

dating skills questionnaire

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Introduction

When you are young, forming romantic relations is often effortless and spontaneous. Lots of people are single and you are all looking to form romantic relationships. As you get older, dating gets harder. Your friends seem to be paired up, the world can seem to be full of couples and you seem to meet fewer potential partners. What was once effortless and spontaneous can seem daunting. You are not sure quite what to do to ask someone out nor where to go to find people to date. If you find yourself in this position, you are not alone.

The first thing to learn about dating is that in order to be successful, you need to have knowledge, attitudes and skills about how to form romantic relationships. The Dating Skills Questionnaire is designed to help you develop your understanding of what these skills are, assess your current position against them and provide advice and tips to put you on the road to success. We aim to help you by giving you some insights into your personality and current behaviors and showing you how you can sharpen up your act.

The Dating Skills Questionnaire assesses attitudes towards romantic relationships, personality characteristics that affect your dating behavior and specific sets of skills that will help you be more successful in forming romantic relationships. These cover the following areas.

Romantic Ideals. Do you believe in romantic destiny and think that potential relationship partners are either meant for each other or not? Or do you believe that successful relationships grow over time, and that challenges in a relationship make lover stronger?

Personality Characteristics. Personality traits such as extraversion and empathy influence how you approach relationships, the types of relationships you prefer and how you come across to other people.

Conversational Skills. The ability to hold a conversation is crucial in forming and sustaining a successful romantic relationship.

Specific Dating Skills. These are specific skill sets you need to be successful in different stages of dating - for example, finding dates, asking for a date, flirting and sexual intimacy.

Please keep in mind that this report has been generated by a computerized expert assessment system and substantially reflects the answers made by you. Due consideration must be given to the subjective nature of questionnaire-based ratings. We can accept no liability for the consequences of the use of this report and this includes liability of every kind for its contents.

Dating Skills Profile

The profile chart on the next page illustrates how you rated yourself on the dimensions assessed by the questionnaire.

You rated yourself as 8 or above on Dating Etiquette and Outward Show. These are green flag areas on the profile sheet. They are the personal qualities and skills that will help you find someone to date and sustain a successful relationship. You don't need to make any changes in these areas to improve your dating skills.

You rated yourself as between 4 and 7 on Listening Skills, Self-Esteem, Sexual Intimacy, Gregariousness, Approachability and Finding Dates. These are amber flag areas on the profile sheet. These mid-range scores suggest that you are as knowledgeable and skilled at these aspects of dating and relationships as the average person. Within this range, a score of 7 indicates that you are pretty competent whereas a score of 4 suggests an area where your skills are a bit rusty. In the next section, we give advice on actions you can take to improve your attractiveness and increase your dating potential.

You rated yourself as 3 or less on Conversational Style, Asking Out and Flirting Skills. These are red flag areas on the profile sheet where your dating skills seem rusty. You need to work on things here to improve your chances of successful dating. In the next section, we give advice on actions you can take to improve your attractiveness and increase your dating potential.

Dating Skills Profile

1	2	3	4	5	6	7	8	9	10	Dimension	Behaviors and Attitudes	Desirable Qualities
.	<	...	>	.	Dating Etiquette	Prepares for date, dresses up, takes things slow, lets things happen, keeps conversation light and flowing.	Organized, polite, relaxed, well-mannered.
.	<	...	>	.	Outward Show	Pays attention to appearance, tries to look smart, confident about looks, gets positive feedback from other people.	Smart, well-dressed, stylish, fashionable.
.	<	...	>	.	.	Listening Skills	Makes people feel at ease, listens to their views and opinions, asks questions to find out about them.	Attentive, sensitive, warm, perceptive, genuine.
.	<	...	>	.	.	Self-Esteem	Feels good about self, is ready for new relationships, does not have any leftovers from previous relationships.	Confident, self-possessed, emotionally stable.
.	.	.	.	<	...	>	.	.	.	Romantic Ideals	Believes in destiny, thinks you either get along or you don't, is looking for the perfect mate.	Romantic, optimistic, patient, persistent.
.	.	.	.	<	...	>	.	.	.	Sexual Intimacy	Comfortable about sexuality, knows how to initiate intimacy, prepared to refuse an unwanted sexual advance.	Sensitive, responsive, patient, communicative.
.	.	.	<	...	>	Gregariousness	Enjoys parties and social gatherings, invites people to socialize with, displays self-confidence and social skills.	Sociable, outgoing, playful, pleasure-seeking.
.	.	<	...	>	Approachability	Makes friends easily, tries to connect with people and get to know them, is fun to be with.	Friendly, pleasant, affable, welcoming
.	.	<	...	>	Finding Dates	Goes out to meet friends and possible dates, is active in singles scene, knows where to go to find dates.	Active, determined, enthusiastic, energetic.
.	<	...	>	Conversational Style	Initiates conversations with people, has plenty to talk about, gets people to open up and talk.	Talkative, chatty, fluent, approaching
.	<	...	>	Asking Out	Knows how to ask a person for a date, not afraid of rejection, goes after people he/she is interested in.	Assertive, self-assured, pushy, dynamic.
...	>	Flirting Skills	Flirts with people, smiles a lot, goes after people that he or she is attracted to, willing to show affection.	Flirtatious, playful, teasing, engaging.

Romantic Ideals

Personality psychologists have found that attitudes to relationships fall into two categories - idealists and pragmatists. The idealists are people that believe in romantic destiny and think that potential relationship partners are either meant for each other or not. Idealists think that successful relationships are mostly a matter of finding a compatible partner and that you either get along with a date or you don't. Pragmatists on the other hand believe that successful relationships grow over time, and that challenges in a relationship can make lover stronger. So one issue to think about is where you lie on this spectrum. If a date never gets off the ground, it could well be because either you or your dating partner has concluded that you were never meant for each other.

Compared to the responses of other people, your responses suggest that you can be described as someone who lies in between the extremes of the idealist and pragmatist. In other words, you have pretty realistic and balanced beliefs about relationships. You are looking for a compatible partner but you realize the importance of learning and growing together and the value of negotiation and communication.

Dating Etiquette: Strength

Nothing terminates potential relationships faster than a Terminator approach. Be aware and sensitive to your culture's dating etiquette. Prepare for your date, dress up, arrive on time, be courteous and polite, keep the conversation light and positive, don't talk about failed romances, give your dating partner time to get to know you. These are basic elements of dating etiquette that create solid friendships and will always stand you in good stead even if you don't hit it off romantically.

Observation # 1

Compared to the responses of other people, your responses suggest that you can be described as someone who sticks to your country's expectations about how to behave on a date. In other words, you take care to look your best, try to be courteous and polite, do your best to show interest in your dating partner etc. This will stand you in good stead.

Advice & Tips

Dos

- Dress up
- Turn up on time
- Organize the date in advance
- Take things slowly
- Be polite and courteous
- Get to know your partner

Don'ts

- Turn up late
- Forget to shower
- Ignore your appearance
- Forget to bring money
- Be rude and insensitive
- Talk about your problems

Outward Show: Strength

Appearances count for a lot in dating, especially in the early stages of a relationship. Appearances can of course be deceptive, and the person you thought was your dream partner turns out to be a disappointment. Some people look good with very little effort. For the rest of us, it pays to take care to dress up and look our best. If you take care about your appearance, you will feel good about the way you look and project confidence. You can also put on a good outward show by preparing for your date. You are less likely to create the conditions for a successful encounter by not dressing up, arriving late and having no money.

Observation # 2

Compared to the responses of other people, your responses suggest that you can be described as someone who tries to look smart and often gets positive feedback from other people. You care about your physical appearance and try to look your best. Taking care to make yourself look attractive is one of your strengths.

Advice & Tips

Dos

- Take care to look your best
- Ask advice from friends about how to improve your looks
- Dress appropriately for the occasion
- Make sure you are clean and smell nice
- Try to feel good about yourself
- Radiate self-assurance

Don'ts

- Ignore your personal appearance
- Fail to make an effort
- Forget to take a bath or shower
- Imagine that appearances don't count
- Go on a date with dirty nails
- Fish for compliments

Listening Skills: Scope for Improvement

How good are your listening skills? Do you know how to really listen to what another person has to say? Do you know how to ask questions and provide feedback in order to help a person express their feelings and emotions? Do you understand the importance of showing interest in your partner, their interests and aspirations? Or are you the type of person who likes to talk and finds it hard to listen? Talking too much is a sure sign that you aren't listening. Do you switch off and get bored if you are not the focus of attention? Think of a good conversation like a successful rally in a tennis match where both partners take turns to talk and listen. Give time to get to know a person and give others time to get to know you.

Observation # 3

Compared to the responses of other people, your responses suggest that you can be described as someone who is generally warm and agreeable, but you can sometimes be stubborn and difficult. You usually show interest in other people and you are quite a good listener. You are as skilled at establishing rapport and listening as the average person.

Advice & Tips

Dos

- Ask questions
- Show interest
- Be warm and genuine
- Really listen
- Show empathy
- Allow your partner time to talk

Don'ts

- Ignore your partner's questions
- Look away when your partner speaks
- Let a conversation turn into an argument
- Look bored and disinterested
- Do all the talking
- Act like Terminator

Self-Esteem: Scope for Improvement

If you are being interviewed for a job or giving a presentation, it is important to come across as confident. Dating is essentially a mutual interview for a relationship and your partner will be influenced by your attitude and confidence. Dress up, prepare for your date, think ahead about what you are going to talk about, keep the conversation light and positive and let things proceed at their own pace. Performance is always enhanced by preparation. If you are recovering from a previous relationship, talking about your ex is a real turnoff. Remember that it is perfectly natural to feel nervous before a date just as it is before a job interview. In fact, a certain level of tension is a good thing because it will make you more alert.

Observation # 4

Compared to the responses of other people, your responses suggest that your self-esteem is about the same level as the average person's. In other words, you usually feel pretty good about yourself but there are times when you feel a bit low. You may have some emotional leftovers from previous relationships/dating experiences.

Advice & Tips

Dos

- Act confident
- Keep the conversation positive
- Talk about things that make you feel good
- Be optimistic about the future
- Radiate enthusiasm
- Put bad experiences behind you

Don'ts

- Talk about your problems
- Talk about your ex
- Act all nervous and flustered
- Start acting depressed
- Lie about your past
- Get into an argument

Sexual Intimacy: Scope for Improvement

Sexual intimacy covers the ability to initiate sexual relationships as well as refuse an unwanted sexual advance. People deploy a range of strategies to initiate sexual intimacy - for example, showing interest, being attentive, using touch, asking directly, spending time together, visiting your partner unexpectedly etc. If you are willing to have sex in an early encounter, make sure you are prepared.

Observation # 5

Compared to the responses of other people, your responses suggest that you can be described as someone who is as sexually skilled as the average person. You are pretty comfortable about your sexuality and confident about your ability to initiate intimacy and enjoy sex though there are probably occasions when you feel a bit unsure of yourself.

Advice & Tips

Dos

- Make the setting romantic
- Get to know your date
- Spend time together
- Act interested
- Let things proceed at their own pace
- Refuse unwanted advances

Don'ts

- Act like Terminator
- Engage in unsafe sex
- Give out mixed signals
- Get drunk
- Feel pressured into having sex
- Make your partner feel small

Gregariousness: Scope for Improvement

Are you extravert, outgoing, fun-loving and humorous? Or are you introverted, reserved, distant and remote? Do you suffer from shyness and social anxiety? Most people are neither very extravert nor very introvert but somewhat in between these extremes. Whatever your personality traits, social skills are important in dating. If you have good social skills, you will not only get dates more easily but the partners you date will find you a pleasure to be with.

Observation # 6

Compared to the responses of other people, your responses suggest that you can be described as someone who is moderately outgoing and high-spirited. You enjoy parties and social occasions as much as the average person. Like most people, there are times when you feel like partying and other times when you feel like staying in and having a quiet night.

Advice & Tips

Dos

- Accept invitations to social events
- Participate in social events
- Get yourself out and about
- Join clubs or classes to meet people
- Do new things where you are likely to meet people
- Broaden your social network

Don'ts

- Refuse invitations to go out
- Stay in the background at parties
- Expect other people to approach you
- Stay at home waiting for the phone to ring
- Be unfriendly
- Do nothing

Approachability: Scope for Improvement

How approachable you are is important in dating because it affects how quickly you make new friends. It also influences whether someone who is attracted to you feels able to engage with you. If you are personable and approachable, you will draw people to you. If you are pleasant and good-natured and welcoming, there is a good chance that you will be asked out. A potential partner will recognize that you will introduce them to a new social circle and that you will be fun to be with. Of course, you may be the type who prefers to be with a few close friends rather than surrounded by lots of people. Whatever your personality, it helps in dating to project a warm friendly image.

Observation # 7

Compared to the responses of other people, your responses suggest that you can be described as someone who is generally quite approachable. You make friends as easily as the average person. You enjoy the company of others but you also value your privacy.

Advice & Tips

Dos

- Smile, smile, smile
- Acknowledge people you know
- Introduce yourself to people you don't know
- Ask about after people's well being
- Take time to chat to people
- Enlarge your social network

Don'ts

- Fail to respond to people
- Ignore people you know
- Stay away from social events
- Wait for people to approach you
- Fail to show interest in other people
- Hide yourself away

Finding Dates: Scope for Improvement

When you are young, dating is often spontaneous and effortless because everyone is in the same position looking for a friend. As you get older, dating can be much harder. The world can seem to be full of couples and there appear to be few potential partners. What was effortless in your teens now seems daunting. The thing to realise is that looking for a date is very much like looking for a job. Dating, like job seeking, requires skills, energy and persistence. You need to be active and get out and about to meet new friends and find potential dates. Don't stay at home waiting for the world to come to you.

Observation # 8

Compared to the responses of other people, your responses suggest that you can be described as someone who is as energetic as the average single person looking for a date. You are moderately active in your efforts to meet new people and find potential partners to date. The more you persevere, the more you are likely to get what you want. Don't hang around waiting for people to come to you.

Advice & Tips

Dos

- Get out and about
- Ask your friends to help you
- Accept invitations to go out
- Take up opportunities to make new friends
- Actively look for potential dating partners
- Try different strategies

Don'ts

- Expect for the world to come to you
- Wait to be asked out
- Do nothing
- Be inactive
- Rely on only one or two methods
- Expect to find the perfect partner straightaway

Conversational Style: Need to Work on

When you meet someone for the first time, do you know how to engage them in conversation? Are you prepared to make the running or do you expect the other person to do most of the talking? If there is a lull in the conversation, do you know how to fill it or do you look away and feel uncomfortable? The art of talking - for example, engaging in idle chat, communicating your feelings and emotions, saying nice things about the other person - is important in the dating game. Remember that communication is the glue in a stable relationship and your ability to strike up and hold an interesting conversation will be a crucial factor in how you are assessed by people you date.

Observation # 9

Compared to the responses of other people, your responses suggest that you can be described as someone who is quiet and often lets other people do the talking. As you are not a very chatty person, you sometimes find it quite hard to keep conversations going with new dates.

Advice & Tips

Dos

- Be prepared to initiate conversations
- Show interest in your partner's life
- Stay off heavy subjects
- Invite your partner to express their views and opinions
- Keep the conversation light and positive
- Give your partner positive feedback

Don'ts

- Look bored or anxious
- Talk about yourself all the time
- Interrogate your partner
- Talk about your ex
- Ask inappropriate questions
- Expect the other person to make the running

Asking Out: Need to Work on

If you can't pluck up the courage to ask someone out, you will never know what might have happened. It is possible that you may be lucky and find that the person you have set your heart on asks you out. You may receive so many offers from others that you don't need to take the initiative yourself. This is not, however, most people's experience. Don't let the possibility of being turned down stop you asking someone out. It is perfectly normal to be afraid of rejection. Take the initiative. Other people are shy too. And if you do get rejected, don't treat it like some personal catastrophe - you have not shown yourself up nor made a fool of yourself. With practice and persistence, you will acquire confidence and skills that will help you succeed.

Observation # 10

Compared to the responses of other people, your responses suggest that you can be described as someone who finds it hard to ask someone out for a date. You seem to be put off by the fear of being turned down. Consequently, you are hesitant about going after people you are interested in. To increase your dating potential, you need to develop a more positive attitude about asking for dates and stop being afraid of rejection.

Advice & Tips

Dos

- Be prepared to ask people out
- Use your friends to check out availability
- Take a risk - others are shy too
- Go after people you are really attracted to
- Expect to get some rejections
- Be patient and persistent

Don'ts

- Let the possibility of being turned down stop you trying
- Wait for someone you are interested in to make the running
- Let an opportunity slip by
- Think you are a failure if you get rejected
- Let yourself get depressed if you are turned down
- Wait for people to come to you

Flirting Skills: Need to Work on

Flirting skills will help you get many dates and be popular. Flirting does not mean batting eyelashes or coming on too strong or dressing or acting provocatively. Flirting is a subtle skill about projecting your personality and signaling your interest in a potential partner. You can do this by showing up unexpectedly, using eye contact, smiling and displaying affection using touch. Flirting is about demonstrating that you are attractive and fun to be with. Be a good conversationalist and a good listener and be warm and generous with your compliments. Find things to share with others and laugh about. Project your personality and remember - practice makes perfect.

Observation # 11

Compared to the responses of other people, your responses suggest that you don't tend to flirt with people and you tend not to show physical affection. You may come over as a bit demure and unsmiling. If you do not flirt with potential partners, they may not be aware of your interest in them. Think about how to communicate your feelings and emotions and signal interest.

Advice & Tips

Dos

- Smile, smile, smile
- Go after people you are attracted to
- Let people know you are interested
- Turn up unexpected
- Be attentive
- Use touch sparingly

Don'ts

- Come on heavy
- Act too provocatively
- Send conflicting signals
- Miss opportunities to show interest
- Touch inappropriately
- Tease if you aren't serious