



If You Met Yourself — Would You Date You? A Self-Assessment





INTRODUCTION

This self-assessment is designed to help you take an honest look at how you show up in dating and relationships.

This is not about judgment.

This is not about perfection.

This is about clarity.

Many people say they want something different in their dating life — but rarely pause to examine the habits, expectations, and behaviors they bring into connection.

We often focus on what we *want* from others, without asking how we *participate* in the dynamics we experience.

This assessment invites you to step back and look at yourself — beyond profiles, assumptions, and surface-level attraction — so you can begin choosing better with intention.

There are no right or wrong answers here.

Only awareness.



SECTION 1: HOW YOU SHOW UP

Before considering who you want to date, it's important to understand how you currently show up.

Take a moment to reflect honestly on the following:

- How would you describe your emotional availability right now?
- Are you open to consistency, communication, and effort — or guarded and selective with your energy?
- How do you typically express interest, curiosity, or boundaries?
- When something feels uncertain, do you lean toward clarity or avoidance?
- How do you respond when someone doesn't meet your expectations right away?

Showing up intentionally doesn't mean having everything figured out — it means being aware of how your actions impact connection.

Reflection Prompt:

If someone experienced you the way you experience others, what would stand out most?



SECTION 2: PATTERNS & HABITS

Patterns repeat until they're recognized.

Instead of labeling past experiences as “bad luck” or “wrong people,” consider what they might be teaching you.

Reflect on the following:

- What patterns seem to show up repeatedly in your dating experiences?
- Are you drawn to similar personalities, situations, or emotional dynamics?
- Do your relationships tend to end for similar reasons?
- Are you choosing intentionally — or choosing what feels familiar?

Patterns are not failures.

They are information.

Awareness creates the option to choose differently.

Reflection Prompt:

What feels familiar about the connections you've had — even when they didn't work out?



SECTION 3: EXPECTATIONS VS. REALITY

Expectations shape experience.

Sometimes we hold others to standards we don't fully apply to ourselves — or expect connection to feel effortless without contribution.

Consider the following:

- Do your expectations align with what you currently offer?
- Are you clear about what you need — or hoping someone will figure it out?
- How flexible are you when reality doesn't match your ideal?
- Do you value growth, or only comfort?

Healthy connection isn't built on perfection.

It's built on alignment, communication, and mutual effort.

Reflection Prompt:

What expectations might be worth re-examining?



SECTION 4: ATTRACTION, INTENTION & CHOICE

Attraction brings people together.

Intention determines whether they stay connected.

Reflect honestly:

- What initially attracts you to someone?
- What keeps you engaged beyond chemistry?
- Do your choices reflect your long-term intentions — or short-term comfort?
- Are you choosing consciously, or reacting emotionally?

Choosing better doesn't mean choosing perfectly.

It means choosing with awareness.

Reflection Prompt:

Are your dating choices aligned with the life and relationship you say you want?



SECTION 5: THE MIRROR

Now return to the central question:

If you met yourself — would you date you?

Reflect carefully:

- What qualities would feel appealing?
- What behaviors might feel challenging?
- What would feel secure?
- What might feel uncertain?

This question isn't meant to discourage you.
It's meant to empower you.

Awareness is the foundation of better choices.



CLOSING

This self-assessment is not the answer — it's the beginning of a conversation.

A conversation about:

- Self-awareness
- Accountability
- Intention
- And real connection

Join us on **Beyond the Profile**, where we host real conversations with men and women of different ages and experiences — beyond profiles and assumptions — to help you choose better in dating and your relationships.

Swipe Less. Connect More.