

WHO AM I?

**NAME:** \_\_\_\_\_

Developing successful partnerships with others requires a high degree of self-awareness and maturity. Entering a friendship or committed relationship before you are ready or for the wrong reasons can lead to disappointment and hurt. It is important to have a clear idea of your own goals and interests before entering a committed relationship. Check the items below that best describe you:

**A. What Kind of Person am I?**

**1. Personality characteristics:**

- |   |   |                           |
|---|---|---------------------------|
| <input type="checkbox"/> outgoing             | <input type="checkbox"/> quiet and reserved       | List your best qualities: |
| <input type="checkbox"/> make friends easily  | <input type="checkbox"/> draw attention to myself | _____                     |
| <input type="checkbox"/> interested in others | <input type="checkbox"/> a good listener          | _____                     |
| <input type="checkbox"/> make good decisions  | <input type="checkbox"/> tend to be a follower    | _____                     |
| <input type="checkbox"/> care about others    | <input type="checkbox"/> have a positive attitude | _____                     |
| <input type="checkbox"/> on time              | <input type="checkbox"/> don't like to plan ahead | _____                     |
| <input type="checkbox"/> flexible             | <input type="checkbox"/> get angry easily         | _____                     |

**2. Interests:**

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> going dancing    | <input type="checkbox"/> watching movies    | <input type="checkbox"/> trying new things |
| <input type="checkbox"/> playing sports   | <input type="checkbox"/> listening to music | <input type="checkbox"/> talking           |
| <input type="checkbox"/> going shopping   | <input type="checkbox"/> doing nothing      | <input type="checkbox"/> hobby: _____      |
| <input type="checkbox"/> partying         | <input type="checkbox"/> being with friends | <input type="checkbox"/> going places      |
| <input type="checkbox"/> drawing/painting | <input type="checkbox"/> making music       | <input type="checkbox"/> working out       |
| <input type="checkbox"/> reading          | <input type="checkbox"/> volunteering       | <input type="checkbox"/> helping others    |
| <input type="checkbox"/> other: _____     |   |  |

**3. Skills or talents:**

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> sports/athletics        | <input type="checkbox"/> drama/communications      | <input type="checkbox"/> art/musical ability |
| <input type="checkbox"/> writing                 | <input type="checkbox"/> academics                 | <input type="checkbox"/> planning activities |
| <input type="checkbox"/> making/designing things | <input type="checkbox"/> getting along with others | <input type="checkbox"/> leadership          |

**4. Personal goals:**

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> attend college | <input type="checkbox"/> get a job           | <input type="checkbox"/> career: _____         |
| <input type="checkbox"/> travel         | <input type="checkbox"/> make a great income | <input type="checkbox"/> become physically fit |
| <input type="checkbox"/> get married    | <input type="checkbox"/> be a parent         | <input type="checkbox"/> remain single         |
| <input type="checkbox"/> other: _____   |  |  |

## B. How do I Relate to Others?

### 1. *Comfort zone:*

- |   |   |
|---|---|
| <input type="checkbox"/> like groups of people                              | <input type="checkbox"/> avoid groups of people         |
| <input type="checkbox"/> spend time alone                                   | <input type="checkbox"/> spend time with family/friends |
| <input type="checkbox"/> like meeting people and expanding my social circle |   |
| <input type="checkbox"/> like to stay at home with family- "homebody"       |   |

### 2. *Friends:*

- |  |   |
|--|---|
| <input type="checkbox"/> a few close friends | <input type="checkbox"/> lots of friends  |
| <input type="checkbox"/> a best friend       | <input type="checkbox"/> no close friends |

### 3. *Successful relationships*

- |   |  |
|---|--|
| <input type="checkbox"/> parents          | <input type="checkbox"/> grandparents                  |
| <input type="checkbox"/> brothers/sisters | <input type="checkbox"/> opposite gender relationships |
| <input type="checkbox"/> friends          | <input type="checkbox"/> teachers                      |
| <input type="checkbox"/> supervisor/boss  | <input type="checkbox"/> co-workers                    |
| <input type="checkbox"/> other adults     | <input type="checkbox"/> "youngers"/ children          |

## C. What Can I Bring to a Relationship?

### *Maturity level, self-identity, social skills:*

- I have a sense of my own values, direction and life goals, prior to entering a relationship
- I am not overly sensitive or reactive in relationships
- I can give up my own interest or desire when needed, for the sake of a relationship
- I am secure in who I am, and do not easily feel jealous or threatened in relationships
- I have the time, energy and interest to give to another person
- I am willing to listen when my partner wants to discuss something- I am a good listener
- I want to help my partner feel secure and comfortable
- I can face and handle problems and make decisions when needed
- I am able to keep my promises, and can be relied upon by others
- I am not overly shy, withdrawn, or insecure- I can communicate and relate with others

#### D. Areas for Personal Improvement:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

#### E. Relationship to God .

When do you feel close to God?

How do you see God being a part of your family?

What is the responsibility of a Man and a Woman?

What do you do to connect to God in daily life?