

# Are You Ready To Tie The Knot?

By: Tracey Porpora

When you feel that you've found true love, you'll often experience desires, doubts and fears related to tying the knot. So if you're not sure if wedded bliss is in your future, read on and take our quiz to help you decide if you're truly ready to get married.



**1.** Whether it be a day in the park, dinner in an up-scale restaurant or simply a quiet evening at home, when you're spending time with your significant other:

**A** - You simply enjoy his/her company because it doesn't matter what you're doing as long as you're doing it together.

**B** - You need to be doing something that was pre-planned that you will enjoy, such as a night on the town, or a romantic evening on the beach under the stars.

**C** - You find yourself going over your "to do" list in your head while he/she watches television, talks about his/her day, etc.

**2.** Sex with your boy/girlfriend most often is:

**A** - Always great just because you're with the person you want to spend the rest of your life with.

**B** - Has it's good, bad and "oh hum" moments.

**C** - Is good if--and only if--it satisfies your "needs."

**3** After a terrible day at the office where everything and anything that could go wrong did, you:

**A** - You provide a recap of your day to your significant other, who lends a listening ear and support.

**B** - You talk to your significant other over dinner, mention your "bad day," and if he/she doesn't seem interested, you then call your best friend, and tell him/her about it instead.

**C** - You decide you need to blow off steam, so you tell your partner you need a night out with your friends.

**4.** If you're having a fight with your partner and he/she suddenly says something funny:

**A** - You laugh, and start to make-up before you break-up.

**B** - Find it slightly annoying he/she is making light of a serious situation.

**C** - Find his/her behavior childish, and end the argument by leaving and not calling him/her for a few days.

**5.** If an old boy/girlfriend contacts you in some way (e.g. tries to "friend" you via Facebook, or sends you an e-mail) you:

**A** - Politely tell him/her you're in a serious relationship, and hope he/she is doing well.

**B** - Begin to wonder if this person still has feelings for you, so you engage in conversation via e-mail or text messaging to learn his/her motive for the correspondence.

**C** - You're excited by the prospect of a fling with an old flame, and respond favorably to any flirtation that begins between the two of you.

**6.** It's your mate's birthday, so you:

**A** - Plan a romantic evening you know he/she will enjoy.

**B** - Ask what it is he/she wants for his/her birthday, and do just that--and nothing else.

**C** - Plan an evening with your friends, and take him/her out with you for a wild night on the town.

**7.** When you look in to his/her eyes and say "I Love You":

**A** - You want to cry because you've never felt this way about someone before.

**B** - You're simply hoping he/she says the same words back to you.

**C** - You're also thinking about all the other times you've said this to men/women with whom you've had past relationships that didn't work out.

*(Continued on page 30)*

# Are you ready to tie the knot?

(Continued from page 14)

Give yourself five points for every "A," three points for each "B," and one point for every "C."

## Results

If your score is 30 or above you're ready to get married. "You know you're ready to get married when you know who you are, what's most important to you in a relationship, and you have a clear life vision," says Paulette Kouffman Sherman, author of *Dating From the Inside Out* (Atria Books, 2008), and director of [www.mydatingschool.com](http://www.mydatingschool.com).

Marriage is also a natural progression when you love your significant other for who they are. "If you truly love your man/woman as he/she is right now, not as he/she is going to be one day, then you're ready to get married," says Victorya Rogers, a life & love coach, and author of *Finding a Man Worth Keeping*, [www.mantokeep.com](http://www.mantokeep.com). In addition, you're likely headed for marriage when you've developed a true love and mutual respect for each other. "You're ready to get married when you're willing to accept your partner exactly as he/she is without wanting to change them," says Dr. Ava Cadell, founder of [www.loveologyuniversity.com](http://www.loveologyuniversity.com). "You also have found a mind+body+heart connection with your partner, and you can open up your heart to give and receive love to this person who is your soul mate."

If you've scored 20 to 29 you aren't ready to marry this person now, but you may be ready in the future. Often, this is because you haven't learned all you need to know about this person. In addition, you likely haven't yet developed a true sense of trust in him/her. "You need to work together to solve anything that comes up: be a team, create a partnership," suggests Tina B. Tessina, PhD, (aka "Dr. Romance") psychotherapist and author of *Money, Sex and Kids: Stop Fighting about the Three Things That Can Ruin Your Marriage* (Adams Media, 2008). "Don't get stuck on who's right or wrong. Instead, focus on what will solve the problem. Strive to work together so both of you can have what you want. When you build a successful working partnership, each of you will feel supported, and respected by the other. When trust, respect, responsibility, and love feel mutual, that's when we feel secure in being loved."

If your score is 19 or below you're *not ready to get married*. "You know tying the knot will lead to a noose that will hang you when you only want to get married because all your friends are married, you're afraid you will never find anyone, your mother tells you should be married, and/or you believe this other person will make you feel complete," says Joshua Estrin, a life coach, and author of *Shut Up! And Listen to Yourself* (Angel Mind Publishing, 2006). You're also not on the road to a blissful marriage if you haven't developed a healthy relationship with this person. "You know you're not ready to get married when you don't know what kind of partner you need--not want--for a healthy relationship," says Cadell. "If you don't have all five ingredients--friendship, respect, trust, passion and open, honest communication--then you're not ready to get married."

