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ARE YOU *the One?*

A Guided Discernment Assessment for Serious Relationships

Examine clearly. Discern wisely. Choose intentionally.



A NOTE FROM NICOLE MELISSA

Hello, my loves.

If you are here, chances are this relationship matters to you.

You may be thinking seriously about the future, wondering whether marriage could be where this is headed, or simply wanting to make sure you are evaluating the relationship with wisdom instead of emotion alone.

That is exactly what this assessment is here to help you do.

Are You the One? was created to help you slow down, pay attention, ask better questions, and make thoughtful decisions before a serious relationship becomes a permanent commitment.

This is not about looking for problems.
It is about learning how to examine what you are experiencing, discern what matters, tell yourself the truth about what you see, and make wise decisions based on what you have actually learned.

You may finish this assessment feeling even more confident about the person you are with. You may discover conversations you still need to have. You may realize you simply need more time.

All of those outcomes are useful.

The goal is clarity.

Nicole Melissa

HOW TO USE THIS ASSESSMENT

This is not a test, and there is no perfect score.

Move through each section honestly and use your answers to notice what you know, what you have experienced, what still needs clarity, and what deserves more time or conversation.

Throughout the assessment, you will be asked to do five things:

OBSERVE
Pay attention to what has actually happened in the relationship.

UNDERSTAND
Consider what those experiences may be teaching you about yourself, your partner, and the relationship.

COMPARE
Compare the relationship you are experiencing with the marriage you say you want to build.

DISCERN
Determine what matters, what may simply require growth or conversation, and what deserves greater consideration.

DECIDE
Use what you have learned to determine the wisest next step.

You do not have to manufacture certainty before you have enough information to possess it.

PART ONE

WHAT ARE YOU BUILDING TOWARD?

Before you evaluate the person, get clear about the marriage you hope to build.

PART ONE

WHAT ARE YOU BUILDING TOWARD?

Before you can determine whether someone is a good fit for your future, you need clarity about the future you are trying to build.

Many people enter serious relationships with a detailed idea of the person they want, but only a vague understanding of the marriage they want.

That matters.

Someone can possess many qualities you admire and still have a very different vision for faith, family, finances, lifestyle, partnership, or responsibility.

Neither person necessarily has to be wrong.

You may simply be trying to build two different lives.

So before we examine your partner, we are going to begin with you.

Clarity about what you are building makes it easier to recognize whether this relationship can support it.

Part One

YOUR VISION OF MARRIAGE

To me, marriage is...

When I picture a healthy, God-centred marriage, what do I believe should exist within it?

Think beyond love. Consider faith, friendship, communication, commitment, service, intimacy, responsibility, leadership, partnership, family, purpose, sacrifice, peace, accountability, and whatever else matters to you.

WHAT MATTERS MOST?

A clear vision becomes more useful when you can identify what matters most within it.

List five things you believe are essential to the marriage you hope to build.

1. _____
2. _____
3. _____
4. _____
5. _____

Now look at your list again.

Are these things I genuinely need for a healthy marriage, or are some of them preferences I have elevated into requirements?

My list is mostly:
□ Needs □ Preferences □ A mix of both

A preference can often be negotiated. A conviction usually requires a firm boundary.

VALUES, VIRTUES & CONVICTIONS

The things you want in a marriage are not all the same.

Some are values. Some are qualities of character. Some are convictions you do not want to violate in order to preserve a relationship.

Knowing the difference helps you understand what can be negotiated and what should not be.

Here is a simple way to distinguish them:

VALUES
What is important to me.

VIRTUES
The qualities of character I believe should be present in a spouse.

CONVICTIONS
The beliefs or biblical principles I am unwilling to abandon in order to make a relationship work.

My Core Values

The Virtues I Need in a Spouse

My Relationship Convictions

Clarity before deeper attachment makes it harder to move the goalpost later.

PAUSE & EXAMINE

Does the relationship you are currently building appear capable of supporting the marriage you just described?

□ Yes, clearly
□ Mostly, with areas we still need to discuss
□ I'm not sure yet
□ There are meaningful differences I need to examine

What led you to that answer?

You are not deciding the future here. You are noticing whether what you are building and what you say you want are moving in the same direction.

PART TWO

WHO IS THIS PERSON, REALLY?

Before you decide whether this person fits your future, pay attention to who they are showing themselves to be.

PART TWO

WHO IS THIS PERSON, REALLY?

As a relationship becomes more serious, it is natural to become increasingly aware of how someone makes you feel.

You enjoy them. You miss them. You admire certain things about them. You may even begin imagining what life with them could look like.

All of that matters.

But before marriage, you also need to understand something deeper:

Who is this person when love is not doing all the talking?

Character is revealed over time. It shows up in ordinary decisions, inconvenient moments, disappointment, responsibility, temptation, pressure, conflict, and how a person treats people who cannot do anything for them.

This section is not about looking for reasons to distrust your partner.
It is about paying attention.

You are not trying to determine whether your partner is perfect.

You are asking whether the person you are getting to know consistently demonstrates the kind of character required to help build the marriage you described in Part One.

Part Two

CHARACTER IN REAL LIFE

Rate each statement based on what you have actually experienced, not what you believe your partner is capable of becoming.

1 = Rarely true
2 = Occasionally true
3 = Sometimes true
4 = Usually true
5 = Consistently true

My partner...

1. Keeps their word, even when following through becomes inconvenient.
   ◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

2. Takes responsibility when they have made a mistake.
   ◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

3. Can apologize without immediately defending or explaining away their behaviour.
   ◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

4. Treats people with dignity regardless of status, usefulness, or familiarity.
   ◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

5. Demonstrates self-control when frustrated, disappointed, or angry.
   ◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

Part Two

CHARACTER IN REAL LIFE

1 = Rarely true
2 = Occasionally true
3 = Sometimes true
4 = Usually true
5 = Consistently true

6. Handles their responsibilities without repeatedly needing someone else to rescue them.
◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

7. Is honest even when honesty may create an uncomfortable conversation.
◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

8. Can receive feedback without punishing me for giving it.
◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

9. Makes decisions that generally agree with the values and beliefs they say they hold.
◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

10. Shows consideration for how their choices affect other people.
◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

Part Two

PAUSE & EXAMINE

Look over your ratings.
Do not immediately add them up.
Instead, notice where you hesitated.

Which statement was easiest to answer? Why?

Which statement required the most thought? Why?

That hesitation can be useful information.

Sometimes we know a person well enough to answer quickly. Other times, we realize we have simply never seen them in enough situations to know yet.

Neither answer automatically means something is wrong. It may simply mean more time and observation are needed.

WHO ARE THEY WHEN LIFE DOESN'T GO THEIR WAY?

There are parts of a person you learn through conversation.
There are other parts you learn through experience.

Think about what you have observed when your partner has been:

disappointed
stressed
told no
criticized
financially pressured
tired

wrong
successful
embarrassed
angry
responsible for someone else

What have those moments taught you about their character?

Part Two

A WORD ABOUT PATTERNS

One difficult moment does not define someone.

People have bad days. People get things wrong. People respond poorly and later grow from it.

What deserves your attention is repetition.

A mistake followed by ownership and change tells you something.

A mistake followed by excuses and repetition tells you something too.

The purpose of observation is not to keep a record of offences. It is to understand patterns.

Pay attention to patterns. Patterns reveal what deserves your attention.

Part Two

EXPERIENCE AS INFORMATION

Choose one meaningful experience you have had with your partner.

It can be positive, difficult, ordinary, or significant.

What happened?

How did your partner respond?

How did you respond?

What did that experience teach you about them?

What did it teach you about yourself?

Did their response increase, decrease, or leave unchanged your confidence in building a future together? Why?

Experience is not merely something that happens to you. It is information.

Wisdom requires learning how to interpret that information well.

Part Two

CHARACTER OR CHARM?

There is nothing wrong with charm. A person may be warm, funny, affectionate, generous, romantic, engaging, or incredibly easy to be around. Those qualities can make a relationship beautiful. They simply reveal something different about a person than character does. Charm tells you how someone can make an experience feel. Character tells you how someone is likely to behave when the experience becomes difficult.

What do I enjoy most about who this person is?

What do I respect most about how this person lives?

Those answers may overlap. They do not have to. But it is important to know both.

FAITH YOU CAN OBSERVE

Because this assessment is ultimately about covenant marriage, spiritual alignment cannot simply mean:

“We both believe in God.”

Faith eventually becomes visible in the way a person lives.

Consider:

Does their faith influence their decisions?

Do they demonstrate humility?

Are they teachable?

Do they seek wisdom?

Do they show mercy?

Do they practice self-control?

Do they take responsibility?

Does their life increasingly reflect the beliefs they profess?

Part Two

REFLECT

In what ways have I personally experienced my partner's faith through their actions?

Are there areas where what they profess and what I consistently experience do not yet agree?

◯ Yes

◯ No

◯ I'm not sure yet

REFLECT

If yes, is this an area of:

◯ Growth

◯ Unanswered question

◯ Established pattern

◯ I'm not sure yet

What have you observed that led you to that answer?

Part Two

THE QUESTION BENEATH THE QUESTIONS

At this stage, do not ask yourself:

“Is this person good enough?”

Ask:

“What has this person consistently shown me about who they are?”

“Does that character support the kind of marriage I say I want to build?”

◯ Yes, strongly
◯ Mostly
◯ I need more time and observation
◯ There are areas I need to understand more clearly

WHAT LED YOU TO THAT ANSWER?

PART THREE

HOW DO WE FUNCTION TOGETHER?

A healthy marriage requires more than two good people. It requires two people who can build well together.

PART THREE

HOW DO WE WORK AS A TEAM?

A strong relationship is shaped by who each person is and by how the two of you function together.

Two loving, well-intentioned people can still struggle with communication, decision-making, conflict, responsibility, and the everyday demands of partnership. Those struggles do not automatically mean the relationship is unhealthy. They do give you important information about what the two of you may need to strengthen.

Marriage will require you to communicate, make decisions, solve problems, manage stress, share responsibility, adjust expectations, repair hurt, support one another, and continue choosing the relationship through ordinary life.

This section examines how the two of you function as partners in those real-life moments.

Rate each statement based on your actual experience.

1 = Rarely true
2 = Occasionally true
3 = Sometimes true
4 = Usually true
5 = Consistently true

1. We are able to talk about important things without one person repeatedly shutting down, dominating, or avoiding the conversation.

◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

2. I feel heard, even when my partner does not agree with me.

◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

3. My partner appears to feel heard by me.

◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

4. We can disagree without treating the disagreement as a threat to the relationship.

◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

5. When one of us causes hurt, we are generally able to acknowledge it and work toward repair.

◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

6. We can make decisions together without one person consistently having to surrender what matters to them.

◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

7. We respect each other's boundaries.

◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

8. We can ask each other for what we need without using guilt, punishment, or manipulation.

◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

9. We are able to enjoy one another outside of romance, sex, or special occasions.

◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

10. When life becomes stressful, we generally move toward being a team rather than becoming opponents.

◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

PART THREE

DO NOT JUST LOOK AT THE NUMBER

A relationship assessment can become misleading when we turn everything into a score.

A 3 does not automatically mean something is wrong.

A 5 does not automatically mean everything is healthy.

The purpose of rating these statements is to help you notice where the relationship feels strong, where it is still developing, and where greater conversation may be needed.

Where does your relationship function especially well?

PART THREE

Which area seems to require the most intentional effort from the two of you?

Is that something you are already working on together?

◯ Yes
◯ Not yet
◯ We have discussed it but have not made much progress
◯ I'm not sure my partner sees it the same way I do

PART THREE

HOW DO YOU HANDLE DIFFERENCE?

One of the best things you can learn before marriage is what happens when the two of you do not want the same thing.

You will not agree on everything.

The goal is not perfect agreement.

The goal is learning whether the two of you can remain respectful, honest, collaborative, and connected when agreement does not come easily.

Think about a meaningful disagreement you have had.

What was the disagreement about?

PART THREE

How did each of you communicate your position?

Did you feel free to disagree honestly?

- ◯ Yes
- ◯ Mostly
- ◯ Not really
- ◯ No

Were both of you willing to understand the other person, or were you mainly trying to be understood?

How was the disagreement resolved?

Did the resolution feel fair to both of you?

What did that disagreement teach you about the way the two of you solve problems together?

Conflict also gives you information about how the relationship functions under pressure.

REPAIR MATTERS

Every serious relationship will include moments when one person disappoints, misunderstands, frustrates, or hurts the other.

What matters greatly is what happens afterward.

Healthy repair may include:

acknowledging what happened

listening without immediately defending

taking responsibility

apologizing sincerely

clarifying misunderstandings

changing behaviour where necessary

reassuring the relationship

following through

Now think about the last time one of you hurt the other.

Were you able to repair the situation?

◯ Yes, well
◯ Eventually
◯ Partially
◯ Not really
◯ The issue is still unresolved

What helped the repair happen?

What made it harder?

Did anything actually change afterward?

An apology can repair a moment. Changed behaviour helps repair trust.

You are not looking for a partner who never gets anything wrong. You are looking at whether the two of you possess the humility and skill to address what happens when you do.

HOW SAFE IS HONESTY?

Before marriage, you need to know whether the relationship can hold truth.

Can you say:

“I disagree.”

“That hurt me.”

“I need something different.”

“I made a mistake.”

“I am afraid.”

“I do not understand.”

“I am not ready.”

“I need time to think.”

without fearing retaliation, ridicule, abandonment, manipulation, or emotional punishment?

REFLECT

What kinds of conversations feel easiest for us?

What kinds of conversations do we tend to avoid?

Why do I think we avoid them?

Is there anything important I have not said because I am worried about how my partner will respond?

◯ No
◯ Maybe
◯ Yes

If yes or maybe, what is it?

What does my hesitation tell me?

Again, that answer is information.

It does not automatically mean the relationship is unhealthy. Sometimes you may discover that you or your partner struggle to initiate difficult conversations even though your partner is receptive.

That is why we keep examining both the relationship and ourselves.

DO WE BOTH PARTICIPATE?

Relationships become difficult when one person becomes responsible for most of the emotional and practical maintenance.

Consider:

Who usually initiates difficult conversations?

Who notices when something needs attention?

Who apologizes first?

Who makes the plans?

Who follows through?

Who adapts?

Who asks how the other person is doing?

Who carries the emotional weight when the relationship becomes strained?

Ideally, the answer will not be the same person every time.

REFLECT

Where do I feel my partner contributes strongly to this relationship?

Where do I contribute strongly?

REFLECT

Is there any area where one of us is carrying significantly more than the other?

Have we talked about it?

◯ Yes
◯ No
◯ Somewhat

What does your answer tell you about this area of the relationship?

WHAT DOES THIS RELATIONSHIP BRING OUT OF YOU?

Relationships reveal us too.

Ask yourself:

Who am I becoming in this relationship?

Do I feel:

more honest?
more responsible?
more peaceful?
more emotionally mature?
more generous?
more secure?
more faithful to my convictions?
more willing to grow?

Or have I become:

more anxious?
more guarded?
more dependent?
more avoidant?
more dishonest with myself?
more willing to compromise things that once mattered deeply to me?

Growth can be uncomfortable.

The important question is:

Is this relationship helping me become healthier and more truthful, or am I becoming less like myself in order to preserve it?

PAUSE & DISCERN

When I look at the way we communicate, disagree, repair, make decisions, support one another, and navigate ordinary life, do I believe we are learning how to function as a healthy team?

◯ Yes, clearly
◯ Mostly, with areas still developing
◯ I need more experience with us in real-life situations
◯ There are areas we need to address before moving toward marriage

WHAT EXPERIENCES MOST INFLUENCED YOUR ANSWER?

PART FOUR

CAN OUR LIVES BE JOINED WELL?

Marriage joins lives. This section helps you examine whether the life you are building can genuinely hold both of you.

PART FOUR

CAN OUR LIVES BE JOINED WELL?

A serious relationship eventually has to move beyond chemistry, affection, and shared experiences.

Marriage joins lives.

That means your beliefs, habits, responsibilities, expectations, families, finances, goals, priorities, and daily rhythms will begin affecting one another in very practical ways.

Two people do not have to be identical to build a healthy marriage. But there are some differences that require more than love to navigate well.

The purpose of this section is not to determine whether you agree on everything.

It is to help you understand whether the lives you are currently living, and the lives you hope to build, can genuinely fit together.

PART FOUR

CAN OUR LIVES BE JOINED WELL?

START WITH THE BIG PICTURE

Before looking at individual topics, answer this:

When I imagine building a life with this person, what do I believe our life would actually look like?

Think about where you would live, how you would spend your time, how faith would function in your home, how responsibilities would be divided, what family life would look like, how money would be handled, what you would prioritize, and what kind of lifestyle you would create.

Have we actually talked about these things, or have I mostly imagined them?

◯ We have discussed them in depth
◯ We have discussed some of them
◯ We have touched on them casually
◯ I have made several assumptions
◯ We have not talked about much of this yet

PART FOUR

FAITH & SPIRITUAL LIFE

For a God-centred marriage, spiritual compatibility needs to mean more than sharing a Christian label.

Consider:

How important is faith in each of your daily lives?

What does spiritual leadership mean to each of you?

How do you understand marriage biblically?

What role should prayer, church, service, study, and community play in your home?

How do you each make decisions when faith and personal preference collide?

How do you understand the responsibilities of husband and wife?

PART FOUR

REFLECT

What do we clearly agree on spiritually?

Where do our beliefs or practices differ?

Do you believe those differences are manageable?

◯ Yes
◯ No
◯ I'm not sure yet

What makes you say that?

PART FOUR

MONEY

Money is rarely just about money.

It can reveal priorities, discipline, generosity, fear, responsibility, entitlement, security, and expectations.

Have you discussed:

income
debt
credit
saving
spending
giving
financial goals
financial obligations to family
joint versus separate accounts
major purchases
retirement
lifestyle expectations

PART FOUR

REFLECT

How would I describe my partner's relationship with money?

How would I describe my own?

What financial habits or expectations do we share?

Where might we need more conversation?

PART FOUR

CHILDREN & PARENTING

Do you both want children?

If so, how many?

What happens if conception becomes difficult?

How do you each think about discipline?

Education?

Faith formation?

Roles and responsibilities?

What did each of you experience growing up that you want to repeat?

What do you want to do differently?

REFLECT

Have we discussed children and parenting deeply enough to understand each other's expectations?

- ◯ Yes
- ◯ Mostly
- ◯ Somewhat
- ◯ Not yet

What is the most important parenting belief we currently share?

What is one area we still need to discuss?

PART FOUR

FAMILY & OUTSIDE INFLUENCE

Marriage does not happen in isolation.

Family, friends, church community, former partners, children from previous relationships, and other important relationships can all affect the marriage.

Consider:

What role will parents and extended family have?

How much influence should family have over major decisions?

How will holidays be handled?

What boundaries are expected with friends?

How will you respond if family members disrespect the relationship?

Is either of you financially or emotionally responsible for other family members?

PART FOUR

REFLECT

Do we have similar expectations around family involvement and boundaries?

- ◯ Yes
- ◯ No
- ◯ Somewhat
- ◯ I’m not sure yet

What are those expectations?

Is there any outside relationship that I believe could significantly affect our marriage?

Have we discussed it honestly?

PART FOUR

Is there any outside relationship that I believe could significantly affect our marriage?

Have we discussed it honestly?

- ◯ Yes
- ◯ No
- ◯ Somewhat

What still needs to be said or clarified?

PART FOUR

REFLECT

Marriage includes a physical relationship, but intimacy is broader than sex.

It includes affection, vulnerability, emotional closeness, communication, trust, desire, boundaries, expectations, and the ability to talk honestly about sensitive things.

Ask yourself:

Can we discuss sex without shame, pressure, manipulation, or avoidance?

◯ Yes ◯ No

Do we understand each other's expectations for affection and intimacy?

◯ Yes ◯ No

Are there past experiences that may affect intimacy within marriage?

◯ Yes ◯ No

Do we respect each other's boundaries?

◯ Yes ◯ No

Are we able to communicate openly about desire, discomfort, expectations, and needs?

◯ Yes ◯ No

How comfortable are we discussing intimacy honestly?

◯ Very comfortable
◯ Mostly comfortable
◯ Somewhat uncomfortable
◯ Very uncomfortable

What conversations do we still need to have before marriage?

PART FOUR

WORK, PURPOSE & AMBITION

Marriage joins two lives, but it does not erase individuality.

Each of you may have work, responsibilities, gifts, goals, or a sense of calling that matters deeply.

Consider:

What role does career play in each person's life?

Would either person relocate for the other?

What happens if one career becomes more demanding?

How do you both feel about entrepreneurship?

Travel?

Long work hours?

One spouse staying home?

Supporting each other through career changes?

PART FOUR

REFLECT

Do our individual goals appear capable of existing within the same marriage?

◯ Yes
◯ No
◯ Somewhat
◯ I'm not sure yet

What makes you say that?

Where might one of us eventually be required to sacrifice or adjust?

Have we discussed what that sacrifice could look like?

PART FOUR

ROLES & RESPONSIBILITIES

Many couples assume they agree on marriage roles because they have never defined what those roles actually mean.

Do not assume.

Discuss them.

Who handles what?

What does partnership mean?

What does leadership mean?

What does support mean?

How should household responsibilities be divided?

What happens when one person is sick, overwhelmed, unemployed, pregnant, grieving, or simply carrying more for a season?

PART FOUR

COMPLETE THESE SENTENCES...

I believe a wife is responsible for...

I believe a husband is responsible for...

I believe both spouses are responsible for...

Do I know how my partner would answer these same questions?

- ◯ Yes
- ◯ I think so
- ◯ Not completely
- ◯ No

PART FOUR

LIFESTYLE & DAILY LIFE

Some compatibility questions look small before marriage and become enormous afterward.

Think about:

cleanliness
social life
travel
rest
entertainment
health
food
exercise
privacy
time alone
friendships
church involvement
pets
where you live
how you spend weekends
how much structure you prefer

These things do not necessarily determine whether two people are well suited for marriage. But they can significantly affect the daily experience of married life.

PART FOUR

REFLECT

Where are our lifestyles naturally compatible?

Where are we noticeably different?

Which differences are easy for me to accommodate?

Which differences could become difficult over time?

PART FOUR

PREFERENCE, COMPROMISE OR CONVICTION?

Not every difference deserves the same amount of weight.

Some things are preferences.

“I would rather live in the suburbs.”

Some require compromise.

“We celebrate holidays differently, so we need to create a plan that honours both families.”

Others involve conviction.

“My faith requires something that I am not willing to abandon in order to preserve this relationship.”

Before marriage, wisdom requires knowing which category you are dealing with.

Think of three meaningful differences between you and your partner.

DIFFERENCE ONE

What is it?

This is primarily a:

◯ Preference
◯ Area for compromise
◯ Conviction
◯ I am not sure yet

How might it affect marriage?

Think of three meaningful differences between you and your partner.

DIFFERENCE TWO

What is it?

This is primarily a:

◯ Preference
◯ Area for compromise
◯ Conviction
◯ I am not sure yet

How might it affect marriage?

Think of three meaningful differences between you and your partner.

DIFFERENCE THREE

What is it?

This is primarily a:

◯ Preference
◯ Area for compromise
◯ Conviction
◯ I am not sure yet

How might it affect marriage?

Have I treated anything as “small” simply because addressing it would require an uncomfortable conversation?

◯ Yes
◯ No
◯ I’m not sure yet

What makes you say that?

PART FOUR

WHAT HAVE WE NOT TALKED ABOUT?

This may be one of the most important exercises in this section. Review everything you have just considered.

What am I assuming my partner believes without actually knowing?

PART FOUR

WHAT HAVE WE NOT TALKED ABOUT?

What would I like to understand better before becoming engaged or married?

THE CONVERSATION I NEED TO HAVE

The subject: _____

The question I need to ask:

PART FOUR

PAUSE & DISCERN

Ask yourself:

When I consider our faith, family expectations, finances, goals, roles, intimacy, lifestyle, and vision for marriage, do our lives appear capable of being joined in a way that allows both of us to live with integrity?

◯ Yes, clearly
◯ Mostly, with areas we are still working through
◯ I need more information before I can answer confidently
◯ There are significant differences we need to address

WHAT MOST INFLUENCED YOUR ANSWER?

Compatibility is not the absence of difference. It is the ability to build one life without requiring either person to continually betray what matters most.

PART FIVE

WHAT IS THIS RELATIONSHIP TEACHING ME?

Before you decide what comes next, pay attention to what this relationship has already taught you.

PART FIVE

Pay attention to what the relationship has already shown you.

Every relationship gives you information.

Some of it comes through conversation. Some of it comes through consistency. Some of it comes through how you experience each other during ordinary life, joy, disappointment, stress, and change.

The goal is not to analyze every interaction.

The goal is to notice what your experiences are consistently teaching you.

A serious relationship should eventually give you more than feelings. It should give you evidence.

PART FIVE

WHAT DO I KNOW NOW?

Think about your relationship as it exists today.

What have I learned about my partner through actual experience?

What have I learned about myself in this relationship?

PART FIVE

WHAT DO I KNOW NOW?

What have I learned about us as a couple?

Which of those things have I seen consistently enough to trust as a pattern?

PART FIVE

PAY ATTENTION TO THE GOOD, TOO.

Discernment is not searching for what is wrong.
Healthy experiences give you valuable information too.

What has my partner consistently done that gives me confidence in who they are and in the relationship we are building?

Think about things like how they show up, communicate, keep their word, care for me, manage responsibility, treat others, practice their faith, or respond when life becomes inconvenient.

What qualities have become more valuable to me as I have gotten to know this person?

PART FIVE

WHAT STILL NEEDS TIME?

Not knowing something does not automatically mean there is a problem.

Sometimes you simply have not been together long enough, experienced enough life together, or had the necessary conversation yet.

What do I still need more time, conversation, or experience to understand?

Is there anything important I am assuming rather than actually knowing?

PART FIVE

EXPERIENCE, ASSUMPTION OR EVIDENCE?

What do I know because I have experienced it repeatedly?

What do I believe because my partner has told me?

None of these answers automatically make the relationship good or bad. They simply help you recognize the difference between what you know, what you have been told, and what you are hoping will be true.

That distinction becomes especially important when making permanent decisions.

PART FIVE

PAUSE & TELL YOURSELF THE TRUTH

Reflect honestly on the following:

What am I hoping will be true but do not have enough evidence to know yet?

One thing this relationship has confirmed for me is...

One thing I still need to understand is...

PART FIVE

PAUSE & TELL YOURSELF THE TRUTH

One conversation we need to have before taking the next major step is...

One thing I do not want my feelings to make me overlook or overthink is...

Wisdom does not require you to predict who someone will become. It asks you to pay attention to who they are showing themselves to be, what the two of you are building together, and what you still need to know before making your next decision.

PART SIX

AM I CHOOSING WISELY?

You have gathered the information. Now it is time to decide what wisdom asks you to do with it.

PART SIX

TURNING CLARITY INTO A WISE DECISION

You have gathered the information.

You have looked at the relationship from several angles. You have considered character, communication, faith, compatibility, shared responsibilities, patterns, unresolved questions, and the life you are considering building together.

Now ask yourself what all of that information supports.

This is not the moment to force certainty or talk yourself into an answer simply because you have reached the end of the workbook. Wisdom may lead you to move forward. It may lead you to slow down, ask another question, seek counsel, or reconsider something you hoped would work.

Your responsibility is to make your next decision based on what you know today, while remaining honest about what you still do not know.

Clarity becomes useful when you are willing to act on what it reveals.

PART SIX

BRING IT ALL TOGETHER

What is the strongest reason I believe this relationship is worth continuing toward marriage?

What is the most important thing I still need clarity about before making a greater commitment?

PART SIX

MY NEXT WISE STEP

Based on everything I have considered, my next step is:

◯ Continue moving forward intentionally

◯ Continue the relationship, but slow the pace

◯ Have an important conversation before taking another major step

◯ Allow more time and experience before deciding

◯ Seek wise counsel

◯ Reconsider whether this relationship supports the marriage I want to build

◯ Other: _____

Why is this the wisest next step for me right now?

PART SIX

ONE FINAL TRUTH CHECK

If nothing significant about this person or relationship changed from this point forward, would I still consider choosing this marriage? Why or why not?

Do the decisions I want to make and the convictions I say I hold agree?

Choosing wisely is not about finding a flawless person or building a relationship without uncertainty. It is about paying attention, asking meaningful questions, learning from experience, honouring your convictions, and refusing to make permanent decisions with temporary information.

A PRAYER FOR DISCERNMENT

Heavenly Father,

Your Word says that everyone who asks receives, the one who seeks finds, and to the one who knocks, the door will be opened.

Give me wisdom to see clearly, patience to move at the right pace, and courage to tell myself the truth.

Help me recognize what is good, what still needs growth, and what deserves greater attention.

Keep me from making decisions out of fear, pressure, loneliness, fantasy, or impatience.

Teach me to honour what You have shown me, seek wisdom where I need it, and choose in a way that reflects both faith and maturity.

In Jesus' name I pray, Amen.

BEFORE YOU GO

You do not need to have every answer today.

But you should know what your next question is.

If this assessment brought up questions about your relationship, your readiness, or your next step, you do not have to sort through it alone.

Nicole Melissa is a Christian Matchmaker and Relationship Consultant with more than 25 years of experience helping individuals and couples navigate love with greater clarity, wisdom, and intention.

During a complimentary **Discovery Call**, you can talk through what surfaced, identify what may need more attention, and determine whether additional support would be helpful.

BOOK A COMPLIMENTARY DISCOVERY CALL

Clarity is not always about getting the answer you hoped for. Sometimes it is about becoming confident in the decision you now have enough clarity to make.