

# Relationship Readiness Quiz for Singles

To assess your readiness for a committed relationship, rate yourself in each of the following areas. Try to BE OBJECTIVE & HONEST WITH YOURSELF. You may want to ask close friends or family members of their opinions as well.

## Rating Scale:

8-10 is **GOOD**; This area of my life is strong and would be an asset to my next relationship.

5-7 is **OK**; This area needs work, but most likely would not sabotage my next relationship.

0-4 **NEEDS WORK**; This area could interfere with the success of my next relationship.

	Self-Rating
<b>1. I know what I want</b>	
I have a clear vision for my life and relationship. I can envision my perfect life in rich detail that feels strong, very real, and keeps me motivated.	
<b>2. I know my requirements</b>	
I have a written list of at least 10 non-negotiable requirements that I use for screening potential partners. I am clear that if any are missing, a relationship will not work for me.	
<b>3. I am happy and successful being single</b>	
I enjoy my life, my work, my family, my friends, and my own company. I am living the life that I want, and I am not seeking a relationship out of desperation and need.	
<b>4. I am ready and available for commitment</b>	
I have no emotional or legal baggage from a previous relationship. My schedule, commitments and lifestyle allow my availability to build a new relationship.	
<b>5. I am satisfied with my work/career</b>	
My work is fulfilling, supports my lifestyle, and does not interfere with my availability for a new relationship.	
<b>6. I am healthy in mind, body, and spirit</b>	
My physical, mental or emotional health does not interfere with having the life and relationship that I want.	
<b>7. My financial and legal business is handled</b>	
I have no financial or legal issues that would interfere with having the life and relationship that I want.	
<b>8. My family relationships are functional</b>	
My relationships with my children, ex, siblings, parents, and extended family do not interfere with having the life and relationship that I want.	
<b>9. I have effective dating skills</b>	
I initiate contact with people I want to meet, and disengage from people who are not a match for me. I keep my physical and emotional boundaries, and balance my heart with my head with potential partners.	
<b>10. I have effective relationship skills</b>	
I understand relationships, can maintain closeness and intimacy, communicate authentically and assertively, negotiate differences positively, allow myself to trust and be vulnerable, and can give and receive love without emotional barriers.	
	<b>Total Score</b>
<b>80 - 100: Green Light</b> - You are well on your way to the life & relationship you really want. <b>50-79: Yellow Light</b> - Continue to work on the areas needed and take it slow in relationships. <b>0-49: RED LIGHT</b> - Take a break from seeking a partner, focus on your life and prepare for the relationship that you want.	