



Personal relationship readiness checklist

A detailed self assessment workbook for single Christians

Twelve conversations beginning with identity before intimacy

Your purpose

Use this workbook to understand the person you are becoming, the patterns you bring into relationships and the responsibilities you are prepared to share. It turns the Choose Well curriculum into practical self-reflection, honest observation and a personal growth plan.

You do not need perfection to be worthy of love. The useful question is whether you can recognise your patterns, take responsibility, respect another person's freedom and keep growing with appropriate support.

What you will work through

144 behaviour-based statements across the 12 conversations, 48 deeper reflection questions, 12 realistic scenarios and a practical exercise for every conversation. The closing worksheets help you identify priorities, plan 90 days of growth and make a thoughtful next-step decision.

Your private starting point

Name or initials _____ Date _____

Current stage ☐ Not dating ☐ Exploring dating ☐ Dating ☐ Other _____

What I hope this reflection will help me understand

For adults aged 18 and over. Keep completed pages private and share only what you choose with safe, appropriate support.

How to use this checklist

Work through one conversation at a time. Give yourself approximately 30–45 minutes, and return to difficult questions later if needed. You can use the workbook over 12 weeks or complete an initial review across several sessions.

Rate actual behaviour

Use examples from roughly the last three months. For less common situations, use your most recent relevant experience and note the date. Answer for how you behave, not how you hope you would behave. A score describes a practice; it does not measure your worth.

Rating	What it means
0	Not yet demonstrated, or I regularly act against this statement.
1	I understand the principle, but rarely practise it reliably.
2	I sometimes practise it, but struggle under pressure or need frequent reminders.
3	I usually practise it and can give a recent example, including when it was difficult.
4	It is a consistent pattern across time and circumstances, with examples and appropriate accountability.
U	Unknown or not yet observed. I need experience or information before judging.
N/A	Not applicable to my circumstances. Explain why; do not use this to avoid a difficult issue.

Record evidence and choose action

Mark a rating beside each statement. In the reflection section, record specific examples, the impact on others and one step you can practise. Optional: ask a trusted person about one or two observable habits rather than hand them your whole private workbook.

Use a profile rather than a pass mark

Do not calculate a grand total or use a threshold to declare yourself ready to marry. Review 0–1 ratings, recurring 2 ratings and unknowns. Keep strengths visible too. A serious safety concern cannot be averaged away by high ratings elsewhere.

If you are not in a relationship, use friendships, family, work and community interactions as evidence where relevant. Preparation to discuss a topic is not proof that you have settled it with a particular partner.

Your twelve conversation journey

No	Conversation	Personal question
1	Identity before intimacy	Who am I before anyone chooses me?
2	Christian marriage in reality	What kind of marriage do I actually expect?
3	Becoming marriage ready	Which habits make me a dependable partner?
4	Character over charisma	Does my conduct match my public image?
5	Discernment and compatibility	What convictions and plans would need alignment?
6	Dating and courtship	Can I explore a relationship with clarity and freedom?
7	Red flags and manipulation	Can I recognise and refuse control?
8	Communication and conflict	How do I listen, disagree and repair?
9	Money work and family	What practical responsibilities would I bring?
10	Sex purity and intimacy	Can I approach intimacy with conviction and dignity?
11	Preparing for engagement	What must be understood before engagement?
12	Proceed pause or walk away	What next step is supported by evidence?

Read with honesty and care

The section names follow the Choose Well study guide and website curriculum. The checklist statements, scenarios, reflection questions and action worksheets are newly developed applications of those themes, rather than a validated clinical or predictive assessment.

Biblical references are invitations to study passages in context. Distinguish your convictions from denominational interpretations and cultural expectations. Use wise pastoral discussion where interpretation affects a major decision.

If a prompt touches painful experiences, you may skip it, answer briefly or work through it with suitable support. You do not have to disclose trauma, sexual history or private health information to a group, mentor or prospective partner simply because this workbook raises a topic.

Identity before intimacy

Know who you are, what shapes your choices and what gives your life meaning before inviting another person into it. A desire for companionship is healthy; asking a relationship to carry your entire identity creates pressure neither person can sustain.

Rate each statement 0–4, U or N/A. Circle an item number if it needs particular attention.

No	Statement about my current practice	Rating
1.1	I can describe my identity and worth without referring to my relationship status, appearance, income or romantic attention.	
1.2	I can name my core values and explain how they shape decisions when nobody is watching.	
1.3	I have meaningful purposes, responsibilities and interests that I would continue if I remained single.	
1.4	I can enjoy time alone and use healthy support when loneliness becomes difficult.	
1.5	I recognise when rejection makes me seek approval, overgive or abandon my boundaries.	
1.6	I can identify family messages about love, gender and marriage that I have accepted without examining them.	
1.7	I can describe both my strengths and limitations without exaggeration or contempt for myself.	
1.8	I maintain friendships, church community and interests rather than expecting a future partner to meet every need.	
1.9	I can disagree respectfully without changing my convictions merely to remain attractive to someone.	
1.10	I am taking constructive steps around past hurt instead of expecting a partner to erase it.	
1.11	I can distinguish wanting a relationship from feeling that I must have one to be valuable or accepted.	
1.12	I can imagine choosing a good single life over a relationship that compromises my dignity or convictions.	

My first impression

A strength _____ A growth priority _____

An item I need to observe rather than assume _____

Reflection and practice

Scripture to explore in context: Genesis 1:27; Ephesians 2:10; 1 Corinthians 7:32–35

Reflection 1

Who am I when nobody is choosing me romantically? Write five qualities or commitments that remain true.

Reflection 2

Which family, cultural or church messages make me feel behind, incomplete or ashamed? Which will I retain or challenge?

Reflection 3

Recall a recent rejection or lonely evening. What did I feel, do and need? What healthier response could I practise?

Reflection 4

What would I build, learn or serve in the next year even if no relationship began?

A situation to examine

A person gives you intense attention. You immediately cancel your usual activities, become anxious when they do not reply and agree with views you previously rejected.

Before reading the response, ask: What would I feel? What would I do? What needs protection or change?

Suggested response: Identify the needs underneath your reaction. Restore your routines and friendships, slow the pace and practise expressing one honest preference. Attention is information about interest; it is not a verdict on your worth.

Put it into practice

Write a one-page identity statement covering faith, values, strengths, limitations, purpose and support. Plan one meaningful activity alone and one with friends this week.

My action _____ By _____

Pay particular attention

Pause escalation if fear of being unwanted repeatedly makes you accept disrespect or lose your voice. Seek suitable support for the pattern; you do not need to become perfectly healed before you can be loved.

Christian marriage in reality

Examine the kind of marriage you expect and the responsibilities you are prepared to share. Christian commitment involves everyday care, faithfulness and mutual honour alongside affection and joy.

Rate each statement 0–4, U or N/A. Circle an item number if it needs particular attention.

No	Statement about my current practice	Rating
2.1	I understand marriage as a continuing commitment involving practical responsibility, not a cure for loneliness.	
2.2	I expect both people to retain dignity, agency, friendships and appropriate personal space.	
2.3	I can describe everyday acts of love beyond romance, gifts, sex or a wedding celebration.	
2.4	I am willing to share household work, planning and care rather than assume these belong automatically to one gender.	
2.5	I can explain my beliefs about marital roles and listen respectfully to a different Christian interpretation.	
2.6	I distinguish Christian convictions from family customs and personal preferences.	
2.7	I expect difficult seasons and can discuss support, adaptation and repair without romanticising suffering.	
2.8	I understand that faithfulness includes honesty and responsible use of money, attention and online relationships.	
2.9	I am willing to serve without using sacrifice to purchase control or demand gratitude.	
2.10	I do not interpret covenant, forgiveness or submission as permission for abuse or coercion.	
2.11	I can name expectations I formed from social media, films, sermons or other people's marriages.	
2.12	I am willing to discuss marriage realistically before making lifelong promises.	

My first impression

A strength _____ A growth priority _____

An item I need to observe rather than assume _____

Reflection and practice

Scripture to explore in context: Ephesians 5:21–33; Colossians 3:12–19; 1 Corinthians 13:4–7

Reflection 1

Complete this sentence honestly: I expect marriage to give me... Which expectations belong to my own growth or wider support?

Reflection 2

Describe an ordinary weekday in the marriage you hope to build. Who notices, plans and completes the work?

Reflection 3

Which teachings about leadership, submission and service shape you? How would they preserve both people's dignity and freedom?

Reflection 4

What would faithfulness and loving partnership look like during financial stress, illness or disappointment?

A situation to examine

You picture a future spouse handling the home, soothing every distress and adapting to your career. You have not considered what their ambitions or exhaustion might require from you.

Before reading the response, ask: What would I feel? What would I do? What needs protection or change?

Suggested response: Write the expectations down and test their fairness. Ask what responsibility you would carry and what decisions require joint agreement. Shared service must be practical enough to change a weekly schedule.

Put it into practice

Speak with a mature married person or couple who can discuss ordinary responsibilities honestly. Record three assumptions you revised and one practical skill you need to learn.

My action _____ By _____

Pay particular attention

A willingness to endure harm is not evidence of readiness. If your model of marriage requires one person to become voiceless, examine it before pursuing commitment.

Becoming marriage ready

Look for habits that make you a reliable partner in ordinary life. Readiness grows through accountable behaviour; desire, age, income and church involvement do not establish it on their own.

Rate each statement 0–4, U or N/A. Circle an item number if it needs particular attention.

No	Statement about my current practice	Rating
3.1	I sustain spiritual practices without using public religious activity to hide private neglect.	
3.2	I usually follow through on commitments and communicate early when circumstances change.	
3.3	I can identify my emotions and take responsibility for my actions when upset.	
3.4	I can calm myself without threats, insults, reckless spending or punishing silence.	
3.5	I manage basic routines such as meals, appointments, cleaning and personal administration.	
3.6	I seek help when I need it rather than make a partner responsible for rescuing me.	
3.7	I can receive feedback and identify at least one change I made because of it.	
3.8	I can express needs directly rather than expect others to guess or prove love through mind-reading.	
3.9	I can balance work, rest, faith, friendships and care without chronically neglecting essential responsibilities.	
3.10	I can name one or two trusted people who know my actual habits and may challenge me.	
3.11	I take responsibility for harmful patterns without blaming temperament, stress, gender or my past.	
3.12	I make room for another person's needs while retaining appropriate limits and self-respect.	

My first impression

A strength _____ A growth priority _____

An item I need to observe rather than assume _____

Reflection and practice

Scripture to explore in context: Galatians 5:22–23; James 1:19–20; Luke 16:10, Colossians 3:13, Ephesians 4:32

Reflection 1

Which promises did I keep or break in the last month? What pattern does this reveal?

Reflection 2

When overwhelmed, what happens in my body, speech and decisions? What helps me pause before causing harm?

Reflection 3

What responsibilities would I quietly expect a spouse to take over because I have avoided learning them?

Reflection 4

Who can challenge me safely and honestly? What would they say I need to practise now?

A situation to examine

You want to marry soon but often miss appointments, ignore difficult messages and rely on family to manage bills. You assume marriage will make you more organised.

Before reading the response, ask: What would I feel? What would I do? What needs protection or change?

Suggested response: Choose two responsibilities to own now. Make a workable system, use reminders and let an accountable person review follow-through. Marriage adds responsibilities; practise handling present ones first.

Put it into practice

Choose one reliability habit and one regulation habit. Practise them for 30 days, recording missed attempts as well as successes. Review what changed with a trusted person.

My action _____ By _____

Pay particular attention

An ongoing pattern of threatening, destructive or controlling responses needs attention before deeper commitment. Financial limitations, disability or a health condition alone do not make someone unready.

Character over charisma

Assess the person you are in private and under pressure. Apply the same standards to yourself that you hope to find in a partner, while remembering that attraction and confidence are not substitutes for integrity.

Rate each statement 0–4, U or N/A. Circle an item number if it needs particular attention.

No	Statement about my current practice	Rating
4.1	I tell the truth even when an honest answer could cost approval or advantage.	
4.2	My private behaviour broadly matches the values I express publicly.	
4.3	I treat people kindly when they have no influence, status or benefit to offer me.	
4.4	I keep confidences and do not use another person's vulnerabilities for entertainment or leverage.	
4.5	I can admit wrongdoing without changing the story to make myself the victim.	
4.6	I return money, honour agreements and correct mistakes that benefit me unfairly.	
4.7	I do not use flirting, spiritual language, generosity or popularity to secure compliance.	
4.8	I can celebrate another person's success without belittling them or competing for attention.	
4.9	I practise self-control when tired, disappointed or refused something I want.	
4.10	I apologise specifically and follow the apology with observable changes.	
4.11	I am willing to be known accurately rather than perform an impressive version of myself.	
4.12	I look for consistent conduct over time rather than excuse contradictions because someone is attractive or admired.	

My first impression

A strength _____ A growth priority _____

An item I need to observe rather than assume _____

Reflection and practice

Scripture to explore in context: Matthew 7:16–20; Galatians 5:22–23; Proverbs 10:9

Reflection 1

Where is there a gap between my public image and private conduct? What honest step would close it?

Reflection 2

Describe a recent moment when telling the truth cost you something. If you avoided it, what will you change?

Reflection 3

How do I treat a waiter, junior colleague, family member or person who says no to me?

Reflection 4

Which qualities impress me so much that I become less careful about someone's character?

A situation to examine

Someone is admired at church and speaks beautifully about love, but humiliates a junior colleague. You dismiss it because they are an inspiring leader. You also notice yourself behaving differently around influential people.

Before reading the response, ask: What would I feel? What would I do? What needs protection or change?

Suggested response: Take the conduct seriously without inventing motives. Notice whether correction leads to responsibility and change. Examine your own treatment of people with less power; reputation is not an exemption from kindness.

Put it into practice

Ask a trusted person: When am I hardest to trust, and how do I respond when corrected? Choose one repair you can make without demanding praise.

My action _____ By _____

Pay particular attention

Repeated deception, contempt or retaliation after feedback should not be cancelled out by charm, religious credentials or a strong connection.

Discernment and compatibility

Clarify your convictions, practical plans and willingness to negotiate. Personal maturity does not mean that every mature Christian would be a compatible partner for you.

Rate each statement 0–4, U or N/A. Circle an item number if it needs particular attention.

No	Statement about my current practice	Rating
5.1	I can distinguish essential convictions from flexible preferences and explain why each matters.	
5.2	I can discuss faith, church involvement and doctrinal differences without assuming a Christian label settles them.	
5.3	I have considered whether I want children and how I would discuss uncertainty or different hopes.	
5.4	I can explain my career, service or study ambitions and the sacrifices they may involve.	
5.5	I have considered location, relocation and obligations to people who depend on me.	
5.6	I can discuss spending, saving, giving and financial priorities without treating my approach as the only valid one.	
5.7	I have examined my expectations around household roles and how decisions should be shared.	
5.8	I can discuss lifestyle differences such as social habits, alcohol, rest, privacy and online behaviour.	
5.9	I am willing to ask difficult questions early enough for honest answers to influence my decisions.	
5.10	I do not plan to change a person's core convictions after commitment.	
5.11	I can evaluate a difference without labelling the other person inferior or ungodly.	
5.12	I can accept that strong attraction and shared faith may coexist with an unsuitable practical match.	

My first impression

A strength _____ A growth priority _____

An item I need to observe rather than assume _____

Reflection and practice

Scripture to explore in context: James 1:5; Proverbs 15:22; Romans 12:2

Reflection 1

List five essentials and five preferences. For each essential, explain the value or practical consequence underneath it.

Reflection 2

What are my current hopes about children, location, work, church and household roles? Mark anything genuinely undecided.

Reflection 3

Which differences could I negotiate fairly, and which would require me or the other person to abandon a core conviction?

Reflection 4

What facts would I need before assuming we are compatible? Where might I be hoping someone will change?

A situation to examine

You hope to raise children near extended family. A prospective partner does not want children and plans a long-term move abroad. Both of you are committed Christians and enjoy each other deeply.

Before reading the response, ask: What would I feel? What would I do? What needs protection or change?

Suggested response: Treat the differences as real rather than evidence of deficient faith. Explore what each person actually wants without persuasion disguised as discernment. If essential plans remain incompatible, affection may not justify proceeding.

Put it into practice

Create a compatibility map with four columns: topic, my current position, what is flexible, and questions to discuss. Include faith, children, work, money, location, roles, family and intimacy.

My action _____ By _____

Pay particular attention

An honest disagreement can be a reason not to proceed without either person being wrong. Do not label coercion or disrespect as a compatibility difference.

Dating and courtship

Prepare to explore a relationship with clarity, freedom and realistic pacing. Intentional dating permits discovery and an honest ending; it does not create an obligation to marry.

Rate each statement 0–4, U or N/A. Circle an item number if it needs particular attention.

No	Statement about my current practice	Rating
6.1	I can explain what I mean by dating, courtship, exclusivity and commitment.	
6.2	I can communicate interest respectfully and accept a refusal without repeated pressure.	
6.3	I clarify intentions rather than use ambiguity to obtain emotional closeness without responsibility.	
6.4	I am willing to let knowledge and develop trust before major emotional, financial or practical entanglement.	
6.5	I can discuss pace and boundaries without using urgency, guilt or spiritual claims.	
6.6	I maintain friendships and responsibilities while getting to know someone.	
6.7	I am willing to date transparently enough for appropriate trusted support without surrendering my agency.	
6.8	I respect another person's time, privacy and differing level of interest.	
6.9	I can discuss exclusivity rather than assume it or secretly contradict an agreement.	
6.10	I avoid using gifts, money, housing or dependence to create a sense of obligation.	
6.11	I can end an unsuitable connection clearly and kindly without promises I do not mean.	
6.12	I do not confuse persistence after refusal, constant access or intense early attention with love.	

My first impression

A strength _____ A growth priority _____

An item I need to observe rather than assume _____

Reflection and practice

Scripture to explore in context: Proverbs 4:23; Matthew 5:37; Philippians 2:3–4, Colossian 3: 17, Song of Solomon 3:5

Reflection 1

What do I want from dating at this stage, and how would I explain it without making premature promises?

Reflection 2

Which boundaries around time, privacy, spending, physical affection and digital contact do I need?

Reflection 3

What signs would tell me the pace is exceeding how well we actually know each other?

Reflection 4

How would I respond if the other person wanted to slow down or end things? Write the words you would use.

A situation to examine

After two weeks, someone wants daily late-night calls, exclusivity and a wedding timetable. You feel flattered but exhausted and afraid that asking to slow down will ruin the opportunity.

Before reading the response, ask: What would I feel? What would I do? What needs protection or change?

Suggested response: Name the pace you can sustain and protect sleep, work and community. A healthy response to a reasonable boundary is useful evidence. You are allowed to learn more before promising more.

Put it into practice

Write a personal dating plan covering intention, pace, exclusivity, physical boundaries, digital privacy, spending and trusted support. Practise one direct conversation aloud.

My action _____ By _____

Pay particular attention

Do not deepen dependence to compensate for uncertainty. If someone punishes your request for time, clarity or space, take that response seriously.

Red flags and manipulation

Recognise control in others and take responsibility for controlling behaviour in yourself. Safety and freedom are foundational; apparent spiritual agreement cannot compensate for intimidation or coercion.

Rate each statement 0–4, U or N/A. Circle an item number if it needs particular attention.

No	Statement about my current practice	Rating
7.1	I accept a no without bargaining, punishment, threats or invoking God's will.	
7.2	I do not demand passwords, continuous location access or proof of loyalty through surveillance.	
7.3	I do not isolate someone from trusted friends, family, church or professional support.	
7.4	I do not use jealousy to justify accusations, restrictions or monitoring.	
7.5	I do not use money, gifts, housing, status or spiritual authority to make someone dependent on me.	
7.6	I can recognise threats, intimidation, stalking, sexual pressure and humiliation as serious concerns.	
7.7	I judge an apology by responsibility and changed behaviour rather than tears, gifts or persuasive words alone.	
7.8	I understand that forgiveness does not require renewed access or remaining exposed to harm.	
7.9	I can name trusted support routes and would seek help if afraid or pressured.	
7.10	I would respect another person's decision to seek help or leave, even if I disagreed.	
7.11	I can acknowledge my own harmful behaviour and seek appropriate help without making the other person fix it.	
7.12	I do not assume a respected Christian, family-approved person or ministry leader is automatically safe.	

My first impression

A strength _____ A growth priority _____

An item I need to observe rather than assume _____

Reflection and practice

Scripture to explore in context: Galatians 5:1; 1 Corinthians 13:4–5; Matthew 7:16–20

Reflection 1

Have I ever tried to control someone's contacts, clothing, money or choices? What did I do, and what responsibility is mine?

Reflection 2

What harmful conduct am I most tempted to excuse because of chemistry, reputation, pity or spiritual language?

Reflection 3

Who could I contact privately if I felt frightened or pressured? How could I reach them safely?

Reflection 4

Which boundary would I find hardest to defend? What support would make defending it possible?

A situation to examine

A person says God revealed you as their spouse. When you decline, they call you disobedient and insist that you stop consulting friends who disagree with them.

Before reading the response, ask: What would I feel? What would I do? What needs protection or change?

Suggested response: Your refusal remains valid. Notice the pressure and attempted isolation. Stop debating the spiritual claim as though it creates an obligation, retain trusted support and consider what contact is safe.

Put it into practice

Write a private safety and support plan: two trusted contacts, a safe place, a way to access your essentials and a specialist support route. If you recognise your own coercion, arrange individual help focused on changing it.

My action _____ By _____

Pay particular attention

Fear, threats, violence, sexual coercion, stalking or isolation require a safety response rather than a readiness score. You are not responsible for abuse committed against you. Do not confront a threatening person merely to complete an exercise.

Communication and conflict

Assess how you speak, listen and repair when agreement is difficult. Healthy disagreement allows both people to retain safety, dignity and a voice.

Rate each statement 0–4, U or N/A. Circle an item number if it needs particular attention.

No	Statement about my current practice	Rating
8.1	I listen to understand before preparing my defence or rebuttal.	
8.2	I can describe a concern using a specific behaviour rather than attack someone's identity.	
8.3	I can state my feelings, needs and requests directly without expecting mind-reading.	
8.4	I can hear disagreement without treating it as rejection or disrespect by default.	
8.5	I can request a pause respectfully and agree when and how to return to the discussion.	
8.6	I do not use insults, mockery, threats, intimidation or property damage during conflict.	
8.7	I do not withdraw contact to punish someone or force agreement.	
8.8	I can apologise for my conduct without adding excuses that cancel responsibility.	
8.9	I can distinguish an explanation for my behaviour from a justification for harm.	
8.10	I follow repair with action and can identify a recurring pattern I have worked to change.	
8.11	I can negotiate a practical solution that takes both people's needs seriously.	
8.12	I know that fear, coercion and abuse require a different response from ordinary disagreements.	

My first impression

A strength _____ A growth priority _____

An item I need to observe rather than assume _____

Reflection and practice

Scripture to explore in context: James 1:19–20; Ephesians 4:25–32; Proverbs 15:1, Colossians 4:6

Reflection 1

Recall your last disagreement. What was the issue, what did you assume, and what did you actually say or do?

Reflection 2

What does a respectful time-out look like for you? How will you prevent it becoming avoidance or punishment?

Reflection 3

Write an apology for a real mistake using: what I did, its impact, my responsibility and what I will change.

Reflection 4

What topics make you defensive? How could you raise one using a clear observation, feeling and request?

A situation to examine

When a friend challenges you, you stop replying for several days, hoping they will apologise first. You call this taking space, but you never explain when you will return.

Before reading the response, ask: What would I feel? What would I do? What needs protection or change?

Suggested response: Separate a needed pause from a strategy that creates anxiety to gain power. Explain your need for time, agree a realistic return and address the original issue. Notice whether you use distance to avoid accountability.

Put it into practice

Practise a ten-minute listening conversation with a trusted person. Summarise their view before sharing yours. For one recurring conflict, write a specific repair and review whether it happens.

My action _____ By _____

Pay particular attention

Do not ask someone to communicate more skilfully with threats or violence as if that would solve the danger. Safety takes priority over mutual conflict exercises.

Money work and family

Examine the practical commitments you would bring into marriage. Responsibility involves honesty, workable plans and fair boundaries; it is not measured by wealth.

Rate each statement 0–4, U or N/A. Circle an item number if it needs particular attention.

No	Statement about my current practice	Rating
9.1	I know my income, essential costs, debts and ongoing financial commitments.	
9.2	I can explain my spending and saving patterns without hiding purchases or liabilities.	
9.3	I use a realistic budget or equivalent system suited to my circumstances.	
9.4	I distinguish generosity from giving beyond my means to obtain approval or avoid guilt.	
9.5	I can discuss employment, work demands and uncertainty without exaggerating my stability.	
9.6	I have considered responsibilities to children, relatives or others who depend on me.	
9.7	I can set respectful limits around extended-family requests and expectations.	
9.8	I expect important financial decisions to involve honest discussion and appropriate shared consent.	
9.9	I do not treat earning more as permission to control someone else's access to money.	
9.10	I can perform household tasks and recognise planning, remembering and organising as work.	
9.11	I can discuss wedding costs, housing and future priorities without assuming debt is unavoidable.	
9.12	I am willing to disclose significant financial commitments at an appropriate stage before engagement.	

My first impression

A strength _____ A growth priority _____

An item I need to observe rather than assume _____

Reflection and practice

Scripture to explore in context: Proverbs 21:5; Luke 14:28; 1 Timothy 5:8

Reflection 1

What would a prospective partner need to understand about my financial position? List amounts, obligations and uncertainties.

Reflection 2

What did my family teach me about money, giving, status and supporting relatives? Which habits help or hinder me?

Reflection 3

Which responsibilities would continue after marriage, and what boundaries might they require?

Reflection 4

How would I share household labour, planning and spending decisions if earnings or working hours changed?

A situation to examine

You send substantial money to relatives but conceal the amounts because you fear a future partner will object. You also expect them to pay most household costs while you decide what family support continues.

Before reading the response, ask: What would I feel? What would I do? What needs protection or change?

Suggested response: Prepare an honest picture of your obligations and distinguish commitments from requests. A partner should be able to make informed choices. Explore a fair household plan before assuming their resources will cover the difference.

Put it into practice

Prepare a one-page financial snapshot with income, costs, debt, savings, giving and family support. Complete one household task from planning through cleanup. Write one respectful family-boundary sentence.

My action _____ By _____

Pay particular attention

Low income or debt does not automatically exclude someone from marriage. Concealment, reckless commitments and financial control require attention; a realistic plan and honest disclosure matter more than an impressive salary.

Sex purity and intimacy

Clarify your Christian convictions and learn to discuss intimacy with dignity, consent and honesty. Your history does not remove your worth, and vulnerability never creates entitlement to someone else's body or private information.

Rate each statement 0–4, U or N/A. Circle an item number if it needs particular attention.

No	Statement about my current practice	Rating
10.1	I can explain my sexual convictions and boundaries in my own words rather than rely only on shame or fear.	
10.2	I understand that consent must be freely given and can be withdrawn, including within marriage.	
10.3	I can accept physical or sexual boundaries without sulking, persuasion or threats.	
10.4	I do not treat dating, gifts, engagement or marriage as a debt someone must repay through sex.	
10.5	I can discuss sexual matters respectfully without objectifying, ridiculing or comparing people.	
10.6	I take responsibility for digital habits and any pornography use that conflicts with my convictions or agreements.	
10.7	I do not shame myself or another person for past sexual experiences, victimisation or difficulty.	
10.8	I can distinguish appropriate disclosure from demanding graphic details or immediate access to private history.	
10.9	I am willing to seek qualified advice for relevant health questions rather than rely on rumours or assumptions.	
10.10	I recognise that intimacy also involves trust, emotional presence, affection and honest communication.	
10.11	I can approach questions about children and possible fertility difficulties without blaming or promising certainty.	
10.12	I am willing to seek support for habits, distress or experiences that affect my ability to respect boundaries or feel safe.	

My first impression

A strength _____ A growth priority _____

An item I need to observe rather than assume _____

Reflection and practice

Scripture to explore in context: 1 Corinthians 6:19–20; 1 Thessalonians 4:3–5; Genesis 1:27

Reflection 1

Which convictions guide my physical boundaries? How would I communicate them clearly and respectfully?

Reflection 2

What messages about sex have created shame, entitlement or unrealistic expectations? What needs examination?

Reflection 3

Which digital or private habits affect my attention, honesty or boundaries? What practical change will I make?

Reflection 4

What would respectful discussion of sexual history, health, children or fertility look like without intrusive interrogation?

A situation to examine

Someone says your refusal of physical intimacy proves you do not trust them. You wonder whether maintaining your boundary is unkind or immature.

Before reading the response, ask: What would I feel? What would I do? What needs protection or change?

Suggested response: A freely chosen boundary does not require you to prove affection by abandoning it. State your limit and observe the response. Pressure is a concern to address, not evidence that your boundary is defective.

Put it into practice

Write a physical and digital boundary plan, including what you will say, situations needing care and support you can access. If you need health advice, use an appropriately qualified professional and decide what disclosure is relevant.

My action _____ By _____

Pay particular attention

Victimisation is not a moral failure or a readiness deficit. No score, spiritual claim or commitment creates sexual entitlement. You do not owe a workbook a detailed account of painful experiences.

Preparing for engagement

Prepare the conversations and practical decisions that should precede a promise to marry. For an unattached person, this section is a preparation plan rather than a claim that partner-specific matters have already been settled.

Rate each statement 0–4, U or N/A. Circle an item number if it needs particular attention.

No	Statement about my current practice	Rating
11.1	I can distinguish readiness to date from readiness to become engaged to a particular person.	
11.2	I know which conversations should happen before engagement rather than be postponed until after it.	
11.3	I am willing to discuss beliefs, church participation and marital-role expectations with clarity.	
11.4	I can discuss children, parenting hopes and existing responsibilities honestly.	
11.5	I am prepared for appropriate financial disclosure and a realistic housing and work plan.	
11.6	I can identify relevant health or support needs to discuss respectfully, without demanding unnecessary private detail.	
11.7	I am willing to address significant patterns, unresolved commitments or ongoing deception before deeper promises.	
11.8	I welcome sound premarital preparation from suitably qualified or appropriately trained support.	
11.9	I can tolerate slowing down when important questions remain unanswered.	
11.10	I do not let a planned wedding, family excitement or money already spent override serious concerns.	
11.11	I expect both people to choose engagement freely without threats, coercion or spiritual pressure.	
11.12	I am willing to test plans against actual behaviour over time rather than rely solely on promises.	

My first impression

A strength _____ A growth priority _____

An item I need to observe rather than assume _____

Reflection and practice

Scripture to explore in context: Proverbs 15:22; Luke 14:28; James 1:5

Reflection 1

What would I need to know and discuss before saying yes to engagement? Identify topics rather than demand an ideal answer.

Reflection 2

Which facts or responsibilities am I tempted to postpone disclosing because I fear rejection?

Reflection 3

How would I know that a concern had genuinely improved? What behaviour and time would provide useful evidence?

Reflection 4

What support would I want for premarital preparation, and how would I choose a person with appropriate competence?

A situation to examine

Family members have begun discussing a wedding before you have talked about debt, children or where you will live. You feel that asking questions now will embarrass everyone.

Before reading the response, ask: What would I feel? What would I do? What needs protection or change?

Suggested response: The social momentum does not settle the practical decisions. Pause announcements or planning, hold the missing conversations and seek sound support. An informed yes matters more than protecting a timetable.

Put it into practice

Create a pre-engagement conversation list covering faith, character, safety, conflict, money, work, location, children, family, intimacy and relevant support needs. Mark discussed, unclear or not yet applicable.

My action _____ By _____

Pay particular attention

A completed personal checklist cannot establish readiness to marry a specific person. Mutual knowledge, freely given agreement, compatibility and sustained conduct still need examination.

Proceed pause or walk away

Practise choosing with evidence, wise counsel and freedom. For someone currently single, proceeding may mean beginning careful dating; pausing may mean prioritising growth; walking away may mean refusing a harmful pattern or unsuitable opportunity.

Rate each statement 0–4, U or N/A. Circle an item number if it needs particular attention.

No	Statement about my current practice	Rating
12.1	I can separate what I know from what I hope, fear or assume about a relationship.	
12.2	I seek counsel from people who respect my agency and consider actual behaviour.	
12.3	I can name the reasons I want to proceed without relying only on chemistry, age or pressure.	
12.4	I can name unresolved questions and set a practical way to explore them.	
12.5	I can slow down without promising that improvement must eventually lead to marriage.	
12.6	I can accept that ending an unsuitable relationship may be a responsible decision.	
12.7	I do not treat time invested, gifts received or wedding costs as obligations to continue.	
12.8	I can resist family, cultural or church pressure when it conflicts with a freely made and informed choice.	
12.9	I can consider a concern seriously even when acknowledging it disappoints people.	
12.10	I can communicate an ending clearly when safe and seek help when direct contact could increase danger.	
12.11	I am willing to judge change by sustained actions rather than repeated promises.	
12.12	I can choose a concrete next step and review date without turning uncertainty into indefinite drift.	

My first impression

A strength _____ A growth priority _____

An item I need to observe rather than assume _____

Reflection and practice

Scripture to explore in context: Proverbs 4:23; Proverbs 11:14; Proverbs 3:5 -6; James 1:5

Reflection 1

What decision is actually in front of me now: personal growth, dating, a relationship boundary or deeper commitment?

Reflection 2

List evidence, unknowns and pressure separately. Which category is currently driving my choice?

Reflection 3

What would make proceeding wise? What would justify a pause? What would make leaving necessary?

Reflection 4

If a friend described my situation, what would I advise? Why is it harder to apply that advice to myself?

A situation to examine

You have invested a year in a connection and your family expects marriage. The other person repeatedly lies, then makes convincing promises. You fear that leaving would mean the year was wasted.

Before reading the response, ask: What would I feel? What would I do? What needs protection or change?

Suggested response: Consider the repeated conduct, not just the latest explanation. Time already invested does not create a reason to invest more. Seek counsel that takes deception and freedom seriously; do not make a high average score override this concern.

Put it into practice

Write a decision note: the choice, reasons, evidence, uncertainties, support, next step and review date. If ending contact may be unsafe, seek specialist support before deciding how to communicate it.

My action _____ By _____

Pay particular attention

Proceeding is not a guarantee, pausing is not a punishment and leaving is not a failure. If there is intimidation or abuse, use a safety plan rather than an ordinary breakup script.

Your personal readiness profile

Bring your observations together without turning them into a verdict. For each conversation, record one demonstrated strength and one issue to address or explore. Mark safety concerns separately.

Conversation	Strength with evidence	Priority or unknown
01 Identity before intimacy		
02 Christian marriage in reality		
03 Becoming marriage ready		
04 Character over charisma		
05 Discernment and compatibility		
06 Dating and courtship		
07 Red flags and manipulation		
08 Communication and conflict		
09 Money work and family		
10 Sex purity and intimacy		
11 Preparing for engagement		
12 Proceed pause or walk away		

Find the pattern

The behaviour appearing across several sections _____

The strength I want to maintain _____

The unknown I must not pretend is settled _____

The concern that needs support before deeper commitment _____

The issues a score cannot settle

Use this page whenever a concern appears. It separates ordinary growth, unresolved information and serious safety issues. It is a reflection aid, not a diagnosis or a substitute for specialist assessment.

Situation	Useful next response
A skill needs practice, such as listening, budgeting or follow-through	Choose an observable habit, practise it and review evidence. Do not assume a future spouse will supply the missing skill.
A belief or practical plan is undecided	Read, reflect and seek appropriate counsel. Say what is uncertain instead of claiming compatibility prematurely.
An essential difference persists	Explore it honestly without promising the other person will change. A respectful decision not to proceed may be appropriate.
Significant facts are concealed or trust is repeatedly broken	Slow commitment and seek clarity. Look for responsibility and sustained conduct, not a persuasive explanation alone.
There is fear, intimidation, stalking, violence or sexual coercion	Prioritise safety and seek trusted or specialist help. Do not make direct confrontation a workbook task.
I recognise coercive or threatening behaviour in myself	Stop the harmful conduct, respect the other person's boundaries and seek individual help focused on responsibility and change.

My support map

Trusted person who respects my agency _____

Pastoral support for theological questions _____

Qualified support for needs beyond pastoral care _____

Safe place and private way to reach support _____

Protect dignity and freedom

Being single, having a disability or health condition, having limited income, being divorced or having experienced abuse does not itself establish a lack of readiness. Assess behaviour, support, responsibilities and freely made choices in their actual context.

Your 90 day growth plan

Choose no more than three priorities. Select actions small enough to repeat and specific enough to observe. If a safety issue exists, address it separately and first rather than place it among routine improvement goals.

Priority 1

Pattern I want to change _____

What I will do differently _____

When and how often _____

Evidence of practice _____

Support or accountability _____

Likely obstacle and my response _____

Priority 2

Pattern I want to change _____

What I will do differently _____

When and how often _____

Evidence of practice _____

Support or accountability _____

Likely obstacle and my response _____

Priority 3

Pattern I want to change _____

What I will do differently _____

When and how often _____

Evidence of practice _____

Support or accountability _____

Likely obstacle and my response _____

Review	What to examine
Day 30	Did I practise the action? What helped or blocked it? Adjust the plan rather than inflate the rating.
Day 60	Is the behaviour changing under pressure? What do safe, relevant observers notice?
Day 90	What is now more consistent? What remains unresolved? What is the next responsible step?

Example: Instead of “communicate better,” practise stating one concern clearly, listening without interruption and agreeing a follow-up during one relevant conversation each week. Record what happened, including failed attempts.

Choose your next step

You are deciding what to do next, not predicting your whole romantic future. Use the evidence from this workbook alongside time, wise counsel and your freedom to choose.

Direction	When it may fit	What it requires
Proceed carefully	You can explain your intention, maintain boundaries and responsibilities, and have no identified concern that makes the proposed next step unsafe.	Name the specific step: exploring dating, discussing a topic or continuing to learn about someone. Keep observing behaviour and compatibility.
Pause and develop	A significant pattern, important unknown or practical issue needs attention before deeper involvement.	State what needs work, what support you will use and when you will review it. A review date is not a promise to marry.
Walk away or decline	There is coercion, repeated serious dishonesty, incompatible essentials or a connection you freely choose not to pursue.	Use clear communication when safe. Seek support around safety and any shared practical ties. You do not need universal approval to say no.

My decision note

The choice actually in front of me _____

My direction ☐ Proceed carefully ☐ Pause and develop ☐ Walk away or decline

The evidence supporting this choice

Questions still unresolved

Who I will consult _____ Next step _____

Review date _____ What I will look for _____

Review your growth and continue

After 90 days

Return to the statements you flagged. Use fresh examples and compare conduct rather than chase a higher number. Keep the original answers so you can see the difference between intention and sustained change.

Item or pattern	Before	Now	Evidence and next step

Questions for an honest review

- ☐ What do I now understand about myself that I previously avoided?
- ☐ Which boundary can I communicate more clearly?
- ☐ Where have I made a practical repair rather than only an apology?
- ☐ What responsibility am I now carrying more reliably?
- ☐ What concern remains significant, and what support does it need?
- ☐ What would help me keep a meaningful life whether I date soon or remain single?

Sources and use

Framework: Choose Well Christian Relationship Project Study Guide, August 2026, Section 5, pages 7–9.

Related principles: biblical and ethical foundations, page 6; assessment purpose and boundaries, page 12.

Website curriculum: <https://choosewellguide.com/learn> — The 12 Conversations, accessed 12 October 2026. The 12 section titles follow this curriculum. Workbook statements, scenarios and exercises are an original adaptation for personal use.

This educational workbook supports reflection and practical preparation. It does not diagnose a condition, predict marriage outcomes or certify readiness. Use appropriately qualified help for clinical, legal, financial or safeguarding questions beyond its scope.