

Quiz 2

HOW TO FIND A GREAT MATE

Below is a list of traits people may look for in a marriage partner. Put a check beside the 10 you think are most important. Then see below for scoring.

“I am looking for someone who...”

- 1. Is good looking
- 2. Listens
- 3. Does what he/she says they will.
- 4. Likes to do most of the things I like to do.
- 5. Can speak up for him/herself
- 6. Has a great sense of humor
- 7. Is kind
- 8. Averages no more than one drink a day and no illegal drugs
- 9. Is fun.
- 10 Knows what they want
- 11. Is loyal
- 12. Has the same values as me
- 13. Is well-dressed
- 14. Can admit they are wrong
- 15. Cares about my needs and wants
- 16. Has lots of money
- 17. Is willing to compromise
- 18. Can control their anger/temper

SCORING:

Give yourself 1 pt for each of these: 1, 4, 6, 9, 10, 13, 16

Give yourself 10 for each of these: 2, 3, 5, 7, 8, 11, 12, 14, 15, 17, 18.

If your score is:

90-100 Great!!

80-90 Good

70-80 On the right track but pay more attention to the “10s”

Below 70 It might be a good idea to learn more about healthy relationships

EXPLANATION:

Research shows that the items worth 10 points are the most urgent* in maintaining a healthy, lasting relationship/marriage. Be sure your date exhibits these traits:

Evident Respect, Fondness and Friendship

A Strong Connection to You as a Couple

Good Communication --which is significantly more positive than negative

A Shared Approach to Resolving Conflicts

Clear, Long-Term, Commitment to you and the Relationship

Similar Values and Goals

Plus freedom from addictions

Those worth 1 point are nice to have but actually have not been shown to be that important in the long run.

HOW TO FIND A GOOD MATE: Go back and test yourself on these characteristics and work on any traits lacking in yourself. Then you will attract the right people and you will recognize a good date when you see one!

*Based on “Best Practices” as determined by Syracuse University’s review of the literature as part of an ACF/HHS federal Healthy Marriage Initiative grant.