

# Quality of My Dating Experiences

For the following assessment consider your current or most recent dating experiences. As you do consider each item think about “what is” rather than “what should be or could be.” Consult the scoring key only after having completed the assessment. Answer T=True or F=False. You might consider copying this and having one of your dates take it for comparison.

1. T/F I tend to date people even if I don't like them that much
2. T/F Sometimes my dates get violent
3. T/F I get about as much out of dating as my partners get out of it
4. T/F Dating is fun
5. T/F Dating takes my mind off every day things
6. T/F I enjoy sharing information about myself on the first date
7. T/F I often feel overly pressured to kiss, hold hands, or give other forms of physical affection
8. T/F I never know what to talk about on a date
9. T/F I tend to date only people I would consider for marriage
10. T/F The only real way to get close to my date is by having sex
11. T/F I usually know what I want to do on a date and express it to my partner
12. T/F My partner should do all of the talking on our dates
13. T/F I sometimes go out with people I have previously broken up with
14. T/F If things get out of control on a date, I'll call it off
15. T/F Dating is something people do to find a marriage partner, not for just for fun
16. T/F I often kiss, hold hands, or give other forms of physical affection when I don't want to
17. T/F I dislike doing all of the work on a date
18. T/F Dating is about competition for the best-looking and most popular dates
19. T/F I have punched/slapped or been punched/slapped on dates
20. T/F I tend to have the most power on my dates
21. T/F Dating involves taking too many chances
22. T/F I have never been able to ask someone out
23. T/F When I date “steady” I sometimes will see others secretly
24. T/F I just can't tell my date that I don't want to see him or her again
25. T/F I typically date people of equal quality
26. T/F It's up to my partner to make things go smoothly on the date
27. T/F Most of my dates want physical affection and will comply if I pressure them enough
28. T/F Rejection is part of the dating game; I am not overly bothered by it
29. T/F If it's a good date one of us has to spend money
30. T/F If I end up in a social setting that I am uncomfortable with then I'll leave \_\_\_\_\_

**Scoring Key** Grade your assessment using the following key:**1-F,2-F,3-T,4-T,5-T,6-T,7-F,8-F,9-F,10-F,11-T,12-F,13-F,14-T,15-F,16-F,17-T,18-F,19-F,20-F,21-F,22-F,23-F,24-F,25-T,26-F,27-F,28-T,29-F,30-T.** This assessment is scored in favor of healthy and meaningful dating practices.

Give yourself 1 point for each correct answer. A higher score indicates higher quality dating. Look at any items you missed and consider why your response might be healthy or unhealthy. Do you disagree with any of these items? How does your date feel about them? What changes do you plan to make if any? Do the findings from this assessment accurately reflect you, your expectations, and your life experience? Why?