

# Quick Quiz

Here are some questions to ask yourself to help determine whether you're ready to have an intimate relationship.

1. Am I still in love with an ex-partner?
2. Do I still have tremendous resentment towards an ex-partner?
3. Do I dislike the person I am?
4. Do I have any addictions I am not dealing with?
5. Do I feel I have little that's valuable to offer a mate?
6. Do I feel so lonely and desperate that I am totally miserable without a relationship?
7. Do I feel that no-one will want to be in a relationship with me?
8. Do I have a fear of commitment?

*If you answered YES to even one of these questions, you may not be emotionally ready to have an intimate relationship with anyone. If you answered YES to some of these questions and you're already in a relationship, you may be aware of some of the problems arising in your relationship and maybe it is worth considering some time out for yourself, to really find yourself and to heal before going back into the relationship so that you are able to have a truly intimate relationship.*

*If you suspect that you are not ready for love, go on a "Relationship Fast" and work on improving your relationship with yourself.*

Barbara DeAngelis (Are You The One for Me?)