

DO I HAVE LOVE?

| Positive Qualities | Rate yourself | Have another rate you |
|--|---------------|-----------------------|
| Patient with others | | |
| Proactively kind to others | | |
| Sincerely and honestly rejoice when others succeed | | |
| Willing to suffer for the good of others and for relationships | | |
| Validating toward others and relationships | | |
| Hopeful about others and relationships | | |
| Committed to others and to relationships | | |
| Total | | |
| Negative Qualities | | |
| Jealous and possessive of others | | |
| Boastful of personal success or assets, showing off | | |
| Attitude of, feeling and acting superior to others, arrogant | | |
| Rude to others, unloveable, unlovely | | |
| Selfishly detached from others, insisting on one's own way | | |
| Easily angered, having a hot temper, irritable | | |
| Quick to count and recount real wrongs and mistakes | | |
| Wanting to be right to the point of being happy at the sins failings of others | | |
| Given up on others and relationships, "checked out" | | |
| Total | | |
| Overall score (subtract negatives total from positives total) | | |

The qualities listed in this rating scale are derived from 1 Corinthians 13, the "love chapter." They are both negative and positive qualities that "make or break" relationships. Enter a value for each quality. Ten is the highest, zero is the lowest. Rate positive and negative qualities from 1-10, based on how much of that quality you possess. Add the ratings to make totals. Subtract the negatives from the positives to make your overall score. Ask another—preferably a spouse or someone who knows you well enough to be honest—to rate you. Compare the two.