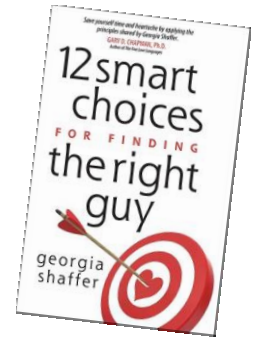


Quiz: Are You in a Healthy Dating Relationship?

Georgia Shaffer



We acknowledge, that for many reasons, some people are not healthy individuals where they currently are. Maybe in 10 years they will be, but not now. And, the key word is *maybe*. So, before I define what I mean by the wrong guy or girl, here's a quick checklist to help you identify whether your current relationship is healthy.

Answer **Yes** or **No** to the Following Questions

The person I'm dating generally:

- _____ blames others (me) rather than takes personal responsibility for bad choices and mistakes.
- _____ prefers to stay the same rather than stretch, change and grow.
- _____ is stuck in self pity and uses failure and loss as an excuse for lack of growth and maturity.
- _____ tends to act out his or her feelings whether others are hurt or not.
- _____ avoids pain at all costs.
- _____ holds onto past hurts and resentments and has problems "letting them go."
- _____ tends to hide the truth or is afraid to be honest about his or her feelings and weaknesses.
- _____ focuses on self and ignores the feelings and wishes of others.
- _____ feels threatened by any interests and/or activities you have that don't include him or her.
- _____ perceives seeking the advice or help of others as a sign of weakness.

Scoring for the Quiz

If you answered yes to:

1-3 of the above questions you are probably dealing with some of the normal struggles of close relationships. We all have areas in which we can grow and *12 Smart Choices for Finding the Right Guy* can help you do that.

4-5 of the above questions you probably are involved in a moderately dysfunctional relationship. *12 Smart Choices for Finding the Right Guy* will help you identify and overcome any obstacles so that you can move toward the joy of an intimate loving connection.

6 or more of the above questions you are probably involved in a dysfunctional relationship or I could say you are probably dating the wrong person. Start reading *12 Smart Choices for Finding the Right Guy* now as this book can save you years of untold pain and agony!

Now that you have completed the quiz and assessed your current relationship, let me explain what I mean by the wrong person. In the context of dating, I would describe the wrong person as a hurting person who hurts others. He or she lacks self-awareness, and hasn't chosen to do the hard work needed to heal, change, and grow.

A more practical description of an unhealthy person is found when you contrast their behavior with that of healthy people.

- Unhealthy people blame others. Healthy people take personal responsibility for their bad choices and admit their mistakes.
- Unhealthy people prefer to stay the same and don't see the need for change and growth. Healthy people want to learn and grow.
- Unhealthy people, like healthy people, have junk and sin in their lives, but they make excuses for it. Healthy people work to overcome their problems and not be controlled by their past. They move beyond it.
- Unhealthy people stay stuck in self pity. Healthy people bounce back from failure and loss even when it's hard.
- Unhealthy people act out their feelings instead of talking or praying about them. Healthy people recognize and own their feelings.
- Unhealthy people avoid pain at all costs. Healthy people understand pain is a part of living and growth.

It is crucial to your personal and professional well-being to recognize whether or not you're currently involved in an unhealthy relationship. If you are, protect yourself from years of pain by having the courage to detach yourself from a destructive relationship. At this point in your life, the other person does not have the ability to give or receive love.

Note: This quiz was adapted from:
12 Smart Choices to Finding the Right Guy



Georgia Shaffer is a licensed psychologist, life coach, and the author of *Taking Out Your Emotional Trash*, *Avoiding the 12 Relationship Mistakes Women Make* and *A Gift of Mourning Glories*. She writes and speaks frequently on the subjects of relationships, dating, grief, and rebuilding after loss. Georgia has more than 20 years of experience helping people identify: "What needs to grow? What needs to go?" For more information, visit: www.GeorgiaShaffer.com

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