

# *Relationship Readiness Quiz*

The following self-test will take about five minutes and will help you assess your relational "readiness."

Answer each item by using the following scale to indicate the degree to which it is true for you:

4 - OFTEN    3 - SOMETIMES    2 - RARELY    1 - NEVER

\_\_\_\_\_I feel a sense of relief when I do not have to be alone.

\_\_\_\_\_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 solitude 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.

\_\_\_\_\_My romantic relationships are more of an issue of being selected rather than doing the selecting.

\_\_\_\_\_When I am dating someone else I feel better about myself.

\_\_\_\_\_I do not like to be alone.

\_\_\_\_\_I do not have a very clear idea of the personal qualities I look for in a person to date or even to be friends with.

\_\_\_\_\_TOTAL SCORE

Next Step:

Call or email to schedule your **COMPLIMENTARY** Relationship Quiz Debriefing Session  
(Valued at \$250.00)

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