

THE SURVEY WORKSHEET

Below is a list of thoughts that linger in many people's minds. Rate your level of belief in each statement from 1 = Don't Identify to 10 = Strongly Identify. Don't think too hard on your response; simply write a number that relates to your first gut reaction.

RELATIONSHIPS

1 2 3 4 5 6 7 8 9 10

Men/Women can't be trusted.

Men/Women are only looking for one thing.

Marriage is scary.

I don't know anyone happily married.

Marriage should be easy.

Marriage is like a cage.

Dating is hard.

I believe marriage is the answer to my current problems.

All the good ones are taken.

It's hard to find someone who's just right for me.

Small talk is tedious and a waste of time.

I should feel sparks immediately, otherwise it's not a good match.

There's only one soul mate out there for me.

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I need to find someone just like me.

I'll never meet someone who's also as
open minded/ creative/ worldly I am.

There are no good men/women out there.

Men have to be taller & stronger than women.

Men have to make more money than women.

I have to date someone who looks like a model.

I have to be really sure about someone
before even thinking about dating them.

I don't have the time/energy/emotional bandwidth
to give a relationship the attention it needs.

I'm not attractive enough.

My partner should know what I want without
my having to spell it out for them.

Women shouldn't ask men out.

Women shouldn't pay.

I can't date someone who is divorced.

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Men should marry younger women.

There must be something wrong with me if I'm not married yet.

People think I'm too picky.

I'm not good enough for my dream partner.

If I found the perfect partner, then I would be happy.

I'm not likable enough.

I don't have what it takes to be a good parent.

I'm not good at relationships.

I'm not lovable.

There's something wrong with me.

If people got to know me, they wouldn't like me.

Men/Women are fickle.

I'm scared of being stuck with the same partner forever.

My parents are divorced, which means I'm bound to get divorced as well.

How'd it go? Did you find beliefs you didn't realize have been lurking in your closet?

You know what to do. Inquire. Inquire. Inquire. Find peace through the art of asking questions.

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