Have the Rules Changed? Dating in 2008
Relationship Readiness Quiz for Singles

To assess your readiness for a committed relationship rate yourself in each of the following ten areas. Try to be objective and honest with yourself. We recommend asking close friends and family members for their opinions as well.

Rating Scale: Rate each item on a scale from 0 to 10
8-10: **Good**; this area of my life is strong and would be an asset to my next relationship
5-7: **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

1. I know what I want
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.

2. I know my requirements
I have a written list of at least ten 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.

3. I am happy and successful being single
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.

4. I am ready and available for commitment
I have no emotional or legal baggage from a previous relationship. My schedule, commitments and lifestyle allow my availability to build a new relationship.

5. I am satisfied with my work/career
My work is fulfilling, supports my lifestyle, and does not interfere with my availability for a new relationship.

6. I am healthy in mind, body, and spirit
My physical, mental, or emotional health does not interfere with having the life and relationship that I want. I am reasonably happy and feel good.

7. My financial and legal business is handled
I have no financial or legal issues that would interfere with having the life and relationship that I want.

8. My family relationships are functional
My relationships with my children, ex, siblings, parents, and extended family do not interfere with having the life and relationship that I want.

9. I have effective dating skills
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.

10. I have effective relationship skills
I understand relationships, can maintain closeness and intimacy, communicate authentically and assertively, negotiate difference positively, allow myself to trust and be vulnerable, and can give and receive love without emotional barriers.

Total Score

80-100: **Green light** ► You are well on your way to the life and relationship you really want!
50-79: **Yellow light** ► Continue to work on the areas needed 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 that you want.

Ready for the life and relationship that you really want?
Contact Udall about our Conscious Dating Program for Singles

©2007 Relationship Coaching Institute / All rights reserved