

**Self-Assessment:  
How Committed and Faithful Am I?**

For this assessment consider your primary relationship with your partner or friend. Indicate whether you agree or disagree generally with the following statements. Don't second-guess; just check your first instinct.

STATEMENT	AGREE	DISAGREE	POINTS
1. I am committed to my partner or friend for the long-term.			
2. I often show my commitment through affection.			
3. I have been disloyal to my partner or friend in some way or another.			
4. Being committed to my partner or friend is the right thing to do.			
5. Sometimes I make promises and then fail or forget to follow through on them.			
6. I do what's expected of me as a partner or friend.			
7. My partner or friend can always depend on me.			
8. My investment in this relationship is considerable, and leaving it would be costly.			
9. I have betrayed my partner or friend in mind, emotions, or body.			
10. Sometimes I think about or wish for a different partner or friend.			
<b>Total Points:</b>			_____

**Tally Your Score:** Give yourself a point if you *agreed* with questions 1, 2, 4, 6, 7, and 8 and a point if you *disagreed* with questions 3, 5, 9, and 10 and add them up. The higher the number, the more committed and faithful you seem to be. Here is a rule of thumb to interpret your score:

**8 – 10 Excellent**

**6 – 7 Good**

**4 – 5 Okay**

**0 – 3 Poor**

Keep in mind that this is a general index of your commitment and faithfulness in close relationships.