I can't wait to hear what you have discovered.

INSTRUCTIONS: The following questions will help you determine "Am I Crazy or Is He a Jerk" in your current or past relationship.

When considering these questions, answer based on what things are like most of the time. (For example, looking at the first question, if you have a job and one time in 5 years you had no say over how money is spent, you will check "no" because you do have equal say. On the other hand, if you have a job and one time in 5 years you have had equal say over how money is spent, you will mark "yes", because you do not have equal say.)

Answer these questions honestly, without worrying if it is the "right" answer. This assessment is to help you determine "Am I Crazy or Is He a Jerk" in your current or past relationship.

At the end of the assessment, you will add up your yes and no answers, then go to the assessment results to discover "Am I Crazy or Is He a Jerk" and if you aren't crazy, the answers will tell you what is going on and what to do next if he is a jerk.

Partner = spouse, significant other, partner, boyfriend, person living with, anyone you are in an intimate/committed relationship with.

Am I Crazy Section 1: Do You Have Equal Say in Financial Decisions and Budgets?

- Do you have a job, business or are a stay-at-home mom, and you have no say over how the money is spent? Yes No
- Are you a stay-at-home mom and you are expected/forced to earn money for food, household items? Yes No
- Do you have to give all your money to your partner who decides how it is spent, with no input from you? Yes No
- Does your partner earn more than you and expects you to pay half or more of the bills? Yes No
- Does your partner give you an "allowance" to cover household or other expenses that is not enough and refuses to give you more even though the amount is not realistic for the size of family and expenses you have now? Yes No
- Does your partner keep his extra money to spend as he sees fit (possibly without telling you) and controls your extra money or makes sure you have nothing left over? Yes No
- Do you work / earn money but your partner consistently doesn't and expects you to be the breadwinner paying all the bills while he does nothing / goes to bars / parties / plays video games / gambles? Yes No

Am I Crazy Section 2: Do You Have the Freedom to Make Decisions About How You Dress and What You Do?

- Are you met with criticism or accusations about how you dress, make up or hair? Yes No
- Are you accused of dressing sexy to flirt with other men when you are dressing sexy for your partner? Yes No
- Are you accused of flirting with other men at parties or get togethers or accused of cheating? Yes No
- Do you feel forced by your partner to work instead of stay home with your children (if that is an option)? Yes No
- Does your partner discourage/prevent you from having the career/business you desire? Yes No
- Does your partner discourage/prevent you from pursuing interests outside of your relationship and family? Yes No
- Does your partner discourage/prevent you from finishing school or pursuing self-growth? Yes No
- Does your partner bully you about spending time/how much time you spend with your children, friends, family or hobbies? Yes No

Am I Crazy Section 3: When You Have a Problem with Your Partner, Are You Able to Solve It with a Calm, Focused Discussion and a Win-Win Solution?

- When there is a problem that needs to be discussed, does your partner erupt into anger and defensiveness, cutting you off or refusing to hear your side? Yes No
- Does your partner make you take care of the kids, do most or all of the housework and cooking, pay the bills, work, etc., and does nothing to help, even after repeated requests for his help and participation? Yes No
- Does your partner make you feel wrong when you bring up something that bothers you? Yes No
- Do you keep having the same argument over and over and it never gets resolved? Yes No
- Does your partner drink or do drugs excessively even though you have asked him to stop? Yes No
- Does your partner call you hurtful names when he is upset, drunk or on drugs? Yes No
- Does your partner bring up your past mistakes during arguments? Yes No
- Does your partner blame you for his behavior? Yes No
- Does your partner get angry or defensive if you offer constructive criticism? Yes No
- Do you feel threatened or afraid of your partner or what he might do if he gets upset? Yes No
- Does your partner rage at you? (yell at you non-stop for an hours or more) Yes No

Am I Crazy Section 4: Are Your Sexual Needs Respected and Important to Your Spouse?

- Are you forced, threatened or coerced to participate in sex or sexual acts that you don't want to? Yes No
- Does your partner guilt trip you into having sex or doing sexual acts that you are uncomfortable with? Yes No
- Does your partner cheat on you either physically or emotionally (sign up for dating sites, visit porn sites, Talk to other woman on social media, go to strip clubs and you have told him you are not ok with it? Yes No

Am I Crazy Section 5: When You Share Your Feelings, Are You Met with Warm Understanding and Support?

- Are you criticized or judged by your partner when you share your feelings? Yes No

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| Do you tiptoe around on eggshells, afraid of your partner's response to what you say or do? | _____ Yes | _____ No |
| Do you avoid saying or sharing your feelings because you are told you are too sensitive? | _____ Yes | _____ No |
| Do you put everyone else's needs first before your own frequently because your needs don't matter? | _____ Yes | _____ No |
| Do you feel most of your decisions are controlled by your partner? | _____ Yes | _____ No |
| Have you been told or do you feel you have to ask permission to do things? | _____ Yes | _____ No |
| Do you feel like you can never do anything right or good enough to please your partner? | _____ Yes | _____ No |
| Does it seem like your partner is mad no matter what you do? | _____ Yes | _____ No |
| Do you feel afraid to ask for what you want and need because your partner will be angry? | _____ Yes | _____ No |
| Are you accused of things you do not do or have not done? | _____ Yes | _____ No |
| Do you struggle to get emotionally close to your partner? | _____ Yes | _____ No |

Score Your Assessment

Write the Total Number of **YES** Answers here: _____*

Write the Total Number of **NO** Answers here: _____

Total of Yes and No Answers Should = **40**

*Use the total number of YES answers to discover "Am I Crazy or Is He a Jerk" on the next page.

Welcome to Your Assessment Results!

Well Done - Taking the time to truly assess your situation isn't easy.

Use your total YES answers to find the current level of “Am I Crazy or Is He a Jerk” in your relationship below. Depending on your results, you may want to consider taking steps to improve your relationship, to end your relationship, or to protect yourself from harm.

0 YES and 40 NO answers = Empowering. You are not crazy and he is not a jerk. You likely feel heard, respected, and free to be yourself and make your own decisions. You're in a great position to create deeper intimacy, and connection with your partner. I welcome you to [schedule a Free "End The Confusion Now" Breakthrough Session](#) to iron out any kinks to make your relationship even better.

1-5 YES answers = Somewhat Disempowering. You are not crazy and he may be a jerk. Your YES answers may be red flags that some behaviors by your spouse or partner are disempowering and may progress to abuse. Your relationship is good most of the time but may need improvement. When it's not “good,” **you may feel like you are walking on eggshells and may hesitate to express what you truly think and how you really feel.** If this describes you, I invite you to [schedule a Free "End The Confusion Now" Breakthrough Session](#) while it is still possible to turn your relationship into an empowered relationship.

6-15 YES answers = At Risk. You are not crazy and he is a jerk. Your YES answers are red flags that many behaviors by your spouse or partner are disempowering and are likely abusive at times. There may be a lot of blaming and criticizing going on. Your self-confidence and self-esteem may have been lowered to the point that your needs and wants are no longer important. **You may have given up your power, your dreams, and your desires and instead are focusing on keeping your partner happy while ignoring your needs.** If this sounds like you, your relationship is likely at risk. You may need to discover how to stand up for your needs and reclaim your power in your relationship so you feel loved, seen and heard again. If this describes you, I would love to talk about options for saving your relationship during a [Free "End the Confusion Now" Breakthrough Session](#).

16-25 YES answers = Potentially Abusive. You are not crazy and he is a real jerk. Your relationship is very disempowering and, in all likelihood, abusive. Your YES answers are red flags that most of the behaviors by your spouse or partner are disempowering and abusive often. **There is most likely a lot of blaming, criticizing, bullying and badgering going on with angry explosions.** You may have or have not experienced some physical abuse. You most likely do not feel in charge of your life and probably have given your power over to your partner, **most likely out of fear of his anger and the consequences of “upsetting” him.** If this describes you, I can help you find your voice and get clarity around if your relationship is salvageable or if it is time to lovingly let it go in a [Free "End The Confusion Now" Breakthrough Session](#).

26-40 YES answers = Danger Zone. You are not crazy and he is a major jerk. Your relationship is not empowering at all and is abusive, even if you have never been hit, shoved, or physically harmed. Your YES answers are red flags that the majority of behaviors by your spouse or partner are disempowering and abusive. **There is a lot of blaming, criticizing, bullying, badgering, raging, crazy-making going with angry explosions or the silent treatment.** Your relationship undermines your freedom to be yourself and to feel loved. **You feel alone, isolated, unheard and unseen and like everything is your fault.** If this sounds like you, you may need to decide if you are going to stay or go and I can help you with that overwhelming decision. [Schedule a Free "End The Confusion Now Breakthrough Session" to get clarity.](#)

I've been where you are now. **Suffering in your relationship with no idea of how to fix things or get the love back you once had.** I specialize in helping women just like you become fiercely empowered in their most intimate relationships and have the relationship of their wildest dreams.

Let's talk about the next steps to becoming fiercely empowered in your relationship during a [FREE "End The Confusion Now" Breakthrough Session.](#)

In an "END THE CONFUSION NOW" BREAKTHROUGH SESSION we will work together to:

- Create a **crystal-clear vision** for what you can do to have the loving and happy relationship you dream of.
- Uncover **hidden challenges** that may be sabotaging you and keeping you stuck in your unhappy, maybe even toxic, abusive or narcissistic relationship.
- Leave **renewed, reenergized and inspired** to move from surviving to thriving and find love again in your relationship (or know for sure it's time to compassionately let go).



Become **Fiercely** Empowered in YOUR Relationship Today!

SCHEDULE A BREAKTHROUGH SESSION