

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