

Exercise

True love demands that we possess certain capabilities. In light of this, rate yourself on the following self-assessment survey.

1. Listening to others

poor fair average above very
average good

2. Realizing the effect I have on others

poor fair average above very
average good

3. Making decisions

poor fair average above very
average good

4. Relating effectively with friends of the opposite sex

poor fair average above very
average good

5. Liking and accepting myself

poor fair average above very
average good

6. Accepting responsibility for my actions

poor fair average above very
average good

7. Being able to express myself and my feelings

poor fair average above very
average good

8. Being able to make and keep commitments

poor fair average above very
average good

9. Dealing with conflict and problems openly

poor fair average above very
average good

10. Being comfortable with my sexuality

poor fair average above very
average good