

Summary Profile

Sammy

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Introduction

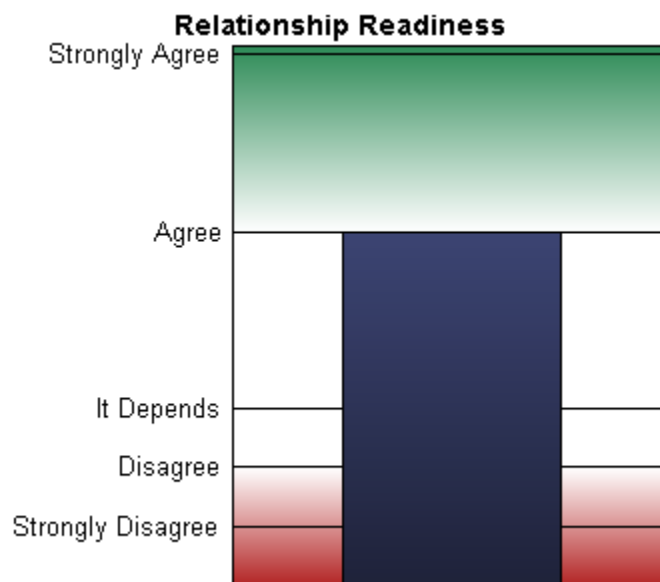
Instructions

This report contains responses for you from the questions you answered on the READY questionnaire. The report presents a summary profile of your relationship readiness in areas that researchers at the RELATE Institute have found to be most important in influencing relationship quality. We encourage you to review your results and think about what they mean for you and your level of preparedness for a relationship in the future.

General Guidelines for Interpreting your READY Report

- Keep in mind that READY is not designed to predict the success of your future relationships, nor to diagnose possible personal or relationship difficulties.
- Use the READY report to focus your attention on developing your strengths and overcoming your challenges.
- The accuracy of each graph will depend on the level of honesty and insight you had when you responded to the READY questionnaire, as well as when you now read this report.
- The READY Report contains sensitive information. If serious problems related to any of these issues are hampering your ability to form a satisfying relationship you may want to consider seeking assistance in resolving these problems.
- When discussing your results, look at your answers for the READY scale items to check if you misinterpreted an item or if you made an error when marking your answer (e.g. marked "rarely" when you meant "often"). To see what questions make up each scale, go to the Summary Profiles Calculation portion of the Detailed Responses and Specific Results report.
- Additional questions were asked in READY, but the answers are not included in the Report in order to protect the confidentiality of this information. These questions concern interpersonal violence and sexual abuse in your families and in other relationships which may or may not have taken place.

Relationship Readiness



The graph above shows how you rated your overall relationship readiness. This overall evaluation reflects the relative total of strengths and challenges in specific parts of your personal relationship readiness. Research has found that individual preparation and readiness can positively influence the quality and stability of a future relationship. Research also shows that even the best of relationships experience some fluctuation in satisfaction over the course of the relationship.

Profile Scales

Kindness/Flexibility



The Kindness/Flexibility scale measures your level of kindness and flexibility.

Strength Area (Green): People who score in the green area of this scale see themselves as being kind, considerate, adaptable, and easy-going.

Challenge Area (Red): People who have kindness and flexibility scores in the red area are more likely to be in relationships that are less satisfying. People rating themselves in the challenge area on this scale may want to evaluate their ways of interacting to see how they can increase the levels of kindness, flexibility, and consideration in relationships with others.

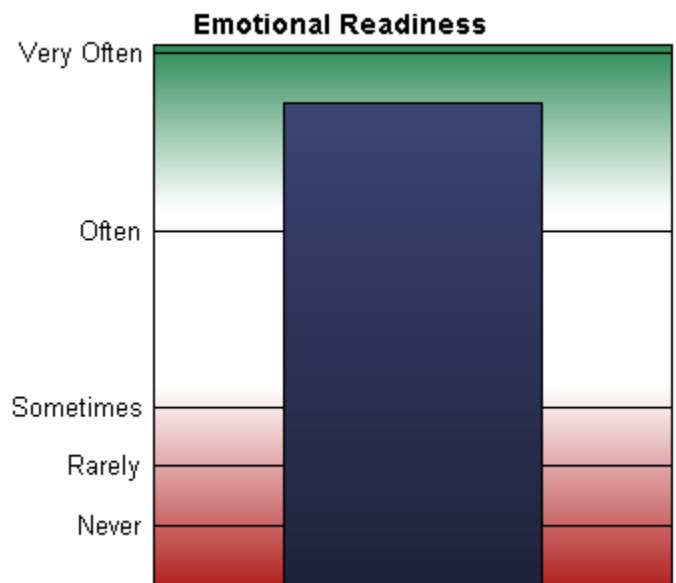
RELATE Institute Findings: In research with couples, the higher the levels of kindness and flexibility, the higher the levels of effective communication and positive conflict resolution. Perceptions of partner's kindness and flexibility are particularly important for predicting couples' relationship quality.

Emotional Readiness

The Emotional Readiness scale is a measure of your level of maturity, calmness, self-esteem, and depression.

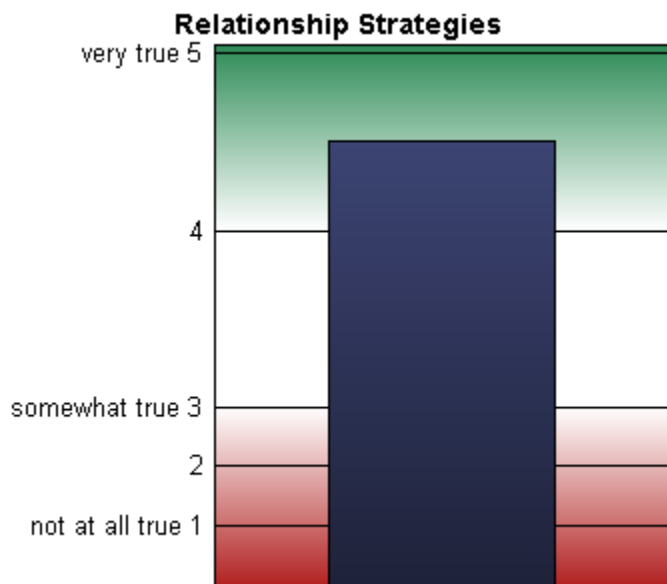
Strength Area (Green): People who score in the green area on this scale see themselves as being calm, mature, high in self-esteem and low on depression.

Challenge Area (Red): People who have emotional readiness scores in the red area are more likely to be in a relationship that is less satisfying. People scoring in the challenge area on this scale may have seriously high levels of anxiety, depression and other emotional problems and may benefit from assistance by a professional therapist.



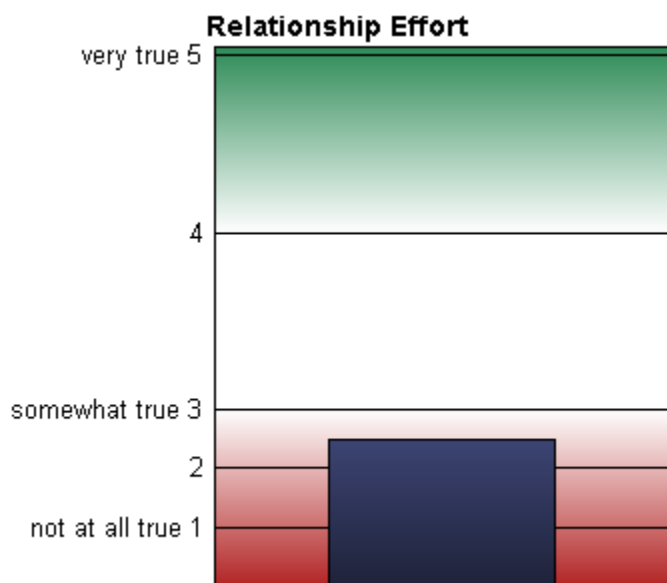
RELATE Institute Findings: Low emotional readiness has been shown to be related to higher levels of criticism and defensiveness in couple relationships, as well as to lower relationship stability.

Relationship Strategies and Effort



The Relationship Strategy Scale measures your use of ideas and skills to change your own behaviour and enhance your relationships. The Relationship Effort Scale measures your persistence in use of ideas and skills to change your own behavior and enhance your relationships. Effort is especially important when initial attempts to improve the relationship do not work well. Together the scales reflect how much priority you give to working on relationships.

Strength Area (Green/Top Area): People who score in the Green/Top areas of these scales see themselves as using a lot of different ideas and approaches to being a more loving partner. They persist in trying to be constructive even when their initial attempts are unsuccessful. Their relationship is something they think about regularly, and they make strengthening the relationship a life priority.



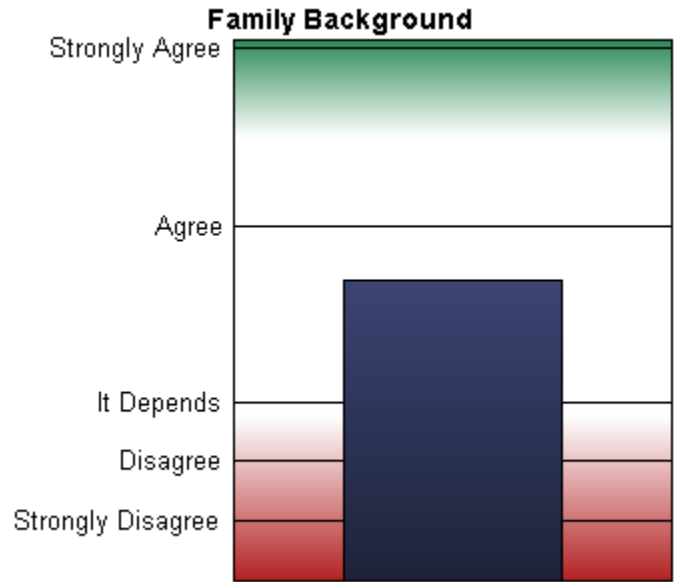
Challenge Area (Red/Bottom Area): People who have Relationship strategies scores in the Red/Bottom area are likely have their relationships become less satisfying over time. People rating themselves in the challenge area on these scales may want to increase the focus and priority they attach to their relationship.

Family Background

The Family Background scale measures your perceptions of the quality of the emotional climate in the home you grew up in, the quality of your parents' marriage, and how much your family experience influences your current views about relationships.

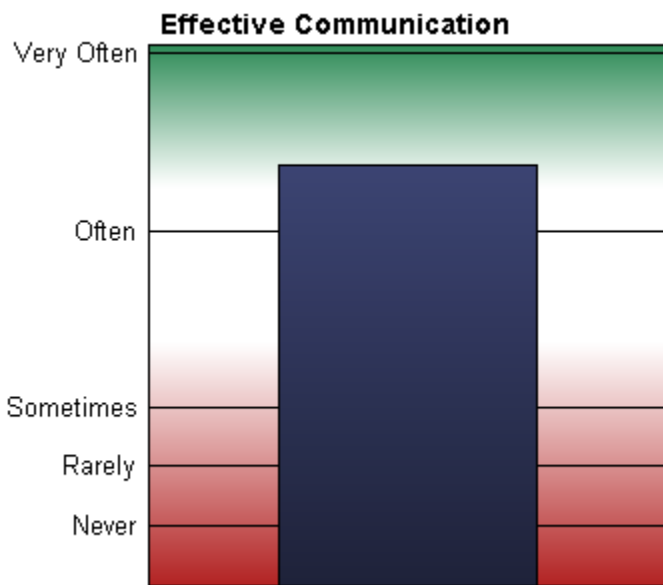
Strength Area (Green): People who score in the green area of this scale see their families as emotionally healthy, their parents' marriage(s) as strong, and their current relationships with parents are healthy and encouraging.

Challenge Area (Red): People who have family background scores in the red area are more likely to be in relationships that are less satisfying. People rating themselves in the challenge area on this scale may want to look for ways to strengthen their relationships with extended family and come to terms with negative experiences in their past.



RELATE Institute Findings: In research with couples, the higher the levels of positive family background, the higher the levels of measures of emotional readiness and kindness/flexibility. Family background is also an important part of predicting couples' overall relationship quality.

Effective Communication



The Effective Communication scale measures your level of empathy, listening, and ability to send clear messages.

Strength Area (Green): People who score in the green area of this scale see themselves as being high in empathy, listing, and in sending clear messages.

Challenge Area (Red): People who have effective communication scores in the red area are more likely to be in relationships that are less satisfying. People rating themselves in the challenge area on this scale may want to evaluate their ways of interacting with others to see how they can increase empathy and understanding, and how they can send and receive the communication of needs, concerns, and desires more effectively.

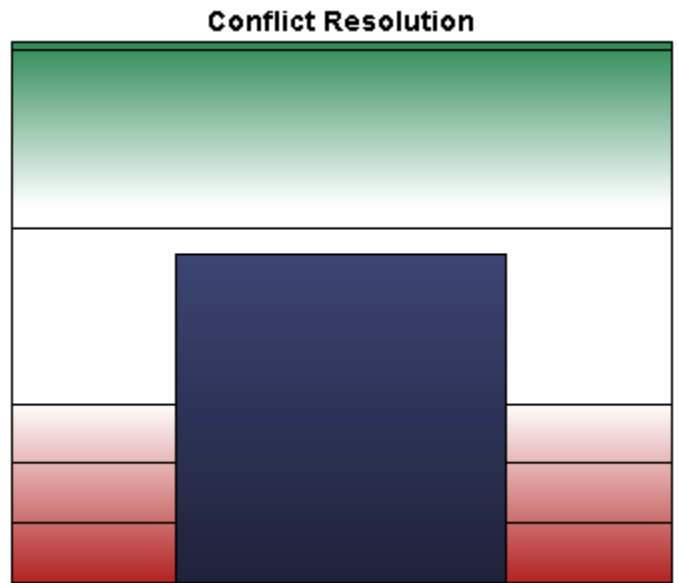
RELATE Institute Findings: In research with couples, higher levels of effective communication have been shown to be associated with higher relationship quality.

Conflict Resolution

The Conflict Resolution scale is a measure of the degree of criticism, defensiveness, contempt, and emotional flooding that people use when they are trying to resolve conflict.

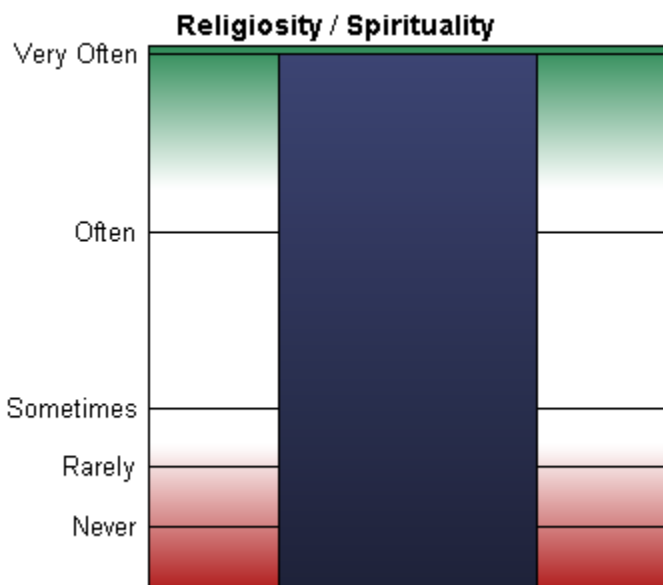
Strength Area (Green): People who score in the green area on this scale see themselves as rarely using criticism and defensiveness when resolving conflict and hence they are less likely to be emotionally flooded.

Challenge Area (Red): People who have conflict resolution scores in the red area are much more likely to be in a relationship that is less satisfying. High levels of criticism and contempt are usually indicative of serious relationship problems that are not likely to be resolved on their own.



RELATE Institute Findings: High scores on the conflict resolution scale are related to fewer relationship problems, higher relationship stability, and higher levels of satisfaction. Low scores on this scale are strongly related to high hostility in relationships.

Religiosity / Spirituality



The Religiosity / Spirituality scale is a measure of the importance of religion and spirituality in your life.

Strength Area (Green): People who score in the green area on this scale see themselves as highly religious and spiritual. They are likely to be regularly engaged with a religious community.

Challenge Area (Red): People who score in the red area are less likely to access the resources of a religious community. They are less likely to find peace and meaning in spiritual practices. It is important that couples discuss the role of religiosity and spirituality in their lives.

RELATE Institute Findings: Research has shown that religiosity is strongly related to marital satisfaction and marital commitment. Highly religious young adults have values and attitudes more likely to lead to high marital satisfaction, as compared to those with no religious affiliation or activity. These findings are particularly true when both the husband and wife are highly religious.

Reflection Questions

- How will your strengths serve as a resource for you in a future relationship?
- How will you adjust to challenge areas in your relationship readiness?

Challenges Checklist

Below is a table that lists other important relationship factors. These parts of your relationship readiness are profiled here because years of research have shown each of them to be potential challenges for couples. See the Challenge Checklist Breakdown portion of the Detailed Responses and Specific Results report for a reference chart with a brief summary of the research on each item. Many of these items are personal in nature and represent your attitudes and behaviors in these areas. A check in the red column means that your reported score indicates a "challenge area," whereas a check in the white or green columns indicates a "neutral" or "strength" area for your relationship. Carefully review any check marks below to determine if you feel that this really is a challenge for your relationship readiness. Many of the challenges listed below (e.g., substance abuse, violence in your past, infidelity, etc.) are very serious in nature and may require help from professional counselors or others to overcome. Remember, these are only "potential" challenges for your relationship readiness. With hard work, many people are able to overcome difficulties in their personal lives and are able to develop loving, successful relationships.

	Sammy's Responses		
	Strength Area	Okay Area	Challenge Area
Age	✓		
Parents - Divorced	✓		
Violence In Family Background	✓		
Personal Alcohol Use	✓		
Personal Drug Use	✓		
Willingness to Cohabit	✓		
Willingness to Have Extra-marital Affairs	✓		
Personal Use of Violence In Current Relationship	✓		
Personal Use of Sexual Pressure In Current Relationship	✓		
Others' Use of Violence in Current Relationship	✓		
Others' Use of Sexual Pressure in Current Relationship		✓	

Total Scores

Strength and Challenge Areas in Your Relationship Readiness

After reviewing your profile scales and the challenges checklist, we recommend that you evaluate the total number of "strength areas" and "challenge areas" in your relationship readiness. Looking at the total number of these areas highlights the fact that relationships are influenced not only by the presence of certain strengths and challenges, but also by how many of these areas there are in the relationship. As these factors "pile up" on each other they tend to create an overall strengthening or challenging effect on a person's relationship readiness.

Sammy's perception of strengths 14
Sammy's perception of challenges 0

Interpretation Table

The table below can help you interpret your total scores. The table shows what percentage of people in a couple relationship reported that they were satisfied with their relationship at each total score level. For example, approximately 90% of partners who reported 3 challenge areas in their relationship said that they were satisfied with their relationship, while only approximately 63% said they were satisfied when they reported nine challenge areas in their relationship.

Strengths		Challenges	
0	5% highly satisfied	0	100% highly satisfied
1	10% highly satisfied	1	97% highly satisfied
2	33% highly satisfied	2	90% highly satisfied
3	62% highly satisfied	3	85% highly satisfied
4	73% highly satisfied	4	71% highly satisfied
5	77% highly satisfied	5	63% highly satisfied
6	92% highly satisfied	6	35% highly satisfied
7	95% highly satisfied	7	20% highly satisfied
8	99% highly satisfied	8	10% highly satisfied