



Quiz

www.JourneyToLove.com

This quiz is a tool designed to give you insight to various objectives that will guide you to attracting your ideal partner and have a loving and lasting relationship.

Relax with this process and realize you are giving yourself valuable information so you can utilize more growth in achieving the relationship of your dreams.

Instructions to complete the quiz:

1. Place a checkmark by every statement that **is true for you**.
(Be honest – this is for your benefit – no one is judging you)
2. It is either true or false – do not spend a lot of time thinking about it.
(You can take the quiz again after you have worked on your objectives.)
3. Total the number of statements you checked in each section.
4. Total all sections to get your score.
5. Read the interpretation of your score at the end of the quiz.

Exploring Your Relationship History

- I have written a clear account of what did not work in my parents' marriage.
- I have written a clear account of what did not work in each of my intimate past relationships.
- I have compared the two previously mentioned accounts and can see how my relationship patterns developed.
- I have a clear list of the positive qualities and the negative traits of my past partners.
- I recognize the type of partners I tend to attract.
- I recognize my past dating and relationship behavior patterns.
- I recognize how I have developed my relationship patterns.
- I have listed five to ten ways in which my relationship patterns benefit me.
- I have listed five to ten ways in which my relationship patterns cost me.
- I am clear about my past relationship patterns and what has not worked for me.

___ **Total number of statements checked.**

Release the Past

- I understand that my father did the best he could.
- I have forgiven my father.
- I understand that my mother did the best she could.
- I have forgiven my mother.
- I understand that each of my past relationship partners did the best he/she could.
- I have forgiven each of my past relationship partners.
- I have released each of my past relationship partners to their highest and greatest good.
- I hold no grievances against the opposite gender.
- I honor my brotherhood/sisterhood and do not compete with my same gender.
- I have forgiven myself for my past dating and relationship mistakes.

___ **Total number of statements checked.**

Own and Support Your Personal Needs

- I acknowledge that I have needs and that getting my needs met is important.
- I acknowledge that everyone has needs and it is important they get their needs met.
- I have a clear list of my current needs.
- I know that "one" person cannot meet all my needs, especially someone I'm just getting to know.
- I take full responsibility for getting my needs met in a healthy manner.
- I no longer need to be in a relationship in order to have all my need met.
- I have caring and supportive friends who help meet some of my needs.
- I practice loving self-care whenever I feel needy.
- I take excellent care of myself.
- I have a list of several things that I can do for myself that give me pleasure and satisfaction.

____ **Total number of statements checked.**

Value Safe Boundaries

- I acknowledge that it is vital for me to have safe boundaries for my own self-care.
- I know when to say "no" and I do, and stick to it.
- I have a written list of my safe boundaries.
- I reassess and add to my boundaries as necessary.
- I gently and effectively inform people about my boundaries.
- I make clear statements when setting my boundaries with others.
- I know how to deal with people when they do not honor my boundaries.
- I believe I am being supportive of others and myself when I set boundaries.
- I honor and respect others' boundaries.
- I am the most valuable person in my life.

____ **Total number of statements checked.**

Appraise Your Personal Care

- I have excellent daily hygiene including flossing my teeth.
- I generally eat healthfully and wisely.
- I maintain an average healthy weight for my height.
- I have an exercise program that I do on a regular basis.
- I am a non-smoker.
- I am not addicted to, nor do I abuse alcohol or drugs.
- I keep my clothing, bedding, and towels clean and fresh and live in a clean environment.
- I put forth effort to look and dress my best when I go out in public.
- I set and keep regular appointments for proper grooming, such as a hairstylist or a barber.
- I set and keep regular appointments with health care professionals and immediately take care of any health issue.

____ **Total number of statements checked.**

Nurture Your Emotional Vitality

- I am self-loving.
- I often laugh at the silly things in life.
- I enjoy spending some time alone.
- I live in a peaceful and healthy environment.
- I am generally happy and living a fulfilled life.
- I have forgiven myself for my past mistakes.
- I know what my good traits and characteristics are and honor them.
- I take responsibility for my choices and do not blame others.
- I acknowledge my accomplishments with a sense of honor and pride.
- I keep a positive vision and a positive feeling for the success of my future desires and dreams.

____ **Total number of statements checked.**

Foster Inner Spirituality and Faith

- I am connected to some form of Higher Being.
- I acknowledge my spiritual roots, and growth to where I am today.
- I take quiet time in some form, to promote my inner spiritual growth.
- I can discern intuition from other thoughts and feelings.
- I honor and trust my intuition above all else.
- I am true to myself in my faith and spirituality.
- I respect and do not try to change others' faith or spiritual beliefs.
- I trust that my greater good and growth are always evolving in my life.
- I trust that when the time is right, my ideal partner and I will enter each other's lives.
- I trust that as long as I am taking growth steps, a loving relationship is inevitable.

___ **Total number of statements checked.**

Honor Your Life Quest

- I have a vision how I want my life to be.
- I know how I best contribute to others.
- I am in the process of creating and doing my life passion.
- I know my life purpose and the legacy I want to leave behind.
- I do what enables my heart and soul to sing.
- I have a vision of how and where I want to live.
- I live a well-balanced life.
- I set goals and stick to them until they are accomplished.
- I continue to learn through a variety of modalities.
- I surround myself with supportive people who believe in me.

___ **Total number of statements checked.**

Maintain Financial Stability

- I live within my means.
- I am not addicted to, nor abuse, gambling.
- I pay my bills on time and without developing late charges.
- I keep my checkbook and accounts updated and in order.
- I live debt-free or have a plan in place to achieve this goal.
- I do not let my emotions influence my financial decisions.
- I have a savings plan in place for my future and contribute to it regularly.
- I regularly contribute to and support charities or worthy causes that I believe in.
- I have enough money for fun, entertainment, hobbies, and travel.
- I get paid according to the true value of my services.

___ **Total number of statements checked.**

Emphasize Your Social Life

- I choose to participate in activities I enjoy and that give me pleasure.
- I choose some activities because they will stretch me in a new direction.
- I do not choose activities for the sole purpose of finding a partner.
- I put my best foot forward and stay true to myself.
- I smile often, make eye contact, walk and stand with confidence.
- I have loving and supportive friends with whom I enjoy sharing fun activities.
- I keep myself open to meeting new people wherever I go.
- I volunteer to help others in need and I support my community.
- I never use money, power, or sexuality as a way to attract partners.
- I am respectful and kind to everyone.

___ **Total number of statements checked.**

Clarify Your Ideal Partner

- I have dropped all expectations of a potential partner that I do not expect of myself.
- I have a list of 10 qualities that my future partner and I will share.
- I am not willing to negotiate on the qualities most important to me.
- I have a list of 10 deal-breakers that I know will not work for me in a relationship.
- I see people for who they are and not who I want them to be.
- I attract kind people, who are good for me.
- I am open to dating a person who is different from my typical "type."
- I am clear about attracting an available partner who is ready for a relationship.
- I am clear about attracting a compatible partner, so both of our needs are met.
- I am clear about attracting a partner who would like to grow with me in a relationship.

_____ **Total number of statements checked.**

Evaluate Your Dating Skills

- I am a woman and I give men the space to pursue and court me.
- I am a man and I feel comfortable initiating the first steps in dating and courting.
- I get to know a person slowly over time.
- I continue my full life and stay connected to my supportive friends while I am dating.
- I keep my boundaries at all times, and can comfortably communicate my boundaries to others, including someone I'm dating.
- I am clear about how I do and do not want to be treated and I communicate my desires clearly to others, including the person I'm dating.
- I have fun and enjoy the dating process.
- I am not willing to continue to date someone who is not an appropriate potential partner.
- I avoid sexual foreplay early in the dating process.
- I wait until I am in a committed relationship to have sex.
- I am true to myself at all times in the dating process and openly express my needs and desires.

_____ **Total number of statements checked.**

Assessing Your Relationship Readiness Skills

- I am emotionally and physically available and ready for a relationship.
- I know what is important to me living day-to-day in a relationship with a partner.
- I am open and willing to value my partner's needs and requests.
- I know what I need from a partner, so that I can thrive in a relationship.
- I clearly know what I cannot live without in a relationship, and I'm not willing to settle.
- I am ready and desire to be in a process of growth with a partner.
- I am clear on what the worst thing(s) are that a partner could do to me in a relationship.
- I am continually growing and improving my communication and relationship skills.
- I am no longer willing to stay in a relationship if I am devalued or disrespected.
- I realize that love does not happen instantly, and that true love grows deeper over time.

____ **Total number of statements checked.**

_____ **Your quiz score (Add the total points for all categories to determine your score)**

_____ **Date of your first quiz**

Interpreting Your Quiz Score

The closer your score is to 130 points, the more likely you are to attract your ideal partner and to build a lasting and loving relationship. Think of your unmarked quiz statements as action steps that you can work through in your **Journey to Love Workbook**. After you have completed your Workbook see how many more statements you can mark with a firm "true."

90 to 130 Points

Chances are very good that you have the ability to easily attract your ideal partner. In fact, you might already be in a loving relationship and desire to build your relationship skills. Your objectives can be even clearer to you after you complete the **Journey to Love Workbook**.

50 to 89 Points

Some of the time you might be feeling good about the opposite sex and dating. Other times you might feel something is still holding you back from having the relationship of your dreams. It's possible that you still believe in love at first sight and great chemistry can make a good relationship. You might not yet be clear about your own safe boundaries and exactly what you want from a partner and a relationship. Complete the **Journey to Love Workbook** and schedule **Relationship Skill Building** sessions with **Dr. M.P.** can assist you in attracting your ideal partner and building the relationship you desire.

0 to 49 Points

You might be feeling very frustrated with dating and your experiences with relationships. Do not despair. Right now get busy with the **Journey to Love Workbook** and schedule your **Relationship Skill Building** sessions with **Dr. M.P.** to bring you closer to your dreams.

After you complete the **Journey to Love Workbook** go through your **Journey to Love Quiz** again. See how far you've grown in attracting your ideal partner and how you have become more qualified to create a lasting and loving successful relationship.

_____ **Your second quiz score.**

_____ **Date of your second quiz.**

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