

Test your ability to live successfully as a celibate person

circle your answer to the following statements:

1.	I have close friends. Most of them are around my own age and have similar educational back grounds.	Yes	No
2.	I have a life!	Yes	No
3.	I can enjoy time alone.	Yes	No
4.	I can set limits.	Yes	No
5.	I have a personal relationship with God and spend time in prayer.	Yes	No
6.	I can say no.	Yes	No
7.	I am willing to love those no one else will love.	Yes	No
8.	I don't need to satisfy my own needs immediately.	Yes	No
9.	I can delay gratification.	Yes	No
10.	My social life is a mix of men and women.	Yes	No
11.	My prayer life supports my struggle to be chaste.	Yes	No
12.	I know how to be intimate without being sexually active.	Yes	No
13.	I have made and kept commitments in my life.	Yes	No
14.	I can be honest, down to earth, realistic, joyful and warm though not all necessarily at the same time.	Yes	No
15.	Most of the time I am comfortable with my own body and emotions.	Yes	No

Positive answers to these questions indicate you have the capacity to live the celibate life well.

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