

Relationship Readiness Quiz (Short)

To assess your readiness for a committed relationship, rate yourself in each of the following ten areas. Try to be objective and honest with yourself. I recommend asking close friends and family members for their opinions as well.

Rating Scale: for each question, 1-10, 10 as most true.

- ____ **1. I know what I want** - I have a clear vision for my life and relationship. I can envision my perfect life in rich detail that feels strong, very real, and keeps me motivated.
- ____ **2. I know my requirements** - I have a written list of at least ten non-negotiable requirements that I use for screening potential partners. I am clear that if any are missing, a relationship will not work for me.
- ____ **3. I am happy and successful being single** - I enjoy my life, my work, my family, my friends, and my own company. I am living the life that I want, and I am not seeking a relationship out of desperation and need.
- ____ **4. I am ready and available for commitment** - I have no emotional or legal baggage from a previous relationship. My schedule, commitments and lifestyle allow my availability to build a new relationship.
- ____ **5. I am satisfied with my work/career** - My work is fulfilling, supports my lifestyle, and does not interfere with my availability for a new relationship.
- ____ **6. I am healthy in mind, body, and spirit** - My physical, mental, or emotional health does not interfere with having the life and relationship that I want. I am reasonably happy and feel good.
- ____ **7. My financial and legal business is handled** - I have no financial or legal issues that would interfere with having the life and relationship that I want.
- ____ **8. My family relationships are functional** - My relationships with my children, ex, siblings, parents, and extended family do not interfere with having the life and relationship that I want.
- ____ **9. I have effective dating skills** - I initiate contact with people I want to meet, and disengage from people who are not a match for me. I keep my sexual and emotional boundaries, and balance my heart with my head with potential partners.
- ____ **10. I have effective relationship skills** - I understand relationships, can maintain closeness and intimacy, communicate authentically and assertively, negotiate difference positively, allow myself to trust and be vulnerable, and can give and receive love without emotional barriers.

____ **Add up your total score**

SCORING

80-100: Green light

- ▶ You are well on your way to the life and relationship you really want.

60- 79: Yellow light

- ▶ Continue to work on the areas needed and take it slow in relationships. Consider hiring a coach to help you enhance those specific areas of your life.

0-59: Red light

- ▶ Focus on your own personal development and being a successful single for now.

Get support for any areas below a 5 rating from a coach, therapist, clergy-person or other professional to raise your assessment of yourself in 1 area at a time.