



*self-assessment*  
**ADOPTION QUIZ**

The goal of this quiz is to help you and your family identify, clarify, and discuss your feelings and goals about adoption. If you have a spouse or partner, complete the assessment separately, then compare and discuss your answers.

**1. Why do you want to adopt?**

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**2. On a scale of 1 to 10, with 10 being the highest, how badly do you want to adopt?**

1 2 3 4 5 6 7 8 9 10

**3. If partnered, which one of you is driving the adoption process?**

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|---|--|
| <input type="checkbox"/> Both want to adopt about the same  | <input type="checkbox"/> My partner (definitely) |
| <input type="checkbox"/> My partner (a little more than me) | <input type="checkbox"/> Me (definitely)         |
| <input type="checkbox"/> Me (a little more than my partner) |  |

**4. Will this driver/driven dynamic cause conflict in your relationship?**  Yes  No

**5. What age child would you prefer to adopt?**

- |  |   |
|--|---|
| <input type="checkbox"/> Newborn (birth to six months)     | <input type="checkbox"/> Infant (six months to two years) |
| <input type="checkbox"/> Preschooler (three to five years) | <input type="checkbox"/> Older child (six years or older) |



**6. Which of the following issues would you be willing to consider in an adopted child?**

- Blindness
- Drug-exposed
- Smoking-exposed
- Conceived through rape
- Nothing known about father
- Structural birth defect  
*(heart defect, cleft palate/lip, clubfoot, spina bifida, etc.)*
- Medical conditions in family history  
*(diabetes, epilepsy, etc.)*
- Deafness
- Alcohol-exposed
- Premature birth
- Conceived through incest
- Nothing known about mother
- Genetic birth defect  
*(cystic fibrosis, Down syndrome, cerebral palsy, etc.)*

**7. Which of the following racial heritages would you be willing to consider in an adopted child?**

- Any child
- Asian
- Caucasian
- Caucasian/Asian
- Caucasian/Native American
- Hispanic or South/Central American
- Middle Eastern
- Pacific Islander
- Arab/Middle Eastern
- African American
- Caucasian/African American
- Caucasian/Hispanic
- Eastern European/Slavic/Russian
- Mediterranean
- Native American (American Indian)
- Multiracial

**8. Would you consider adopting twins?**  Yes  No

**9. If partnered, do you feel you are stable in your relationship without having children?**  Yes  No

**10. Which friends and family members would you want to tell about your adoption plans? Which would be supportive and which would not?**

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**11. What level of openness are you willing to consider with birthparents?**

- Completely open adoption with reasonable boundaries
- Semi-open adoption, exchanging letters and photos only
- Closed adoption, completely confidential

**12. Would you be willing to comply with specific birth family requests regarding child rearing, such as religious instruction, name, or schooling?**  Yes  No

**13. Where would you be willing to adopt a child from?**

- Only in our state
- Only in our national region
- Anywhere in the United States

**14. How much time would you take off work during and after the adoption?**

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**15. How much money would you be willing to spend on an adoption?**

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**16. How much economic hardship would the cost of adoption cause?**

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**17. When and how do you feel children should be told they're adopted?**

- As early as possible
- Mid- to late-childhood
- Only when they ask
- Never
- Early childhood
- As adults
- Only when they find out

**18. Would you support or assist your child if he or she wanted to find, contact, or have a relationship with his or her birthparents?**  Yes  No

**19. Many adoptive parents experience failed adoptions before they successfully adopt. How would you handle a planned adoption that falls through?**

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**20. Will you or your partner change your workload outside of the home after the adoption?**

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|--|---|
| <input type="checkbox"/> Yes, I will stay at home with the child | <input type="checkbox"/> Yes, my partner will stay at home with the child     |
| <input type="checkbox"/> I will reduce my workload to part time  | <input type="checkbox"/> My partner will reduce his/her workload to part time |
| <input type="checkbox"/> We won't make any changes               | <input type="checkbox"/> One of us already stays at home                      |

**21. What do you feel you could give to a child?**

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**22. What aspects of childrearing are so important to you that you would find it difficult to compromise, such as discipline, religion, schooling, stay-at-home parenting, etc.?**

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**23. Are you prepared to love an adopted child as much as one you gave birth to biologically?**

- Yes  No

**24. If you struggled with infertility, would you prefer to continue infertility treatment before seriously pursuing adoption? Why or why not?**

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**25. Do you agree with any of the following statements:**

- Deep down, I feel I am being forced to adopt.
- When it comes to building a family, I see adoption as only second best.
- I feel that adoption is the last resort to achieving parenthood.

*If you agreed with any of these points, there is a good chance you have some significant unresolved issues that you might find beneficial to address and resolve prior to adopting.*

**26. What is the ideal adoption situation for you?**

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**27. Ideally, how many children would you like?** \_\_\_\_\_

**28. How long are you willing to wait to adopt?**

- Up to six months
- One to two years
- However long it takes
- Six months to one year
- Two to three years