

## ***Longing for Belonging Quiz***

4= often 3= sometimes 2=not very often 1= never

- \_\_\_\_ I feel a sense of relief when I don't have to be alone
- \_\_\_\_ Any relationship is better to me than no relationship
- \_\_\_\_ If I'm not in a dating relationship inside I feel less desirable
- \_\_\_\_ My dating & romantic relationships are really more about me being selected than me doing the selecting
- \_\_\_\_ Honestly, I don't have a very clear picture of the qualities I look for in a close relationship
- \_\_\_\_ I don't like to be alone
- \_\_\_\_ I feel a little panic when I think of not having someone to be close to
- \_\_\_\_ When I'm dating someone I feel better about myself
- \_\_\_\_ My idea of a rotten weekend is not having someone to hang out with
- \_\_\_\_ I'm tempted to settle for most any relationship because I don't really know if I can find someone better

### **Add up score**

40-30= you are desperate

29-20= normal- you still have work to do

19-10= you're in good shape for being a secure person

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