

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