

Are You Ready to be in a Relationship?

For each question below, indicate the number from the scale that best describes you.

3. = Frequently

2. = Sometimes

1. = Rarely

0. = Never

- | | |
|--|-------------------------|
| 1. I take responsibility for my own life: | 3..... 2 10 |
| 2. I accept the consequences of my actions: | 3..... 2 10 |
| 3. I know my purpose for being: | 3..... 2 10 |
| 4. I am honest with myself and others: | 3..... 2 10 |
| 5. I face and move through fears: | 3..... 2 10 |
| 6. I admit to my mistakes, shortcomings and defeats: | 3..... 2 10 |
| 7. I accept the limitations of my talents and abilities: | 3..... 2 10 |
| 8. I develop and own my strengths: | 3..... 2 10 |
| 9. I do my own thinking and make my own decisions: | 3..... 2 10 |
| 10. I speak up for my convictions and opinions: | 3..... 2 10 |
| 11. I forgive myself and others: | 3..... 2 10 |
| 12. I have persistence and tenacity: | 3..... 2 10 |

- | | |
|--|-------------------------|
| 13. I have an attitude of gratitude: | 3..... 2 10 |
| 14. I am accepting of myself and others: | 3..... 2 10 |
| 15. I set internal standards/principals and values and live by them: | 3..... 2 10 |
| 16. I take appropriate risks: | 3..... 2 10 |
| 17. I see opportunity instead of problems and accept problems as part of life: | 3..... 2 10 |
| 18. I have a positive attitude: | 3..... 2 10 |
| 19. I love my life: | 3..... 2 10 |
| 20. I have a zest for life and I am spontaneous: | 3..... 2 10 |
| 21. I easily praise myself and others: | 3..... 2 10 |
| 22. I seek continual personal growth: | 3..... 2 10 |
| 23. I appropriately ask for help: | 3..... 2 10 |
| 24. I anticipate new endeavors: | 3..... 2 10 |
| 25. I actively participate in life: | 3..... 2 10 |
| 26. I enjoy being by myself: | 3..... 2 10 |
| 27. I am truthful and honest with myself and others: | 3..... 2 10 |
| 28. I Share my real self: | 3..... 2 10 |
| 29. I strive for excellence, not perfection: | 3..... 2 10 |
| 30. I respect, nurture, accept and love myself: | 3..... 2 10 |

Now add up the scores you gave to each answer.

TOTAL SCORE: _____

If you scored:

- | | |
|-----------------|---|
| 70 - 90 | - You are definitely ready to be in a relationship. |
| 50 - 70 | - You could be ready for a Relationship but it may have it's share of "ups and downs" |
| 30 - 50 | - You have some work to do before you really are ready to be in a relationship. |
| Under 30 | - Don't go there!! You may be contemplating a relationship but it may not be for the Right reasons. |