

The Dating Wheel Quiz

Score your self out of ten in the areas listed on the wheel overleaf. This is going to be a lot more helpful if you can be totally honest and realistic, even if that means you don't come off looking as good as you might. You may even want to get one of your more critical friends involved for the real truth.

Score yourself on the basis of your overall feeling during the last three months. Below are explanations for the kind of things you need to consider in each area. Then, you need to prioritise your weak areas if you want to make Finding Mr. Right a reality.

Sexually Confident and Competent: Sexual chemistry is a major factor in keeping a long-term relationship passionate. Are you able to discuss all your likes and dislikes with your partner? When problems arise are you able to resolve them easily or do you sweep them under the duvet? Are there any things you already know about that may be getting in the way of you being the sexual Goddess you were born to be?

Attractive and Available Image: If you are getting into the dating game it's important that you take the time to look your best, all the time. How much time and energy have you invested in ensuring that you come across as warm, feminine and approachable? Have you had a recent makeover? Does your wardrobe accentuate your assets?

Relationship is an Absolute Priority: Finding Mr Right is not always going to be fun. You may well date a few toads, just don't kiss them. Have you freed up the space and time to be able to devote to Finding Mr. Right? Are you caught up in any family dramas? Do you have friends that drain you? Are you addicted to anything (alcohol, coke, food, romance etc.) that could get in the way?

Communication and Conflict Resolution: Given the goal is to develop a long-term relationship, the ability to communicate effectively is essential. How able are you to be totally open and honest? Do you tend to react when you'd rather respond? Do you suspect your expectations of your partners may be unrealistic? Are you able to take 50% of the responsibility for your past relationships not working?

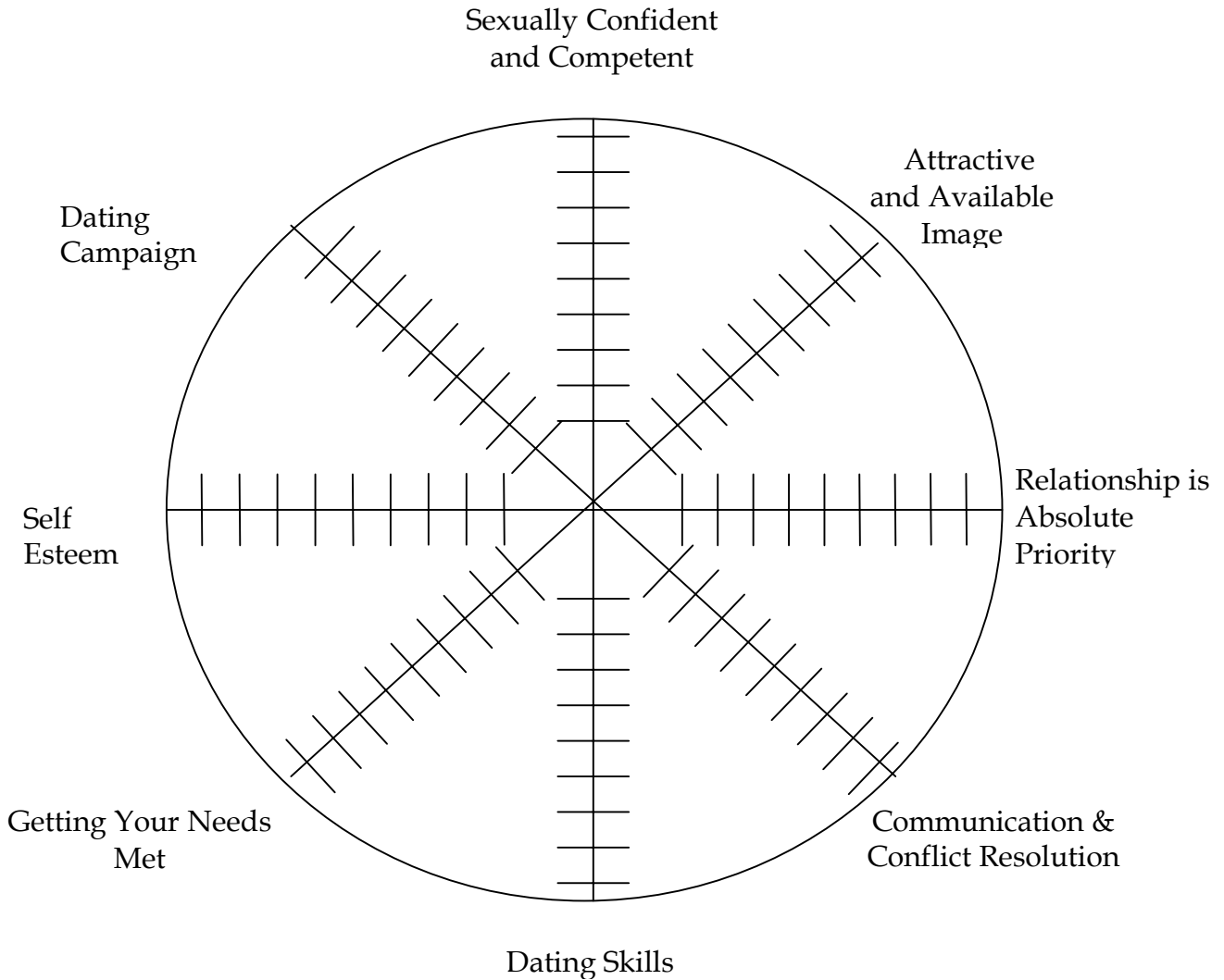
Dating Skills: Your early dates are incredibly important when it comes to capturing someone's attention. How comfortable are you with flirting? How good are you at generating someone's excitement? Are you a person that people are thrilled to spend an evening with? Do you know how to get the answers to the questions that are important to you?

Getting Your Needs Met: You are a needy individual whether you like it or not. The important thing is that you clearly understand what your needs are so you can get them met appropriately rather than pushing people away with them. Coming up with better ways of getting your needs met avoids confusion and problems in your life enabling you to form healthier relationships, including one with Mr. Right.

Self Esteem: Given we tend to attract our emotional equals are you in the best shape you can be? Are you happy and content? Do you radiate confidence? Remember you could be spending a lot of time with the people you attract. More importantly you spend all your time with you. How much do you love you?

Dating Campaign: What are you doing right now that gets you exposure to the opposite sex? How often are you striking up conversation with potential dates? How many dating sites are you registered with? Do you have an accurate yet flattering photo of yourself? Have you had enough dates in the past month that you are confident of meeting that special person sometime in the next year? Are you investing the same amount of energy you'd invest in finding a new career, buying a new home or even just hanging out with your friends? How much time are you actually putting into Finding Mr Right?

'The Dating Wheel'



The 8 sections represent the potential for a balanced approach. Take the centre, or hub, of the wheel as 0 (totally dissatisfied) and the outer edge as 10 (totally satisfied). Rank your level of satisfaction with each area of your approach by putting a cross on the relevant spoke.

Draw a line to join the crosses.

How balanced does your wheel look?

***If you'd like to create a more balanced relationship,
please contact The Relationship Gym.***

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