

What kind of last name is right for you?



NAMECOUNSEL

1. **How do you feel about nontraditional last names-- defined as any other than woman and children taking a man's last name-- in general?**
 - A. *Definitely a good idea.*
 - B. *Somewhat good idea.*
 - C. *Somewhat bad idea.*
 - D. *Definitely a bad idea.*

2. **Do you believe there is a social stigma attached to a nontraditional choice?**
 - A. *Definitely yes.*
 - B. *Probably yes.*
 - C. *No, not really.*
 - D. *Definitely no.*

3. **Do you think that a husband and wife should share a last name?**
 - A. *Yes, no matter what.*
 - B. *Usually, yes.*
 - C. *Not necessarily.*
 - D. *Definitely not.*

4. **Do you think that a mother and child should share a last name?**
 - A. *Yes, no matter what.*
 - B. *Usually, yes.*
 - C. *Not necessarily.*
 - D. *Definitely not.*

5. Which of the following statements best reflect your beliefs about the nature of feminism and equality and about how those concepts relate to you?

- A. Men are in charge and women should submit to their husbands' authority when it comes to important decisions.*
- B. Women and men are inherently equal and a couple should make all important decisions together.*
- C. Women are naturally passive, quiet and less opinionated, and even though the man isn't technically "in charge" he should make important decisions for his family.*
- D. Women and men are mostly equal and a couple should make decisions together, but when it's really important and someone has to make the final call the man should be the one to do so.*

6. How concerned are you about ancestry and maintaining that link via a surname?

- A. Very concerned. Having a surname that can be easily traced back multiple generations is very important to me.*
- B. Somewhat concerned. I'm a little worried about tracing ancestry if I choose a nontraditional surname.*
- C. Not very concerned. It might be more difficult to trace ancestry if we deviate from the traditional patriarchal system, but if we can map the human genome we can surely figure this out, right?*
- D. Not at all concerned*

7. How much emphasis do you place on whether or not your family of origin approves of your decisions?

- A. A lot of emphasis. It's important to me that my parents approve of all my major decisions*
- B. Some emphasis. I care a lot about what they think, but I make choices they don't agree with every now and then.*

C. Not much emphasis.

D. Little to no emphasis at all.

8. What is your earliest memory of knowing that your own full name really meant something to you?

A. Age 0-3

B. Age 4-6

C. Age 7-9

D. 10 or older

9. Have you ever been ashamed of your last name?

A. Yes, many times.

B. Yes, a few times.

C. Not really.

D. Definitely no.

10. How proud of your last name are you?

A. Very proud.

B. Somewhat proud.

C. Not very proud.

D. Not at all proud.

11. How much significance do you give to your own thinking, and to what extent do you believe that your thoughts create results in your life?

A. My thoughts are completely unrelated to the results I get in life.

B. My thoughts might be somewhat related to the results in my life, but I don't believe they are very significant.

C. My thoughts are important, and they probably do create some of the results in my life.

D. I give a great deal of significance to my own thinking, and believe that my thoughts definitely create the results in my life.

12. Are your decisions usually based on your own values, wisdom and analytical thinking or are you guided by unconscious influences?

A. My decisions are mostly guided by unconscious influences.

B. My decisions are always based on my own values, wisdom and analytical thinking.

C. I usually make decisions based on my values, but unconscious influences appear from time to time.

D. I try to stay true to my values, but often make choices based on unconscious influences.

13. Do you feel you would lose a part of your identity if you change your last name?

A. Yes! I would feel like I had lost a part of myself if I changed my last name and it would be hard to recover.

B. Yes, a part of my identity would probably be lost but I could adapt over time.

C. Not really, I can go with the flow.

D. Definitely not. My identity is not closely tied to my last name.

14. Are the career related moments you are most proud of closely attached to your name?

A. Yes! My name is a huge part of my career and I memories of my proudest moments include my last name.

B. Somewhat yes. My name is an important part of my career, but maybe not the most important part.

C. Not really. My name isn't one of the things I remember most when I think back on career related proud moments.

D. No. Not at all.

15. **Do you believe that your destiny is controlled by yourself or by external forces?**
- A. *Almost always controlled by myself.*
 - B. *Most often controlled by myself.*
 - C. *Most often by external forces.*
 - D. *Almost always controlled by external forces.*
16. **To what degree do you believe that romanticized fairy tale notions such as those of the maiden being carried off by a knight on a white horse and living happily ever after reflect reality?**
- A. *They are totally unrealistic.*
 - B. *There is some element of realism to them, but they are certainly dramatized.*
 - C. *There is very little that is realistic about romantic fairy tale notions.*
 - D. *They are very realistic. Life really can be like that!*
17. **To what extent do you want your last name to reflect your values?**
- A. *I want my last name to totally reflect my values.*
 - B. *I would like my last name to be reflective of most of my values.*
 - C. *It's not very important that my last name reflect my values.*
 - D. *What values? A last name can be related to values?!*
18. **Do you have a trust in yourself and a willingness to continue growing?**
- A. *I totally trust myself and am willing to continue growing.*
 - B. *I trust myself somewhat and think I am willing to continue growing.*
 - C. *I don't trust myself at all. Continued growth isn't likely.*
 - D. *I don't trust myself very much, although I do try to continue growing.*
19. **Do you believe that it's possible for you to be happy with the decisions you make about your last name?**

A. *Definitely yes.*

B. *Somewhat yes.*

C. *Probably not.*

D. *Definitely not.*

20. To what extent are you concerned about meeting others' expectations in general?

A. *Very concerned.*

B. *Somewhat concerned.*

C. *Not very concerned.*

D. *Not concerned at all.*

Calculating Your Score:

Use the following key to determine how many points you scored on each question, then add up your total number of points.

Question 1
A = 1; B = 2; C = 3, D = 4

Question 2
A = 4, B = 3, C = 2, D = 1

Question 3
A = 4, B = 3, C = 2, D = 1

Question 4
A = 4, B = 3, C = 2, D = 1

Question 5
A = 4, B = 1, C = 3, D = 2

Question 6
A = 4, B = 3, C = 2, D = 1

Question 7
A = 4, B = 3, C = 2, D = 1

Question 8
A = 1, B = 2, C = 3, D = 4

Question 9
A = 4, B = 3, C = 2, D = 1

Question 10
A = 1, B = 2, C = 3, D = 4

Question 11
A = 4, B = 3, C = 2, D = 3

Question 12
A = 4, B = 1, C = 2, D = 3

Question 13
A = 2, B = 1, C = 3, D = 4

Question 14
A = 2, B = 1, C = 3, D = 4

Question 15
A = 1, B = 2, C = 3, D = 4

Question 16
A = 2, B = 1, C = 3, D = 4

Question 17
A = 1, B = 2, C = 3, D = 4

Question 18
A = 1, B = 2, C = 4, D = 3

Question 19
A = 1, B = 2, C = 3, D = 4

Question 20
A = 4, B = 3, C = 2, D = 1

Assessment:

If you scored between 20 – 40 points: You have high self-esteem, your actions are closely aligned with your values, and you are most likely open to considering nontraditional family naming options. You believe in your own ability to find fulfillment in life, and you'll no doubt bring that same attitude to the table when it's time to decide on a last name. Go ahead and consider some of the more creative naming arrangements like combination names (i.e. Wilson and Field become Filson or Wield, or Mesner and Smith become Mesnersmith), new last names of special significance (i.e. Bell for mindfulness or Meadows for a love of open spaces) or hyphenation for the entire family.

If you scored between 41 – 60 points: You may be open to considering nontraditional options, but a part of you worries about what others will think. You're more likely to try something like hyphenation or keeping your maiden name if you see someone else close to you do it first. You are the type who will end up using different versions of your last name in different social situations, such as using your maiden name at work but allowing your husband's great aunt at the family reunion to call you by his last name. Do some soul searching and get off the fence! It's ok to be different.

If you scored between 61 – 80 points: You probably spend a good deal of time worrying about other people's opinions of you, or you are very traditional and don't really like change. In either case, the more creative and modern family naming options are probably not the best choice for you right now. If you feel a lot of frustration about your current place in the world, dig in and enlist professional help to get to the bottom of the issues. Begin by browsing recommended reading at www.NameCounsel.us. It's never too late to open your mind to new possibilities!