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?

☐ Both want to adopt about the same
☐ My partner (definitely)
☐ My partner (a little more than me)
☐ Me (definitely)
☐ 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?
☐ Newborn (birth to six months)
☐ Infant (six months to two years)
☐ Preschooler (three to five years)
☐ 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/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
- □ Arab/Middle Eastern
- □ Asian
- □ African American
- □ Caucasian
- □ Caucasian/African American
- □ Caucasian/Asian
- □ Caucasian/Hispanic
- □ Caucasian/Native American
- □ Eastern European/Slavic/Russian
- □ Hispanic or South/Central American
- □ Mediterranean
- □ Middle Eastern
- □ Native American (American Indian)
- □ Pacific Islander
- □ 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?
______________________________________________________________________________________________________________________________

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

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

17. When and how do you feel children should be told they’re adopted?
- [ ] As early as possible  [ ] Early childhood
- [ ] Mid- to late-childhood  [ ] As adults
- [ ] Only when they ask  [ ] Only when they find out
- [ ] Never

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?
☐ Yes, I will stay at home with the child
☐ Yes, my partner will stay at home with the child
☐ I will reduce my workload to part time
☐ My partner will reduce his/her workload to part time
☐ We won’t make any changes
☐ One of us already stays at home

21. What do you feel you could give to a child?
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______________________________________________________________________________________________________________________________
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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  ☐ Six months to one year
☐ One to two years  ☐ Two to three years
☐ However long it takes