

Assessment
Dating Scale + Questions

Rate these statements on a scale of 1 to 10, with 1 being the least true and 10 being the most true to identify growth areas..

Statement	Currently (1-10)	Hope to Be (1-10)
I'm good at showing my sexual or romantic interest in others.		
I am comfortable starting casual conversations.		
I am good at using body language to flirt.		
I enjoy learning about another person's interests and am excited by making a real connection with others.		
I'm a good listener, and can empathize with another person's perspective even when I disagree.		
When I feel anxious or upset, I know how to calm myself down and get through it without blaming someone else.		
I pay attention to my needs, take care of myself and manage my stress.		
I am able to recognize immediately or after-the-fact if I've overreacted, and to adjust as needed.		
I accept disappointments and failures in my life and relationships and treat them as growth and learning experiences.		
I am comfortable letting go and being out of control.		
I am comfortable being in control.		
I enjoy my alone time.		
I know what I want and need pretty well.		
I like myself.		
I like my career path.		
I am financially stable.		
I am comfortable telling a close friend or partner how I feel even if it's negative.		
I know how to communicate what I want and need to others, and pay attention to timing, i.e. what is going on in the other person's life that might make it easier or harder to hear what I'm saying.		
I have a flexible vision for the life I want and my partner's role in it .		
I want to be in a relationship.		
I am comfortable talking about wanting to be in a relationship, and am prepared to make changes and choices that take another person's needs into account.		

Purple = Flirting

Turquoise = Mindfulness and Self-Compassion

Blue = Acceptance

Coral = Confidence

Green = Relationship Readiness + Relationship skills

RELATIONSHIP QUESTIONS

Describe your relationship patterns (what, with who, difficulties, length):

Do you feel you can give and receive love? Which is easier for you?

What values are essential to you in your relationships?

What are your goals in this area?

What are your strengths in relationships?

What do you see as your biggest challenge in relationships?

What are you looking for?

Why haven't you found it? What's stopping you?

If you are single, why do you think you are single?

What's your type?

What values would you like your ideal partner to embody? Please list these and place a check next to all those that you already embody in your own life.

