Long-Term Commitment Test

What is the potential for a long-term commitment after 6-12 months of dating?

You've been dating the same man for at least half of an entire year, and you're beginning to wonder how long the union will last. Will the two of you start building a future together, or are either of you having second thoughts already? By the sixth month, most men already know where their hearts lie. Here are some questions to ask after six, nine and twelve months to determine if your relationship has long-term potential or if it’s time to rethink everything.

The 6-Month Mark

1. **Do you have any doubts about him being the man for you?** (yes = -2, no = +2) If you’re getting cold feet about moving forward, you may need to evaluate your relationship NOW. You don’t want to waste any more time in a situation that isn’t right for you.

2. **Do you both make an effort to call/text/email each other daily?** (yes = +2, no = -2) Forget what the “rules” say, if you’ve been dating at least six months, you should be having some sort of contact with each other daily. Preferably, a real conversation over the phone.

3. **Are you sharing your insecurities/fears/daily problems with him?** (yes = +2, no = -2) By now, you should feel comfortable sharing difficult or negative feelings, such as worry, stress, or sadness, with him. You are comfortable admitting that things may not always be going great in your life, and that’s OK with him.

4. **Is he sharing his daily problems with you?** (yes = +2, no = -2) If he never seems to have a bad day, or never shares any of his weakest moments, he may be holding back emotionally.

5. **Do you think about him often throughout the day?** (yes = +2, no = -2) If not, what else is preoccupying your mind? If it’s nothing too important, you may want to ask yourself why you haven’t formed enough of an emotional bond with him yet.

6. **Is he still scheduling "dates" with you, and have you started sharing the expense of the dates?** (yes = +2, no = -2) Chivalry is great in the initial stages, but by now, you are both responsible for putting in your share of making memories-- which should be penciled-in on the calendar regularly.

The 9-Month Mark

1. **Are you both asking each other's opinion about making decisions in your lives?** (yes = +2, no = -2, only one of you = +1) This is a sign that you’re vested in the relationship and what the other person thinks and feels.

2. **Does he seem to be getting dull?** (yes = -2, no = +2) While it’s normal for the initial rush of feel-good hormones to subside and for you to settle into a more comfortable, cozy feeling about your relationship, beware if you are feeling bored in the relationship because you’re losing attraction for him.
3. **Do you settle arguments with maturity and calm—without yelling, throwing objects or name calling?** (yes = +2, no = -2) Be very, very concerned if you answered "no" to this question. If that’s the case, one or both of you could have anger management issues or problems with healthy communication.
4. **Does he tell you "he loves you" often? Do you tell him?** (yes = +2, no = -2)
   If the man you've been dating for nine months still can't say "I love you," beware. It’s likely he never will say it, because he doesn’t feel it, or he just can’t seem to say it, even if he feels it. Either way, it’s a bad sign.

5. **Is he pulling away emotionally?** (yes = -2, no = +2)
   If he’s become distant, isn’t calling you or making plans as often as he used to, has shut down emotionally or seems distracted, have a heart-to-heart talk with him. Ask him what’s wrong and if there’s anything you can do to help. He could be going through a rough patch, or it could be a sign that he’s taking time to evaluate his feelings. Be patient and don’t worry too much about it.

6. **Has he started calling you by a sentimental nickname (babe, honey, lover, sugarplum, etc)** (yes = +2, no = -2) This is a good sign of becoming "cozy" with someone you love and care about.

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### The 12-Month Mark

1. **Does he address you as "his girlfriend" to people close to him?** (yes = +2, no = -2) In best cases, he's started calling you his girlfriend a long time ago, but if he's still unsure at the 1-year anniversary, something is wrong.

2. **Are you able to say “no” to each other and compromise?** (yes = +2, no = -2) After a year of knowing and being with someone, you don't have to pretend to agree with or like everything your mate does-- you've established trust in each other.

3. **Has he made you a priority in his life?** (yes =+2, no = -2) He still spends time doing things with his guy friends or on his own, but more and more he prefers to spend time with you, or includes you in his plans.

4. **Has he talked about moving in/getting engaged?** (yes = +2, no = -2) By the first year, most committed couples will establish whether or not they see a future together. For some, co-habiting is a big step in that process. For others, it may be a discussion about marriage or engagement.

5. **Do you regularly attend family functions together around holidays or celebrations together?** (yes = +2, no = -2) If either of you are still keeping your family a separate entity, then you're not meshing your entire lives together, and that could be a sign that you don’t see a future together.

6. **Is he taking care of his financial responsibilities/trying to save up money?** (yes = +2, no = -2) This is one of the biggest telltale signs a man is ready to become the "hero" for his lady-- and might just "pop the question."

So how did the two of you fare for the test? If you scored 10 - 12 points on either section, it’s a very good sign that your relationship is headed toward greater commitment and has a good outlook. A total of 6 - 8 points for any month-mark, and you might want to re-evaluate if you have a future together. If the two of you scored below 6 points for any of these, it could be a sign that you’re just not a good match.
Loving someone is not enough to make a life together, and it's okay to move on when it wasn't meant to
be. But if you scored anywhere near a total of 36 points-- then go ahead and shout it out: you're in love with a really great catch! You two are probably going to have many sweet memories together.