

APPENDIX

How Well Do You Know Yourself?

The following are a few paragraphs from the book that you may find helpful in understanding yourself better and how well you really know others.



It is important to know your own feelings and to be able to express them. It is also important to be able to understand the feelings of others. This is a skill that can be learned and practiced. It is a skill that is essential for a healthy and happy life. It is a skill that can be taught and learned. It is a skill that is essential for a healthy and happy life. It is a skill that can be taught and learned. It is a skill that is essential for a healthy and happy life.

APPENDIX:

How Well Do You Know Yourself?

The following are a few psychological tests that you may want to try your hand at to help you to understand yourself better and how well you relate to other people. They are listed in connection with some of the lessons in this book.

1. Love—The Greatest Value

Many men and women like to devote even their spare time to work. Of course, each person does it in accordance with his or her interests. Do you want to know whether you have a bent for work, studies or business? If you do, take a pencil and answer the following multiple choice questions.

1. **You plan to finish the work you began long ago but have been postponing. Suddenly you receive a call from a girl/boy that you like inviting you to go out on a date.**
 - a) You say, "Later, honey", clench your teeth and finish up the work quickly.
 - b) Saying, "I'm right there!", you drop everything and rush out the door.
 - c) Having decided to be a nerd, you decline the invitation, and do your work with a light heart.

2. **You are faced with a choice: to go straight to a party you've been invited to, or first to clean your room, because you are tortured by your conscience and your parents.**
 - a) Repeating, "A time to work and a time to play", you begin cleaning your room.
 - b) Repeating the same saying, you decide that the longed-for hour has come and run to the party, promising to clean up everything when you get back.
 - c) Without a care you just listen to your parents scolding you for being untidy and walk out the door.

3. **You have been asked to do a favor that cannot be done by anyone else.**
 - a) Patting the person on the shoulder, you say "No problem!", and with the help of one of your numerous friends, you do the favor.
 - b) Claiming that you are too busy, you just shrug your shoulders and go away.
 - c) Acknowledging the person's request, you think feverishly and fulfill part of the request.

4. How important are clothes to you?

- a) They mean the world to me. I am nothing without fashionable clothes.
- b) I like dress nicely, because it pleases both me and other people.
- c) I need good clothes for the sake of my work. If I am badly dressed, people won't want to work with me.

5. What are friends to you?

- a) Friends are splendid! I do my work with their help. They help me alot. I really need friends!
- b) Friends are a good thing. I cannot live without friends. They help me in difficult situations.
- c) Friends are everything to me. I seek their advice and also try to help them.

6. Do you pay enough attention to your school work? Do you always warn your family when you will be late?

- a) Nonsense! If I am out late, I have a good reason for it. My school work can wait.
- b) Yes, it is good to call and warn them. I do call, if possible. But I think it's nothing terrible if I am a bit late. I'll get my school work done.
- c) Certainly, I do call and warn them. How can I worry my family! In any case, I am never late. I take my school work very seriously.

7. What importance do you attach to your personal life and to your future family?

- a) I think that family and home will be the priority in my life. I want to get married and have children. I need to work only to support my family.
- b) Well, having a family is all right. It is nice to spend an evening with your family sometimes, to talk with your children and your beloved, but work can't be ignored.
- c) Oh, no! I can't see spending my life tied down to a family. Let my wife (or grandmother, mother-in-law, etc.) look after the children. My true vocation will be my professional work. There I feel like I can be a real person. There I will be in my element.

8. Can you relax, forget about your work and its problems?

- a) I can, but not always. If I have important problems, I cannot help thinking about them. Relaxing does not make me happy in such cases.
- b) When I am on vacation, I can easily stop thinking about work and enjoy myself.
- c) I don't remember the last time I felt relaxed. There is always my work to do.

Test Key:

- | | | |
|---------|-----|------|
| 1. a=5 | b=3 | c=10 |
| 2. a=10 | b=5 | c=3 |
| 3. a=10 | b=3 | c=5 |
| 4. a=3 | b=5 | c=10 |
| 5. a=10 | b=5 | c=3 |
| 6. a=3 | b=5 | c=10 |
| 7. a=3 | b=5 | c=10 |
| 8. a=5 | b=3 | c=10 |

Interpretation:

More than 60 points

You have genuine ability to work hard. People of such qualities are rare. But perhaps you need to slow down a little. A difficult time in your life may come when you will find yourself completely alone. No wonder, since you don't think about your family or appreciate your friends. You are threatened by the prospect of turning into a machine: cold, lonely and soulless.

35-60 points

You manage to be yourself and at the same time not be an outsider in life. Your family likes your company. You are attentive and caring towards them. At the same time you don't let your work get away from you, as you oversee everything yourself. Go on with your work, but don't forget about those who love you, and everything will be alright.

Less than 35 points

You are too light-minded. You shouldn't be so aimless. Life is not all play! Of course, you are a nice person, but you should not forget about work. You should become a bit more serious.

3. Me in a Group

There are times in life when you feel happy. There are other times when you dislike yourself and everything around you. It is probably quite natural. But you may secretly envy those who always look pleased with themselves and treat everything philosophically. What category of person are you? Are you happy? This test may help you answer this question.

1. When you think about your life, you feel that:

- everything is more bad than good.
- everything is more good than bad.
- everything is great.

2. At the end of the day you usually:

- are unsatisfied with yourself.
- think that the day could have been better.
- go to bed with a feeling of satisfaction.

3. When you look in the mirror you usually think:

- a) What an awful sight! I'd rather not look.
- b) Not so bad.
- c) Everything is wonderful!

4. If you hear that an acquaintance of yours has won a big prize, you think:

- a) Hey! Why wasn't it me?
- b) I hope that someday I'll be as lucky!
- c) I feel so happy for him/her!

5. If you hear about some accident over the radio, you think:

- a) I'm sure the same will happen to me sometime!
- b) Fortunately, I could escape such a disaster!
- c) I'm sure it's not as bad as it sounds.

6. When you wake up in the morning, you usually:

- a) don't want to think about anything.
- b) see what is waiting for you.
- c) are glad that a new day has begun and promises new surprises for you.

7. You think that your friends:

- a) are not so interesting and sensitive as you would like them to be.
- b) are quite tolerable.
- c) are great people!

8. Comparing yourself with others you decide:

- a) I am unappreciated.
- b) I am no worse or better than others.
- c) I have leadership abilities, which everyone recognizes.

9. If you have gained 4 or 5 kilograms, you:

- a) are panic-stricken.
- b) think it is all right.
- c) watch your eating habits and exercise more.

10. If you are down you:

- a) curse your fate.
- b) know that the bad mood will pass.
- c) do something to entertain yourself.

Test Key:

a=0

b=1

c=2

Interpretation:

17-20 points

You are such a happy person that it is hard to believe! You enjoy life, while ignoring problems and unpleasant things. You are a cheerful person. People like you for your optimism, but. . . isn't your attitude towards life a little too superficial and light-minded? Maybe you need some sober-mindedness and skepticism.

13-16 points

You are an "optimally" happy person. There is more joy than sadness in your life. You are courageous, have a sober mind and a cheerful character. You don't panic at difficulties, but gauge them soberly. You are comfortable with other people.

8-12 points

Happiness and unhappiness in your life are expressed by the famous formula 50-50. If you want to bend the balance in your favor, try not to panic when difficulties arise, but face them calmly and confidently. Trust in your friends and don't leave them in trouble.

0-7 points

You are used to seeing everything black and think that it is your destiny to be unhappy. You don't try to hide that attitude toward life. But where is it getting you? Try to spend time with optimistic people. It would be good for you to find some hobby.

4. Leadership

What are you—a general or a private? Try to determine it with the help of this test.

1. Friendship for you means:

A - cooperation; B - support; C - love and care.

2. A real artist must possess first of all:

A - talent; B - desire; C - training and practice.

3. At a party you feel like:

A - a rooster; B - a mother hen; C - a baby chick.

4. If you were a geometrical figure, you would be:

A - a cylinder; B - a sphere; C - a cube.

5. When you like a girl/a boy you:

A - boldly make the first step; B - wait for her/him to make the first step; C - try a few steps.

6. Facing unexpected circumstances you:

A – back up; B – go full speed ahead; C - are at a loss what to do.

7. When you speak in public, you feel that you are:

A - listened to respectfully; B - criticized; C - embarrassed.

8. Going on an expedition, it is better to take companions who are:

A - strong; B - clever; C - experienced.

9. To tell the truth, Cinderella was:

A - a victim of circumstances; B – took advantage of her opportunities; C - naive.

10. How would you define your life:

A - a game of chess; B - a boxing match; C - a game of poker.

Test Key:

Number	A	B	C
1	3	2	1
2	3	2	1
3	3	2	1
4	1	3	2
5	3	2	1
6	3	2	1
7	3	2	1
8	3	2	1
9	1	3	2
10	2	1	3

Interpretation:

If the sum is *less than 16 points*, you are a private. You defer to others too much and identify yourself with others' weaknesses. That is why you are not capable of commanding and competing successfully for this requires swallowing and digesting other people's difficulties. Maybe behind your unwillingness to take responsibility there are bad memories of past attempts ending in failure. You need to analyze the reasons why and take steps to change your character.

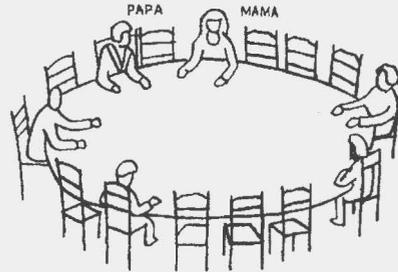
If you have scored *16-24 points*, you are a junior officer. It is a rather awkward position, like being between a hammer and an anvil. You are both a leader and a follower. It is difficult for you to graduate to a higher level. Your thinking is too rational and based only on your own experience.

If you have scored *more than 24 points*, you are a general. You are always the first to involve yourself in social affairs. If you are ambitious and not afraid of working hard, this ability may advance you to high positions. If you are neither, then you will be considered a wonderful friend and adviser, and probably always the center of attention.

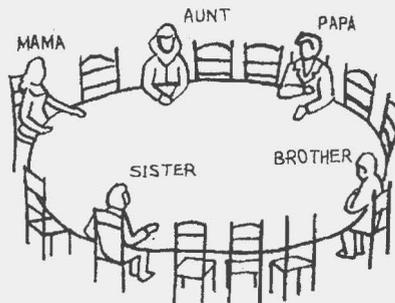
5. How We Communicate

This exercise will help you to think about your relationships with other people, who you are close to, who you have difficulties with.

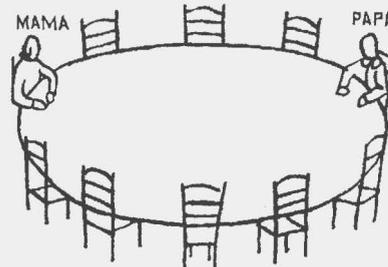
1. Here is a table where different people are sitting. Mark your place with an X.



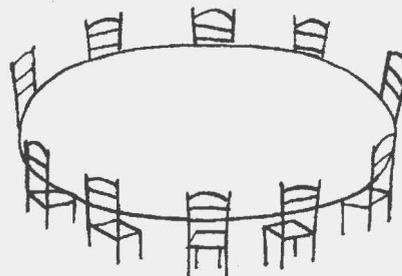
2. Mark your place with an X.



3. Mark your place with an X.



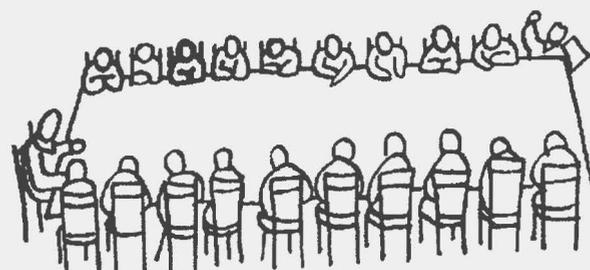
4. Now place some people and yourself around the table. Mark who these people are: father, mother, sister, brother, friend, classmate.



5. Here is a table at the head of which someone you know well is sitting.

Where would you sit?

Who is that person?



6. Together with your family you are going to spend the holidays in a big house that belongs to an acquaintance. The other members of your family have already chosen their rooms. Choose a room for yourself.

Brother					Papa & Mama
Sister					

7. You have come to your acquaintance's place as a long-term guest. Mark with an X the room you would choose.

Papa & Mama				
Grandfather & Grandmother				

8. Again at your acquaintance's. Mark the rooms of some people and your own room.

9. There is a plan to surprise someone.

Do you want it to be done?

To whom? By whom?

Does it make any difference?

10. You have a chance to go on a vacation, but there are only two vacant places left: for you and for someone else.

Whom would you take with you?

Where would you go?

11. You have a toothache and must go to the dentist to pull out the bad tooth.

Will you go alone or with someone?

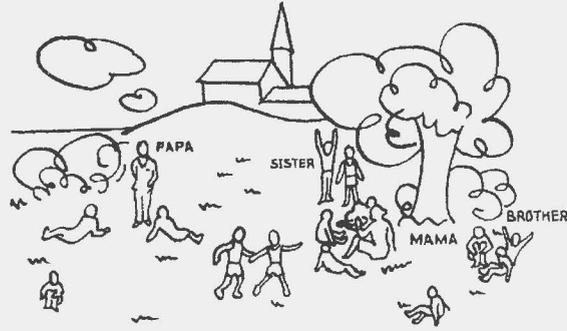
If with someone, who is it?

12. You have passed an exam. Whom will you tell about it first?

13. You are spending some time in the country. Mark your place with an X.



14. Another occasion in the country. Again, mark your place with an X.



15. Where are you now?



16. Now place some people and yourself in this picture.

Draw or mark them with Xs.

Who are these people?



17. You and some other people have received some gifts. Someone has received a much nicer gift than the rest.

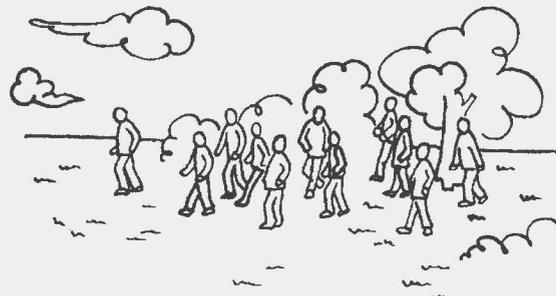
Whom would you like to see in his place?

Or doesn't it make any difference to you?

18. You are going on a long trip, leaving your family.

Whom will you miss the most?

19. Your pals are going for a walk. Mark your place with an X.



20. With whom do you like to spend time?

- With friends of your own age.
- With your juniors.
- With your seniors.

21. Here are your friends. They are quarreling and you don't know why.

Mark your place with an X.



22. Here are your friends. They are quarreling about the rules of a game.

Mark your place with an X.

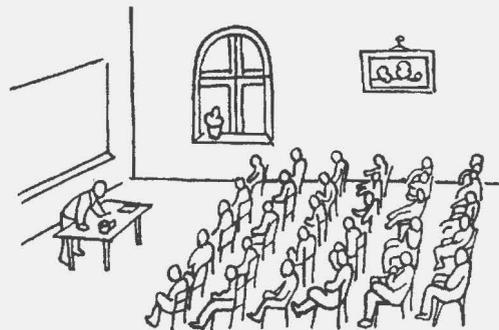


23. A classmate has pushed you and knocked you down on purpose.

What will you do?

- Cry.
- Complain to the teacher.
- Hit him back.
- Scold him.
- Say nothing.

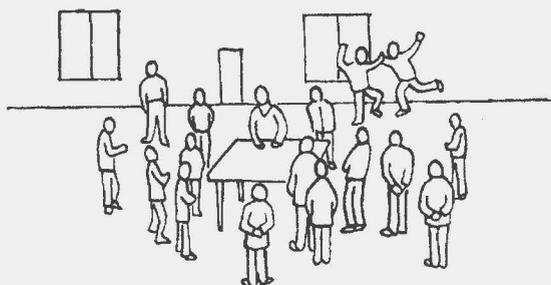
24. Here is a person you know well. He/she is saying something to those sitting on the chairs. You are among them. Mark your place with an X.



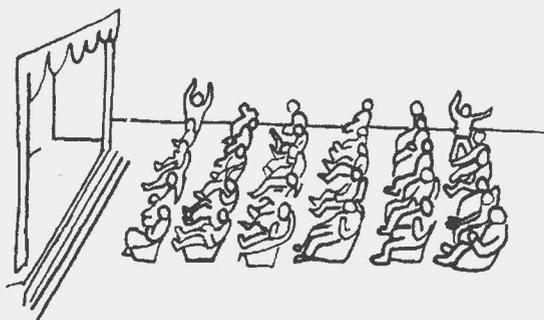
25. You help your mother:

- a lot.
- some.
- seldom.

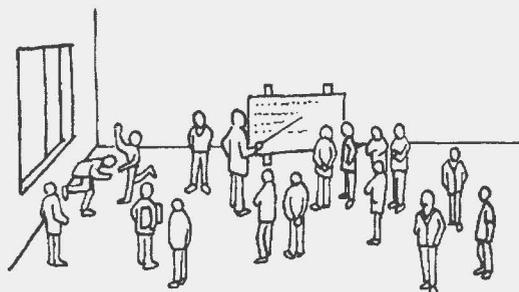
26. These people are standing around a table. One of them is explaining something. You are among those present. Mark your place with an X.



27. These are people watching an interesting performance. Mark your place with an X.



28. The teacher is explaining a task. Mark your place with an X.



29. An acquaintance is laughing at you.

What will you do?

- Cry.
- Shrug your shoulders.
- Laugh back at him.
- Call him names or fight.

30. An acquaintance is laughing at your friend.

What will you do?

- Cry.
- Shrug your shoulders.
- Laugh at him.
- Call him names or fight.

31. A classmate has taken your pen without permission.

What will you do?

- Cry.
- Complain to the teacher.
- Shout at him.
- Try to take it back.

32. You are playing chess (or checkers) and lose two times running.

- Are you displeased?
- Will you keep your feelings inside?
- Will you get angry?
- Will you go on playing?
- Will you give up?

33. Your father does not let you go out.

What will you do?

- Accept it.
- Sulk.
- Try to go in spite of the prohibition.
- Cry.
- Protest.

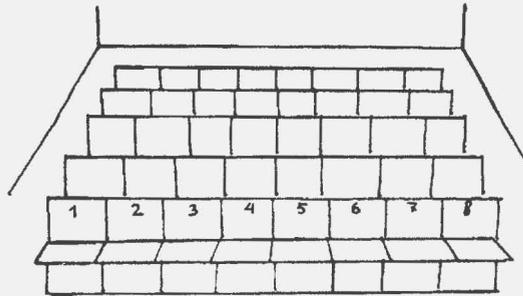
34. Your mother does not let you go out.

What will you do?

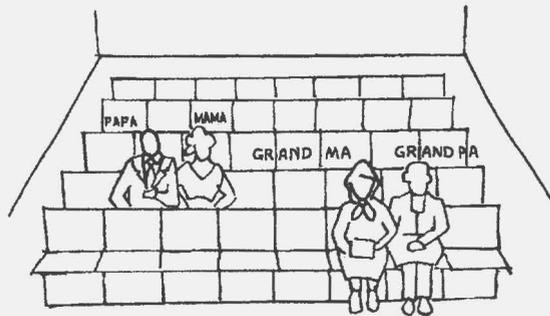
- Accept it.
- Sulk.
- Try to go in spite of the prohibition.
- Cry.
- Protest.

35. The teacher has left the class and charged you with maintaining order during his absence. Are you capable of fulfilling the task?

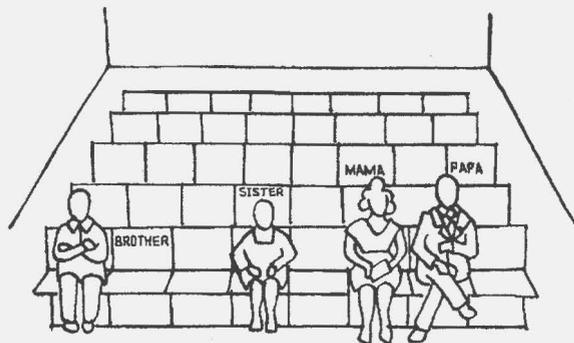
36. You have gone to the movie theater with your family. There are many vacant seats in the hall. Where will you sit? Where will the other members of your family sit?



37. There are many vacant seats in the movie theater. Mark your place with an X.



38. At the movie theater again. Where will you sit?



6. *Respect in Relationships*

Are you a contentious person? To find out, try this test, choosing one answer to each question.

1. **A quarrel has started in a bus. Your reaction:**
 - a) I take no part.
 - b) I briefly express my opinion in favor of the party I consider right.
 - c) I interfere actively, so that the conflict becomes focused on me.

2. **Do you complain to your parents about your teachers?**
 - a) No.
 - b) Only if I have a serious reason to do so.
 - c) I easily complain about my teachers.

3. **Do you argue with your friends?**
 - a) Hardly ever.
 - b) Sometimes.
 - c) All the time.

4. **Lines are an indispensable part of life. How do you react if somebody tries to cut in line?**
 - a) I am upset, but keep silent; it saves trouble.
 - b) I admonish the person.
 - c) I push forward to prevent the person from getting in front of me.

5. **At home you get an untasty dish for dinner. Your reaction?**
 - a) No matter.
 - b) I will eat it silently, but grudgingly.
 - c) I will make a caustic comment and may make a point about refusing to eat it.

6. **If someone has stepped on your foot in the street or bus...**
 - a) I will give the offender an indignant glance.
 - b) I will admonish the person calmly.
 - c) I will give the person a piece of my mind!

7. **If one of your relatives has bought something you don't like...**
 - a) I will keep silent.
 - b) I will make a short comment.
 - c) I will make a big deal of it.

8. You were unlucky in a lottery. How will you react?

- a) I will try to look indifferent, but will swear to myself never to take part in it again.
- b) I won't conceal my resentment, although I will treat it humorously.
- c) It will spoil my mood for a long time.

Test Key:

a=4

b=2

c=0

Interpretation:

22-32 points

You are tactful and peace-loving. You are good at avoiding arguments and conflicts. You avoid confrontational situations. Maybe this is why you are sometimes called a person without backbone. You should gather your courage if the situation requires you to speak up.

12-20 points

You are considered a contentious person, but actually you speak out only when there is no other way. You stand your ground firmly without thinking how it will affect your professional success or friendly relations. Nevertheless, you are always polite. You don't degrade yourself by hurling insults those you disagree with. All this arouses respect for you.

0-10 points

Arguments and conflicts are like air for you. You don't seem to be able to live without them. You like to criticize others, but if you hear someone criticizing you, you may eat the person alive. You criticize in order to boost your own ego rather than for the sake of being constructive. It is very difficult to be near you. Your violence and rudeness repulse people. Maybe that is why you have no genuine friends? Anyway, try to overcome your quarrelsome character.

23. Communication Skills

With the help of this test it is possible to discover how one behaves in the case of a disagreement. There are 5 styles of behaving: 1) *cooperation*, which is usually optimal; 2) *compromise*, which is quite acceptable in many cases; 3) *avoidance*, which is recommended in the case of "fires" that are not provoked by the other person; 4) *accommodation*, which is possible in the case where the other person is right, and 5) *rivalry*, which is the least effective yet the most wide-spread mode of behavior in conflicts. In order to determine which style is most characteristic of yourself, read attentively each of the double statements *a)* and *b)* and choose the option which corresponds most closely to the way you think and act.

1. a) I tend to let others take responsibility for solving a dispute.
b) Instead of dwelling on our points of conflict, I try to draw attention to what we agree on.

2. a) I try to find a compromise.
b) I try to settle the matter taking into account the interests of both the other person and myself.
3. a) Usually I am persistent in pushing my viewpoint.
b) Sometimes I sacrifice my own interests for the sake of the other person's.
4. a) I try to find a compromise.
b) I try not to hurt the other person's feelings.
5. a) To settle a dispute I always try to gain the agreement of the other.
b) I try to do everything to avoid unnecessary tension.
6. a) I try to avoid trouble for myself.
b) I always try to win the argument.
7. a) I try to avoid a dispute, hoping to settle it later.
b) I think it is possible to give some ground in order to gain something greater.
8. a) Usually I am persistent in pushing my viewpoint.
b) First of all I try to understand the essence of the issue in dispute.
9. a) I think that it isn't always worth fighting about some things.
b) I take pains to win an argument.
10. a) Usually I am persistent in pushing my viewpoint.
b) I try to find a compromise.
11. a) First of all I try to understand the essence of the issue in dispute.
b) I try to appease the other person in order to keep good relations.
12. a) I try to avoid taking a position that may arouse dispute.
b) If he is open to compromise, I try to see things from the other person's viewpoint.
13. a) I often suggest a compromise.
b) I insist on everything being done as I want.
14. a) I inform the other person of my viewpoint and then ask his opinion.
b) I try to convince the other person of the superiority of my viewpoint.
15. a) I try to appease the other person in order to keep good relations.
b) I try to do everything to avoid unnecessary tension.
16. a) I try not to hurt the other person's feelings.
b) I try to convince the other person of the superiority of my viewpoint.

17. a) Usually I am persistent in pushing my viewpoint.
b) I try to do everything to avoid unnecessary tension.
18. a) Usually I give the other person a chance to gain the upper hand if it makes him happy.
b) If he is open to compromise, I try to see things from the other person's viewpoint.
19. a) First of all I try to understand the essence of the issue in dispute.
b) I try to avoid a dispute, hoping to settle it later.
20. a) I try to overcome our disagreement immediately.
b) I try to find the best combination of gains and losses for both of us.
21. a) During negotiations I try to be attentive to what the other person is saying.
b) I am likely to discuss the problem right up front.
22. a) I try to find an intermediate position.
b) I always stand my ground.
23. a) I usually try to satisfy the interests of both sides.
b) I tend to let others take responsibility for solving a dispute.
24. a) I try to satisfy the other person's desire, if he thinks it is very important.
b) I try to persuade the other person to accept a compromise.
25. a) I try to convince the other person that I am right.
b) During negotiations I try to be attentive to what the other person is saying.
26. a) Usually I suggest a compromise.
b) I usually try to satisfy the interests of both sides.
27. a) Usually I try to avoid arguments.
b) Usually I give the other person a chance to gain the upper hand if it makes him happy.
28. a) Usually I am persistent in pushing my viewpoint.
b) To settle a dispute I always try to gain the agreement of the other.
29. a) Usually I suggest a compromise.
b) I think that it isn't always worth fighting about some things.
30. a) I try not to hurt the other person's feelings.
b) I always try to take a position in an argument so that both sides can be happy.

Test Key:

Number	Rivalry	Cooperation	Compromise	Escape	Accommodation
1.				a	b
2.		b	a		
3.	a				b
4.			a		b
5.		a		b	
6.	b			a	
7.			b	a	
8.	a	b			
9.	b			a	
10.	a		b		
11.		a			b
12.			b	a	
13.	b		a		
14.	b	a			
15.				b	a
16.	b				a
17.	a			b	
18.			b		a
19.		a		b	
20.		a	b		
21.		b			a
22.	b		a		
23.		a		b	
24.			b		a
25.	a				b
26.		b	a		
27.				a	b
28.	a	b			
29.			a	b	
30.		b			a

The maximum number of points for each style is 12. Count the points you have scored and decide which style is dominant for you.

43. Self-Control

The aim of this test is clear and simple, and at the same time important—to find out how much self-control you have. Do you tend to be frugal or spendthrift? How you are will no doubt affect your relationship with your future spouse.

1. **Do you take on 2 or 3 jobs at the same time?**
 - a) Seldom.
 - b) Often.
 - c) Never.

2. **After you receive your paycheck will you buy expensive things knowing that later it will be difficult to make ends meet?**
 - a) Never.
 - b) Always.
 - c) Sometimes.

3. **If you see clothes that you really like, will the price stop you from buying them?**
 - a) Sometimes.
 - b) Never.
 - c) Always.

4. **If some household device (such as a coffee maker) breaks down, would you prefer to buy a new one or repair the old one?**
 - a) Prefer to buy a new one.
 - b) It depends on the price of the repair.
 - c) I'd try to repair it myself.

5. **If there is a hole in your stocking or sock, what will you do?**
 - a) Mend it.
 - b) Throw it away together with the second one.
 - c) Keep the second one, for it may come in handy.

6. **Do you turn off the light in a room when you leave it?**
 - a) Rarely.
 - b) Sometimes.
 - c) Always.

7. **Do you use the telephone only when it is necessary or more freely?**
 - a) Only when necessary.
 - b) I like to talk on the phone.
 - c) It depends.

8. Are you able to do several things well at the same time?
- a) Yes.
 - b) No.
 - c) It depends.
9. If there are a lot of old newspapers in the home, what will you do?
- a) Throw them away.
 - b) Recycle them.
 - c) Leave them.
10. Do you buy more bread than you need?
- a) Yes.
 - b) Sometimes.
 - c) Never.
11. Do you eat everything on your plate or do you leave a bit sometimes?
- a) I leave food sometimes.
 - b) I never leave anything.
 - c) I always leave some.
12. Do you take care of your clothes and shoes?
- a) Yes.
 - b) No.
 - c) Not always.
13. Are you careful with the things of other people?
- a) No.
 - b) Yes.
 - c) Even more careful than with my own things.

Test Key:

- | | | | |
|-----|-----|-----|-----|
| 1. | a=1 | b=0 | c=2 |
| 2. | a=2 | b=0 | c=1 |
| 3. | a=1 | b=0 | c=2 |
| 4. | a=0 | b=2 | c=1 |
| 5. | a=2 | b=0 | c=1 |
| 6. | a=0 | b=1 | c=2 |
| 7. | a=2 | b=0 | c=1 |
| 8. | a=2 | b=0 | c=1 |
| 9. | a=1 | b=2 | c=0 |
| 10. | a=0 | b=1 | c=2 |
| 11. | a=1 | b=2 | c=0 |
| 12. | a=2 | b=0 | c=1 |
| 13. | a=0 | b=1 | c=2 |

Interpretation:

20-26 points

You are too thrifty. You always think everything over, try to do everything today, postpone nothing till tomorrow.

13-19 points

You don't like displaying what you have, but sometimes allow yourself to show generosity.

6-12 points

You live in grand style. Sometimes you want to economize and refuse yourself even necessary things, but you soon make up for it.

0-5 points

You are careless, not very responsible and are light-minded not only about money, but about everything of material value.

44. Falling in Love, Friendship and Real Love

How grounded are you in matters involving love? Does physical appearance matter most to you? Are you able to see your beloved for whom he/she really is, or are you easily blinded by your feelings of love? This test will help you to see yourself more clearly.

- 1. Do you believe in "love at first sight"?**
 - a) Why not?
 - b) No way, this is not love.
 - c) Sometimes it happens.

- 2. Could you fall in love with a person if your friends treated him/her with contempt?**
 - a) Possibly.
 - b) Probably.
 - c) No way.

- 3. Would you go with your partner to a movie you've already seen?**
 - a) I would if he/she asked me to.
 - b) I would be happy to do so.
 - c) No, but we could meet after the film if he/she wanted to see it.

- 4. If your group of friends doesn't like your partner, what will you do?**
 - a) Discuss it with friends.
 - b) Doubt my choice.
 - c) I cannot imagine such a thing.

- 5. What do you mention first when telling somebody about your partner?**
 - a) The external appearance, such as the face or hair.
 - b) Thinking ability, education level, manners, behavior, speaking ability, conscientiousness.
 - c) I might say anything, because I cannot enumerate all the merits of my beloved.

- 6. Do you know what your partner is doing when you are not together?**
 - a) As far as I know I have no rival, so I don't worry about such things.
 - b) Yes, because we always tell each other what we have been doing since our last date.
 - c) We are both free, so he/she may do anything he/she pleases.

- 7. Can you imagine your relationship coming to an end sometime?**
 - a) I never think about it.
 - b) It will happen anyway sooner or later.
 - c) We are so attached to each other that it will never happen.

- 8. Do you feel your life is wonderful only when you are together?**
 - a) If a person is in love, it cannot be otherwise.
 - b) Yes, I miss him/her when we're not with each other.
 - c) Life can be wonderful only for those who are in love.

- 9. When you are together, do you discuss life's "eternal" questions?**
 - a) There is almost no time for it.
 - b) What for?
 - c) Yes, quite a lot.

- 10. Do you have the feeling that your partner is a different person now from the one he/she was at the beginning of your relationship?**
 - a) He/she is just the way he/she always was.
 - b) He/she has turned out to be a different kind of person than I thought, but this way I like him/her even more.
 - c) He/she is not such a wonderful person as I first thought.

Test Key:

- | | | |
|----------|-----|------|
| 1. a=10 | b=3 | c=7 |
| 2. a=7 | b=3 | c=1 |
| 3. a=6 | b=7 | c=3 |
| 4. a=10 | b=7 | c=7 |
| 5. a=2 | b=7 | c=10 |
| 6. a=4 | b=7 | c=0 |
| 7. a=9 | b=4 | c=7 |
| 8. a=9 | b=1 | c=7 |
| 9. a=2 | b=1 | c=7 |
| 10. a=10 | b=7 | c=5 |

Interpretation:

Less than 30 points

Maybe a friendly relationship means more to you than his/her personality. Maybe you even don't know him/her enough and are rather satisfied with his/her appearance: "Oh what a victory I have won. Look who I have conquered!" Such a feeling may be pleasant, but be careful: you are choosing a mate for yourself, not for someone else!

30-65 points

You love both the appearance and the character of your chosen one. You not only appreciate his/her merits but accept the person as a whole. You are trying to understand him/her, and it is only natural to be interested in the person with whom you would willingly share your life. You feel you can overcome any obstacles together!

More than 65 points

What a wonderful thing love is! But it can only last when the couple truly love each other and not just the love feeling itself. You are so carried away with your partner that you don't see the real person. Rather, you are projecting your image of him/her onto your partner. You won't be disappointed in your beloved if you try to understand who your partner really is rather than the image created by your fantasy.

48. Preparation for Marriage

Being in love is good but if spouses want to live a long and happy life together, they must understand each other as well. This test will help a young couple to see how much they have succeeded in mutual understanding.

1. **Do you feel that you should make a more serious commitment to each other?**
 - a) Yes.
 - b) It is not necessary.
 - c) It is hopeless.

2. **When there is a delicate question you would like to ask your partner can you be straight forward without beating around the bush?**
 - a) Yes, always.
 - b) Yes, but only under certain conditions.
 - c) No.

3. **Do you think your partner conceals a lot of what troubles him/her?**
 - a) Yes.
 - b) I don't know.
 - c) Usually no.

4. **Can you discuss serious matters with your partner at any time?**
 - a) Yes.
 - b) Not always.
 - c) Mostly no.

5. **When you talk to each other, do you have to be careful about what you say?**
 - a) Yes, I think over and weigh my words.
 - b) No, we say directly what we think.
 - c) I express my opinion but listen to my partner's, too.

6. **When you share your problems with your partner, do you feel that you might be bothering him/her?**
 - a) Yes, often.
 - b) He/she doesn't take my problems seriously.
 - c) He/she is always sympathetic.

7. **Do either of you make important personal decisions without consulting the other?**
 - a) Sometimes it happens.
 - b) We discuss things, but we each decide by ourselves.
 - c) We discuss and decide everything together.

8. Do you sometimes prefer to share your problems with your friends rather than with your partner?
- a) Sometimes it happens.
 - b) No, I prefer discussing my problems with my partner.
 - c) My friends understand me better.
9. Are you sometimes thinking of something else while talking to your partner?
- a) It happens.
 - b) No, I listen attentively.
 - c) If I feel my mind wandering, I try to concentrate.
10. Do you usually try to express your opinion first when conversing?
- a) Certainly.
 - b) I usually let my partner say everything he/she would like to discuss first.
 - c) I think we both share with each other mutually.

Test Key:

- | | | |
|---------|-----|-----|
| 1. a=1 | b=0 | c=2 |
| 2. a=0 | b=1 | c=2 |
| 3. a=1 | b=2 | c=0 |
| 4. a=0 | b=1 | c=2 |
| 5. a=2 | b=1 | c=0 |
| 6. a=2 | b=1 | c=0 |
| 7. a=2 | b=1 | c=0 |
| 8. a=1 | b=0 | c=2 |
| 9. a=2 | b=0 | c=1 |
| 10. a=2 | b=0 | c=1 |

Interpretation:

0-10 points

Your couple is used to talking about problems. Each of you shares your troubles and the partner listens attentively. You have no need to talk to someone else, because your partner understands you the best.

11-20 points

One cannot say that your couple doesn't share problems at all. But there are things you don't speak about and don't dare to discuss. This leads to alienation. You are looking for a person who will understand you.