



Relationships

Are You Ready For a Relationship?

Are You a Good Match?

Is It Time To Break Up?

Are You Ready For a Relationship?

The following test will take about five minutes and will help you determine if you are "ready" for a good relationship.

- 4 Often
- 3 Sometimes
- 2 Rarely
- 1 Never

- _____ I feel a sense of relief when I don't have to be alone.
- _____ I think any relationship is better than nothing.
- _____ If I'm not in a dating relationship, I feel less desirable.
- _____ I experience a little bit of panic when I think of not having someone to be close to.
- _____ The very idea of being alone strikes fear in my heart.
- _____ I'm tempted to settle for most any relationship because I don't know if I can find anyone better.
- _____ In my romantic relationships, I am being selected rather than doing the selecting.
- _____ When I am dating someone else I feel better about myself.
- _____ It seems to me that I don't have a very clear idea of the personal qualities I look for in a person to date or even to be friends with.
- _____ **Total**

Scoring: Add the numbers together to get your total score.

To understand what your score may mean for you, use the following scale:

40-30 A score in this range is a strong indicator of your need to establish a stronger sense of your identity and personal wholeness. You will want to learn how to move toward wholeness in yourself and in your important relationships.

29-20 A score in this range indicates that you already have a good start in developing your identity and sense of self-worth. You will still need to do some work on creating an integrated and whole sense of "self" that will help you have healthier relationships.

19-1 A score in this range indicates an established sense of security in who you are and a confident perspective about your sense of personal wholeness. This should allow you to have good relationships.

Are You A Good Match?

This exercise can take about five minutes and will help you determine whether the person you are dating or living with possesses qualities and characteristics that are similar to your own. Put a check next to the characteristics that you have in common.

- Age (up to five years difference)
- Dependable, responsible
- Sense of humor
- Honesty
- Religion/Faith
- Family Backgrounds
- Ambition level
- Level of education
- Beliefs about the roles of women and men
- Political views
- Patience
- Use of alcohol and drugs (same level)
- Preference in music and entertainment
- Intellect (same level)
- Management of anger
- Some hobbies and activities
- Attitudes toward money
- Generosity
- Self-control
- Nice appearance
- Similar values
- Positive nature
- Energy (same level)

There is no numeric score for this exercise. The checklist is simply a tool for helping you see how much or how little you have in common with your present partner.

Is It Time to Break Up?

This exercise will take about five minutes and will help you determine whether breaking up is a good idea in your situation. The following list of reasons could each be a just cause for a break up. Take a moment to review these reasons and place a check mark next to any item that applies to you and your relationship.

It may be time to break up if ...

- The relationship is stifling you.
- The relationship is out of balance.
- You can't be yourself.
- You feel dominated and controlled.
- You've outgrown each other.
- You feel betrayed by his or her actions.
- You're more interested in someone else.
- Your values clash.
- You are waiting for your partner to change.
- This person doesn't help you become the kind of person you want to be.
- You don't feel physically safe around this person.
- You don't feel emotionally safe around this person.
- You give more than you receive in the relationship.
- You feel disrespected by this person.
- Your partner is involved in unhealthy behavior (e.g. drugs).
- You feel pressured by him or her to be someone you're not.

If you checked one or more of the items in this list, you need to carefully consider whether it is time to break up.

Consulting with an objective friend or counselor may help you clarify your thinking and make up your mind.