The Right Fit Marriage Academy

Relationship Readiness Assessment for Singles

Below is a seventy-two item Relationship Readiness Assessment for Singles. This assessment will help you identify specific goals for being a successful single.

Name: **Date:**

Please write Yes for each item in the ten areas below that are true for you and No for those that are not true

Be very objective and honest with yourself. We recommend that you ask close friends and family members for their opinions as well.

The more that you answer honestly, the more reliable the results of the assessment will be.

A. MY VISION, VALUES AND LIFE PURPOSE

1.	I have a vivid “vision” of what I want for my life and my relationship	
2.	I am clear about my values and I live by them.	
3.	I have clearly defined my life purpose and live by them.	
4.	I know where and how I want to live.	
5.	I have written goals and an action plan to help me activate my vision.	
6.	I am living my life fully and in alignment with my vision, values and life purpose	
.	Total no. of Yes	
	Score (No of Yes/6)x 10	

B. MY REQUIREMENTS

7.	I know what I will not tolerate in a relationship and don’t tolerate these things.	
8.	I know what I can’t live without in a relationship and don’t settle for less.	
9.	I know what values I must share with my partners.	
10.	I am clear about what personality traits I most value in a partner	
11.	I am clear about what interests/activities I must share with a partner	
12.	I have a written list of requirements and will not enter into a relationship if even one is missing.	
13.	I know that I can only be responsible for my happiness.	

	Total	
	Score (No. of Yes/7) * 10	

C. MY NEEDS

14.	I am clear about what I need for a relationship to function on a daily basis	
15	I am clear about what I need to be emotionally loved in a relationship	
16	I am clear about my boundaries and how to enforce them to get my needs met	
17	I ask for what I need and want, and take responsibility for the outcome	
18	I do not expect a relationship to meet all my needs and make me happy	
19	I have a support system to supplement meeting my social and emotional needs	
20.	I have inner strength that helps me to be proactive about my needs	
.	Total	
	Score (No. of Yes/7) * 10	

D. MY RELATIONSHIP HISTORY AND PATTERNS

21	I understand what did and didn't work for me in previous relationships	
22	I understand which positive and negative patterns I keep repeating	
23	I am aware of the traits of my parents that drive my partner choice	
24	I am aware of specific traits of my parents in myself	
25	I am aware of habits, patterns and values that I have inherited from my family	
26	I understand my past patterns for choosing partners.	
27	I understand my past relationship attitudes, choices and actions/behaviour	
	Total	
	Score (No. of Yes/7) * 10	

E. MY EMOTIONAL ISSUES

28	My past relationship experiences do not impact my present relationships	
29	I have forgiven my parents for my past and present unmet needs	

30	I have let go of relationships that were damaging to me.	
31	I have forgiven people who have hurt me.	
32	I have sought forgiveness from people who I have sought	
33	I am able to forgive myself for my past mistakes	
34	I trust that everyone does the best that they can at all times	
35	I am aware of and own my emotional issues when they arise in a relationship	
	Total	
	Score (No. of Yes/8) * 10	

F. MY COMMUNICATION

36	I do not gossip or talk about others	
37	I clearly communicate what I need; I don't make people guess	
38	I deal positively with misunderstandings and disagreements when they occur	
39	I own my judgements and accept differences when they occur	
40	I don't get defensive and take personally the things that people say about me	
41	I make requests rather than complain	
42	I regularly practice active listening, give validation and express appreciation	
43	I am careful about what I promise and keep my word.	
	Total	
	Score (No. of Yes/8) * 10	

G. MY COMMUNITY

44	I am aware of how I come across and affect others	
45	I am surrounded by caring people	
46	I add value to everyone in my community	
47	I spend my social time with healthy, happy and able people	
48	I have positive relationships with my parents and siblings	
49	I have a close circle of friends and we gather regularly	
50	I take extraordinary care of the people I have chosen to love	
51	I am member of two or more communities (spiritual, professional, hobby etc.)	
	TOTAL	
	Score (No. of Yes/8) * 10	

H. MY LIFESTYLE

52	I am satisfied with my work/career	
53	I support my present lifestyle and I am preparing for my future security	
54	I have no financial or legal problems	
55	I am happy and successful being single	
56	I am living the life I want as single person	
57	I am ready and available for commitment	
58	I am healthy in mind, body and spirit	
	TOTAL	
	Score (No. of Yes/7) * 10	

I. MY DATING PATTERNS

59	I take the initiative and responsibility for choosing who I want in my life and don't wait to be chosen.	
60	I have clearly defined guidelines for sexual involvement that I adhere to	
61	I am authentic and do not present myself inauthentically to attract a partner	
62	I am able to communicate my issues and needs to my dating partners	
63	I balance my heart with my head and make careful relationship choices	
64	I do not interpret infatuation, attraction, attachment and/or good sex as love	
65	I do not expect a relationship to "rescue" me from emotional or financial problems	
	TOTAL	
	Score (No. of Yes/7) * 10	

J. MY RELATIONSHIP PLAN

66	I understand that like attracts like	
67	I scout, sort and screen potential partners effectively	
68	I am clear whether I am seeking a short term recreational relationship or I am ready to seek a long term committed relationship	
69	I effectively disengage from prospective partners who are not a fit for me	
70	I use my community support system to scout for me	
71	I am actively involved in activities and groups of people highly aligned with me.	
72	I am balancing my partner search with investing in myself and living my vision	
	TOTAL	
	Score (No. of Yes/7) * 10	

Add your scores from the ten sections to get a total score.

SCORE RESULTS:

80 – 100: Green Light. You are well on your way to the life and relationship you want

50 – 79: Yellow Light. Continue to work on the areas that need work and take it slow in relationships while doing so.

0 – 49: Red Light. Take a break from seeking a partner. Focus on your life and prepare for the relationship you really want.

From your scores in this assessment, are you a successful single?

Go through scores for each of the ten areas and ask yourself the following:

- What are your strongest areas?
- What areas need improvement?
- What do you need to learn more about?
- What are the top five items that could most interfere with the success of your next relationship?
- From the above results, what are your top five goals for being a successful single?