

Relationship Readiness Assessment for Singles

Check (✓) each item in the ten areas below that is true for you. Try to be objective and honest with yourself. We recommend asking close friends and family members for their opinions as well.

I	<i>My Vision, Values and Life Purpose</i>
	1. I have a vivid "Vision" of what I want for my life and my relationship
	2. I am clear about my values and live by them
	3. I have clearly defined my life purpose and put it into action daily
	4. I know where and how I want to live
	5. I have written goals and an action plan to help me achieve my Vision
	6. I am living my life fully and in alignment with my vision, values and life purpose
	Total ✓

II	<i>My Requirements</i>
	7. I know what I will not tolerate in a relationship and don't tolerate them
	8. I know what I can't live without in a relationship and don't settle for less
	9. I know what values I must share with a partner
	10. I am clear about what personality traits and qualities I most value in a partner
	11. I am clear about what interests/activities I must share with a partner
	12. I have a written list of requirements and will not enter a relationship if even one is missing
	13. I know that only I can be responsible for my own life and happiness
	Total ✓

III	<i>My Needs</i>
	14. I am clear about what I need for a relationship to function for me on a daily basis
	15. I am clear about what I need emotionally to feel loved in a relationship
	16. I am clear about my boundaries and how to enforce them to get my needs met
	17. I ask for what I need and want, and take responsibility for the outcome
	18. I do not expect a relationship to meet all my needs and make me happy
	19. I have a support system to supplement meeting my social and emotional needs
	20. I have inner strength which helps me be self-reliant and pro-active about my needs
	Total ✓

IV	<i>My Relationship History and Patterns</i>
	21. I understand what did and didn't work for me in previous relationships
	22. I understand which positive and negative relationship patterns I risk repeating
	23. I am aware of the traits of my parents that drive my partner choices
	24. I am aware of specific traits of my parents in myself
	25. I am aware of habits, patterns, and values I have inherited from my family
	26. I understand my past patterns of choosing partners
	27. I understand my past relationship attitudes, choices, and actions/behaviors
	Total ✓

V	<i>My Emotional Issues</i>
	28. My past relationship experiences do not impact my present relationships
	29. I have forgiven my parents for my past and present unmet needs
	30. I have let go of relationships which are damaging to me
	31. I have forgiven people who have hurt me
	32. I have sought forgiveness from people who I may have hurt
	33. I am able to forgive myself for my past mistakes
	34. I trust that everyone does the best they can at all times
	35. I am aware of, and own, my emotional issues when they arise in a relationship
	Total ✓

VI	<i>My Communication</i>
	36. I do not gossip or talk about others
	37. I clearly communicate what I want and need; I don't make people guess
	38. I deal positively with misunderstandings and disagreements when they occur
	39. I own my judgments and accept differences with others
	40. I do not get defensive and "take personally" the things that people say about me
	41. I make requests rather than complain
	42. I regularly practice active listening, give validation, and express appreciation
	43. I am careful about what I promise and keep my word
	Total ✓

VII	<i>My Community</i>
	44. I am aware of how I come across and affect others
	45. I am surrounded by caring people
	46. I add value to everyone in my community
	47. I spend my social time with healthy, happy, able people
	48. I have positive relationships with my parents, siblings, children, and ex
	49. I have a close circle of friends and we gather regularly
	50. I take extraordinary care of the people I have chosen to love
	51. I am a member of two or more communities (hobby, spiritual, professional, etc)
	Total ✓

VIII	<i>My Lifestyle</i>
	52. I am satisfied with my work/career
	53. I support my present lifestyle and am preparing for my future security
	54. I have no financial or legal problems
	55. I am happy and successful being single
	56. I am living the life that I want as a single person
	57. I am ready and available for commitment
	58. I am healthy in mind, body, and spirit
	Total ✓

IX	<i>My Dating Patterns</i>
	59. I take initiative and responsibility for choosing who I want in my life and don't wait to be chosen
	60. I have clearly defined guidelines for sexual involvement that I adhere to
	61. I am authentic and do not try to make myself more appealing to attract a partner
	62. I am able to communicate my issues and needs to dating partners
	63. I balance my heart with my head and make careful relationship choices
	64. I do not interpret infatuation, attraction, attachment, and/or good sex, as "Love"
	65. I do not expect a relationship to "rescue" me from emotional or financial problems
	Total ✓

X	<i>My Relationship Plan</i>
	66. I understand and use the "Law Of Attraction" (like attracts like)
	67. I scout, sort, and screen potential partners effectively
	68. I am clear whether I am seeking a short-term recreational relationship or am ready to seek a long-term committed relationship
	69. I effectively disengage from prospective partners who are not a fit for me
	70. I use my community support system to scout for me
	71. I am actively involved in activities and groups of people highly aligned with me
	72. I am balancing my partner search with investing in myself and living my vision
	Total ✓

Results

Mark an "X" on the line corresponding to your total score in each section.

	I	II	III	IV	V	VI	VII	VIII	IX	X
6+										
5										
4										
3										
2										
1										

▶ **What are your strongest areas?** _____

▶ **What areas need improvement?** _____

▶ **What do you need to learn more about?** _____

▶ **What are the top 5 items that could most interfere with the success of your next relationship?** _____

▶ **Given the above results, what are your top 5 goals for relationship coaching?**

1. _____

2. _____

3. _____

4. _____

5. _____