

## ***Am I Ready for a Healthy Relationship?***

Answer questions 1-42 using the following point system:

2 = most of the time

1 = some of the time

0 = Hardly ever

1. \_\_\_\_ I know I am capable of being valued by others despite my shortcomings.
2. \_\_\_\_ I have self-discipline.
3. \_\_\_\_ I am honest.
4. \_\_\_\_ I am true to my values.
5. \_\_\_\_ I am responsible.
6. \_\_\_\_ I know myself, what my values are and what I want.
7. \_\_\_\_ I can talk about my feelings.
8. \_\_\_\_ I do not feel needy.
9. \_\_\_\_ I am not afraid of being single.
10. \_\_\_\_ When I am alone I do not typically feel lonely.
11. \_\_\_\_ I have an active, full life.
12. \_\_\_\_ When I am in a dating (or other very serious) relationship, I still have other interests.
13. \_\_\_\_ I do nice things for myself and others.
14. \_\_\_\_ I can receive as well as give.
15. \_\_\_\_ I do creative things well.
16. \_\_\_\_ I do not repeatedly compare myself to others.
17. \_\_\_\_ I can stand up for myself.
18. \_\_\_\_ I can say "no" when it is appropriate.
19. \_\_\_\_ I am growing and making progress in my life.
20. \_\_\_\_ I am contributing to the world.
21. \_\_\_\_ I have surrounded myself with healthy people.
22. \_\_\_\_ I feel connected to myself and the world.
23. \_\_\_\_ I feel loved by many people.
24. \_\_\_\_ I feel like a whole person.
25. \_\_\_\_ I do not like rejection, but I can handle it.
26. \_\_\_\_ I do not over-react to criticism by attacking or getting defensive.
27. \_\_\_\_ I have processed most of my hurt feelings about my past.
28. \_\_\_\_ I am not angry all of the time about my past.

29. \_\_\_\_\_ I do not feel guilty all the time about the mistakes I have made.
30. \_\_\_\_\_ I can handle adversity without falling apart.
31. \_\_\_\_\_ I can end an unhealthy relationship.
32. \_\_\_\_\_ I can stick with a healthy relationship.
33. \_\_\_\_\_ I do not feel totally incapacitated when relationships end.
34. \_\_\_\_\_ I have some stress-management techniques.
35. \_\_\_\_\_ I feel good about myself.
36. \_\_\_\_\_ I know how to find a balance in my life.
37. \_\_\_\_\_ I know what I want, but I am not addicted to getting it.
38. \_\_\_\_\_ I have structure, but I am also flexible.
39. \_\_\_\_\_ I have trustworthy people in my life.
40. \_\_\_\_\_ I do not have to control everything and everybody in my life.
41. \_\_\_\_\_ I have worked through hang-ups I have about physical/emotional intimacy.
42. \_\_\_\_\_ I can argue with someone without attacking them or giving them the silent treatment.

Adapted, with revision, from Susan Peabody's book, *Addiction to Love*.