

## *Am I Ready for Marriage or Meaningful Commitment?*

(True or False?) **OTHERS tell me:**

1. \_\_\_ I resolve differences quickly and remain close with friends, family, coworkers, and my romantic partner.
2. \_\_\_ I demonstrate caring, affectionate behaviors on a daily basis to those I am close with (family, close friends, etc.)
3. \_\_\_ Criticism is virtually eliminated or rare in all my relationships.
4. \_\_\_ I enjoy serving others and occasionally even giving fun surprises.
5. \_\_\_ I openly and comfortably communicate, and both hear and understand others, even when we differ in opinions.
6. \_\_\_ I respond to others' hurts in a sensitive and empathetic way.
7. \_\_\_ I verbally appreciate others for both the important and little things almost daily.
8. \_\_\_ I have fun and laugh out loud at least several times a week.
9. \_\_\_ I regularly ask for what I need and want without demanding and am able to accept not getting it.
10. \_\_\_ I am comfortable spending quality time both alone and with others.
11. \_\_\_ I am growing spiritually, mentally, intellectually, emotionally and socially, and take care of my health.
12. \_\_\_ I am able to honestly appraise my past and present relationships and identify my contribution to the problems.
13. \_\_\_ I am aware of my areas of weakness and am working on strengthening them.
14. \_\_\_ I am able to put others' well-being above my own ego or selfish needs.
15. \_\_\_ I am able to give others what they need without expecting anything in return.
16. \_\_\_ I am dependable, honest and humble and can non-defensively hear feedback about myself.
17. \_\_\_ I have lots of interests, hobbies, etc. and balance them effectively with work.
18. \_\_\_ I honestly communicate my feelings, accepting responsibility and avoiding blaming others for them.
19. \_\_\_ I have resolved all negative feelings towards people who have hurt me, including ex-partners, and accept and forgive them.
20. \_\_\_ I am aware of how my past impacts who I am today, especially in my relationships, and am working on any unresolved issues.

### **Score:**

Count the number of True items.

**16 -20:** You are probably very prepared for a committed relationship. Keep on doing whatever you are already!

**11 -15:** You are probably somewhat prepared for a committed relationship, but might benefit from some growth work. Start working on improving the "False" statements above.

**6 -10:** You may be having trouble in some of your relationships. Do some reading, go to lectures, classes and workshops and start working seriously on the above "False" Statements.

**5 or less:** You are probably experiencing troubles in many of your relationships. You might benefit from counseling, in addition to the above ideas.