



TRUE LOVE CHARACTER TEST

Tom Lickona, www.cortland.edu/character

A truly loving relationship, one based on mutual respect and caring, requires good character. This test will help you look objectively at the character of a person you're romantically attracted to or involved with—and decide whether it is wise to pursue this relationship. Even one character problem in an important area may be a sign that a relationship isn't healthy and may bring unhappiness.

1. Is this person kind and considerate to me and people in general? YES NO
2. Does this person ever shove, shake, hit, threaten, verbally abuse, or in other ways bully me? YES NO
3. Is this person self-centered, always expecting to get his or her own way? YES NO
4. Does this person bring out the best in me—do I feel happy after spending time together? YES NO
5. Does this person respect my values, including my sexual values, and never pressure me to do something I think is wrong? YES NO
6. Is this person overly jealous and possessive—keeping me from spending time with my friends and/or family? YES NO
7. Does this person lie or cheat, so that I can't trust him or her? YES NO
8. Does this person make poor decisions? YES NO
9. Is this person dependable—someone who keeps commitments? YES NO
10. Does this person use illegal drugs or abuse alcohol? YES NO
11. Use pornography? YES NO
12. Does this person treat my family and friends, and his or her family and friends, with respect? .. YES NO
13. Does this person bad-mouth people behind their backs? YES NO
14. Does this person get angry a lot? YES NO
15. When there's a problem or conflict, does this person talk about it and try to work things out? .. YES NO
16. Does this person sincerely apologize when he or she has done something wrong? YES NO
17. Is this person forgiving—able to make up quickly after an argument? YES NO
18. If faith is important in my life, does this person share or at least respect that? YES NO
19. Would I be proud to call this person my husband or wife? YES NO
20. Would this person be a good role model for my children—an example of good character?
Would I want my kids to grow up to be like him or her? YES NO

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Additional Resources on Sex, Love, and Character

Our **CENTER FOR THE 4th & 5th Rs**: www.cortland.edu/character
Click on "character-based sex education" (home page menu on left). Free resources include articles, research, talks, quotes, and lists of programs and organizations. Sample articles: "10 Emotional Dangers of Premature Sexual Involvement" and "Educating for Character in the Sexual Domain."

INSTITUTE FOR RELATIONSHIP INTELLIGENCE:
Founded and directed by Dr. Richard Panzer, author of *Sexual Wisdom* and co-author of *The War on Intimacy*. Visit www.Relationships101.org, www.lovesmarts.org, and www.freeteensusa.org.

