

The 7 Biggest Mistakes that Keep You Single Quiz

To discover your Relationship Quotient, answer the 7 main questions at the end of each section after you've read the questions. **Give yourself a score on each question on a scale from 1 to 10.** Be honest with yourself. If you over-rate your Relationship Quotient it'll hold you back from attracting the Love of Your Life.

At the end of the quiz, add up your score to get your Relationship Quotient.

1. How Ready Are You For a Relationship?

Let's examine how open, ready and willing you are to really **share** your life with someone.

- **Your Mental and Emotional Space**
 - Are you **mentally unavailable** because your mind is occupied with an old flame that you're still busy thinking about?
 - Are you **emotionally longing for someone you can't have** (he's married or she's in another relationship)?
 - Are you filled with **fear and self-doubt** about having a relationship?
 - Are you **afraid to make a commitment**, afraid you'll make another mistake?
 - Do you believe that you're **unlovable** because you don't even love yourself?
 - Is your mental and emotional space filled with **self-criticism and negative mind-chatter**?
- **Your Physical Space**
 - Is your home so full of furniture, knick-knacks, and household items that there'd be **no room for your new mate's things**?
 - Is every closet, cupboard, and storage area **crammed with your stuff**?
- **Your Time**
 - Is your schedule so full there's **no time for a new mate**?
 - Are you **booked with activities** most nights and weekends?

To score yourself for question 1: **How Ready Are You for a Relationship?**
On a 1 to 10 scale, where would you rate yourself? 10 being "I'm fully ready," and 1 being "I'm not ready at all." Score: _____

2. How Open Are You to Learn about Others and Relationships?

Since you're reading this, you may have already realized that there are some things to learn that will help you in your quest to attract the love of your life.

- Do you have an **insatiable need to know** more about your prospective mate and relationships?
- Do you **substitute stereotypes** (like all guys are clueless or all women are air-heads) for really getting to know someone?
- Are you too busy trying to **fit your date into your list** of 'must' haves or is your mind open to really learning about both their good qualities and their faults?
- Do you believe that **"There are no good men (or women)"** so that you keep proving yourself right or are you open to attracting a great mate?
- Do you immediately **start planning your life** with someone, jumping to the conclusion that "This is the ONE" before you get to see how they live, learn about their values, get to know who their friends are, or what their lifestyle is like?
- Do you regularly read articles, take online tele-seminars and courses, and attend workshops to learn about **communication, conflict resolution, love languages, etc?**

*To score yourself for question 2: **How Open Are You to Learn about Others and Relationships?** On a 1 to 10 scale, where would you rate yourself? 10 being "I'm completely open to learning," and 1 being "I already know everything I need to know." Score: _____*

3. How Well Do You Know Yourself?

You've known yourself your whole life; certainly you must know yourself really well, right? Maybe not!

- Do you know **who you really are** vs. what you want others to believe you are?
- Do you know what you **believe**, particularly about yourself and relationships?
- Do you know what your **values** are, what's most important to you?
- Do you tend to go along with whatever **interests** your date has or are you clear and willing to express yourself about your own interests?
- Do you know what your **personality style** is and what personality style most compliments you?

- Do you know what your **habits and preferences** are, and are you flexible with them or are they deeply ingrained so that someone else has to comply?
- Do you know how you **process information** and what your **learning style** is?
- Do you know what you need to **nurture yourself** and keep yourself **emotionally healthy**?
- Do you know how to **take care of yourself** so that you are at your **peak physical condition**?
- Do you know **what you need in a mate** to have the "right one" vs. what you think you want to have your "dream" guy or gal?

*To score yourself for question 3: **How Well Do You Know Yourself?***

On a 1 to 10 scale, where would you rate yourself? 10 being "I know myself really well," and 1 being "I have a lot to learn about myself." Score: _____

4. How Giving Are You with Others?

Relationships are built on sharing. It's the functional way that you relate to each other day to day.

- If you're a man, do you quibble about paying for dinner or avoid making a date because you **don't want to spend your money** until you know if it's going to "pay off?"
- Do you **ignore your family or friends** when you're watching TV or playing on the computer because you don't want to be bothered with anyone during your "me" time?
- If you're a woman, do you **withhold your approval and emotional delight** when he does something nice for you?
- Do you **naturally share** what you have or do you feel like what's yours is yours and let them get their own?
- Do you **give a smile to a stranger** just because they're another human being or do you avoid eye contact because you don't want to drain yourself?
- Are you willing to stop what you're doing to talk with a friend who's in real need or do you avoid taking calls from a friend who needs your help?

*To score yourself for question 4: **How Giving Are You with Others?** On a 1 to 10 scale, where would you rate yourself? 10 being "I naturally share and am generous with others," and 1 being "I tend to hold on to what I have."*

Score _____

5. Are You Being Interesting or Interested?

In your interactions with others, when you try to be “interesting,” the focus is on you. When you’re being interested, the focus is on the other person.

- Do you **ask questions** to show your genuine interest in the other person?
- Is your attention on wanting **them to get to know you** or is it on getting to know them?
- Do you tend to do **most of the talking** when you’re with a new friend or date?
- Do you tend to take up **all the space** in a relationship with your stories, your friends, your needs and your interests or do you make room in the relationship for the other person’s interests, needs, friends and stories?

*To score yourself for question 5: **Are You Being Interesting or Interested?** On a 1 to 10 scale, where would you rate yourself? 10 being “I’m interested in getting to know others,” and 1 being “I want to be interesting to them so they’ll like me.”* Score: _____

6. Are You Being Yourself or the Person You ‘think’ Someone Wants You to Be?

A healthy man or woman doesn’t want to be in a relationship with a spineless jellyfish.

- Do you dress and act a certain way to **please others** because you think that’s what they want?
- Do you tend to **agree with someone’s views** so they’ll like you even when they aren’t your own?
- Are you overly concerned with what **someone thinks about you** or do you feel that you can be yourself and that if they don’t like you that it wasn’t a fit anyway?
- Are you more interested **in just having someone** (something’s better than nothing) or having the “right” one for you?

*To score yourself for question 6: **Are You Being Yourself or the Person You ‘think’ Someone Wants You to Be?** On a 1 to 10 scale, where would you rate yourself? 10 being “I’m just myself no matter who I’m with,” and 1 being “I’d rather ‘fit it’ and be accepted.”* Score: _____

7. How Willing Are You to Be Vulnerable?

Getting close to someone means opening up, sharing yourself, telling the truth about what's important to you, what you're afraid of, what rings your bell – to reveal who you really are.

- Do you emotionally **hold your cards close** or are you willing to share your feelings to let someone get to know you better?
- When someone shares something about him or herself, do you respond with similar information or do you change the subject to **avoid feeling uncomfortable**?
- Are you willing to **tell something embarrassing** that happened to you or are you too afraid of what they'll think of you?
- Do you believe that if they really know who you are they won't like you?
- Do you say what you **honestly believe** or do you mute yourself for fear of upsetting them and ruining your time together?
- Do you tend to **keep things on the light side**, not wanting to have any serious conversation?
- When you begin to feel close to someone do you feel like you **want to run** away?
- Are you **afraid if you get close** that you'll get hurt again?
- Do you keep yourself from 'getting your hopes up' because **it's too painful to be disappointed**?

*To score yourself for question 7: **How Willing Are You to Be Vulnerable?***

On a 1 to 10 scale, where would you rate yourself? 10 being "I'm completely willing to be appropriately vulnerable," and 1 being "It takes a long time and a very special person to get me to open up."

Score: _____

Your Relationship Quotient

Add up your score from each section.

Relationship Quotient: 55 – 70 **Congratulations!** You are ready to attract the love of your life now and just need to hone your skills. Your 'beingness' is right on!

Relationship Quotient: 35 – 54 **You're holding back on yourself** and on having the mate that you want. It's time to kick it up a notch and do some work. Email me and we can discuss what you need to do to bump up your Relationship Quotient so you can attract the Love of Your Life.

Relationship Quotient: 7 – 34 **You feel safer hiding** and may need some gentle coaxing to come out from the shadows. Definitely email me to

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evaluate where you are and your next steps. Perhaps there's something in your way that needs to be removed first.

Eva Love has been working with clients for 21 years, showing them how to heal their inner wounds and create loving, healthy relationships that last. 87% of her clients are either in a committed relationship or married within a year.

Email her at eva@evalove.net or you can send her a note at <http://evalove.net/thank-you>

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