

How do I know I am ready to date?

A Pre-dating Quiz: Five Intentional Goals to Establish

1. Life is a journey and it is all about “baby steps” in self growth. How can we give ourselves to someone else if we lack self-awareness? We often jump into dating when we are not necessarily ready for it. Perhaps we might feel pressured to date or “be in a relationship”. It’s not enough to date for appearances. We can never achieve perfection, but based on the principle of human maturity, there are intentional goals that should be established in your life before you initiate a dating relationship.



2. Below is a quiz on six behaviors that are good intentional goals to attain in self-growth. Rate yourself on these points from 1-5.

- 1 = I am very poor with this behavior.
- 2 = I am inconsistent with this behavior.
- 3 = I exhibit this behavior half the time.
- 4 = I am fairly consistent with this behavior.
- 5 = This behavior is a habit in my life.

3. The ratings will measure a certain level of self-care both externally and internally to your life. They are also key indicators for the human groundwork in building a relationship with another person. When you rate yourself, recognize the internal vs external behavior (all of the internal behaviors are bolded and italicized). Spend more time reflecting on the internal behaviors even though they may not be so “quantifiable”. They are highlighted because generally what is going on inside of us determines our choices and our ability to love another.

4. Remember we are often our own worst judges, so it is a good idea to also get a trusted friend to rate you on these points. The more objectivity one invites into this self-examen, the better. Complete the self-exam with your trusted friend at the same time but not showing each other the final tally.

6. Once both parties are finished, compare the final tally of your tests. The trusted friend should help keep you honest. If the final number tallied for all of the points is under 75-80, then there is work to do before dating.

I. Daily Commitments

- Is forming positive daily habits important to me?
- Do I keep proper hygiene?
- Physical health: Do I maintain healthy eating habits and exercise regularly?
- *Spiritual health: Do I feed my soul as well with silence and reflection?*

II. Dependability



- Do I keep my promises?
- Can others confide in me?
- *Am I capable of under-promising and over-delivering?*
- Am I punctual?

III. Authenticity

- *Can I be myself no matter who I am with?*
- *Do I take ownership for my mistakes?*
- Am I steadfast in holding to my values?
- *Am I true to myself when no one is looking?*

IV. Self-Motivation

- When I commit myself to something, can I follow through?
- *Do I consistently strive to better myself?*
- Do I take initiative and try new things?
- *Do I regularly seek to go beyond my comfort zone?*

V. Emotional Awareness

- *Do I think I know how to process my emotions?*
- *Do I have a positive or negative opinion about my emotional life?*
- *Do I fall into the negative habit of either repressing my emotions or letting them control me?*
- *Am I willing to talk about my emotions with others?*

VI. Sacrifice

- Am I able to forgo “my ways” for someone else's?
- *Do I recognize that love often requires sacrifice?*
- *Am I willing to let go of bad habits/behaviors in my life?*

6. If one feels overwhelmed while reading this list of good behaviors, **remember they are just targets**. No matter how attracted one is to another person, if you do not have

some of the “basic’s” in place in your own life, how can you really get involved with another person? It is not really fair to them. Let us be clear that the journey of self-growth is lifelong. However, certain principles are key building blocks that are wise to have in place before initiating a relationship.

7. This self-examination is meant to help you be present *to yourself* so that one can then be present *to that someone else*. The question of “Are you ready to date?” is answered with “Are you ready to marry?”. One is ready to date when one understands that the goal of dating is to find the person they are to marry. The habits above are key indicators that one has the maturity to get serious about this chapter of his or her life.

Challenging words on hard work and commitment from actor, director, producer Denzel Washington:

“Without commitment, you’ll never start, but more importantly, without consistency, you’ll never finish. It’s not easy. If it were easy there’d be no Kerry Washington, no Russell Hornsby, if it were easy there’d be no Denzel Washington. So, keep working, keep striving, never give up, fall down seven times, get up eight. Ease is a greater threat to progress than hardship.”

Prayer for Peace

Be Satisfied With Me (St. Anthony of Padua)

*Everyone longs to give themselves completely to someone,
To have a deep soul relationship with another,
To be loved thoroughly and exclusively.
But to a Christian, God says, “No, not until you are satisfied,
Fulfilled and content with being loved by Me alone,
With giving yourself totally and unreservedly to Me.
With having an intensely personal and unique relationship with Me alone.
Discovering that only in Me is your satisfaction to be found,
Will you be capable of the perfect human relationship,
That I have planned for you.
You will never be united to another
Until you are united with Me.
Exclusive of anyone or anything else.
Exclusive of any other desires or longings.
I want you to stop planning, to stop wishing, and allow Me to give you
The most thrilling plan existing . . . one you cannot imagine.
I want you to have the best. Please allow Me to bring it to you.
You just keep watching Me, expecting the greatest things.
Keep experiencing the satisfaction that I am.*

*Keep listening and learning the things that I tell you.
Just wait, that's all. Don't be anxious, don't worry
Don't look around at things others have gotten
Or that I have given them
Don't look around at the things you think you want,
Just keep looking off and away up to Me,
Or you'll miss what I want to show you.
And then, when you're ready, I'll surprise you with a love
Far more wonderful than you could dream of.
You see, until you are ready, and until the one I have for you is ready,
I am working even at this moment
To have both of you ready at the same time.
Until you are both satisfied exclusively with Me
And the life I prepared for you,
You won't be able to experience the love that exemplified your relationship with Me.
And this is perfect love.*