

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.