

Dealing With Dating Plateau

1. Proud

Would you feel proud to show them off to your friends/family?

2. Parent

Can you see them being the mother/father of your children?

3. Company

Are you excited at the prospect of taking a road trip with them?

4. Time

Is time flying by or dragging along when on a date?

5. Conversation

Are conversations flowing organically?

6. Comfortable

Do you feel like you can be your true self around them?

7. Game Over

If they were to call it off today, how would you feel?

8. Familiarity

Do they feel familiar to you?

9. Awkward

Are there many awkward silences or uncomfortable moments?

10. Goodbye

Do you find it hard to say goodbye at the end of the date?

11. Pet Peeves

Is there anything about them that bothers you particularly?

12. Mirror

Are you the kind of person you would want to date?

Do you hold all the values you are seeking?

13. Anticipation

Are you anticipating your dates?

In between dates, do you miss them, think about them, and feel eager to share your thoughts & experiences?

14. Feel

How do they make you feel in their presence?

15. In Sync

Do you share the same outlook, attitude, goals, and values?

Do you feel like a team?

Do you finish each other's sentences?

When you're together, do you feel like you're in your own bubble and nobody/nothing else matters?

16. Security

Do they make you feel safe, secure, and taken care of?

17. Spark

Do you feel a spark, a connection?

Do you come home smiling or stressed?

18. Interest

Do they show a keen interest in you and your life?

19. Happy

Are you constantly thinking of ways to make your date happy?

20. Feedback

Are you eager to hear their feedback in between dates?

Evaluation Tool - Scale of 1-10

Use this tool to evaluate your dating experience and chemistry

- 1-4 = Not for me
- 5 = Neutral
- 6 = Potential
- 7 = Good
- 8 = Very Good
- 9 = This is the one
- 10 = Mazal Tov

14 Signs of chemistry/attraction

- You can't wait to introduce them to your family & friends
- You love the idea of spending extended periods of time with them
- Time flies when you're with them
- You feel your true self around them
- You would be very upset if they were to call it off
- You feel a sense of familiarity with them
- It's hard to say goodbye at the end of the date
- You think about them and miss them in between dates, and can't wait to share experiences with them
- You have a lot in common
- You feel like nobody/nothing else matters when you're with them – you're in your own bubble
- They make you feel important, safe, and nurtured
- You feel sparks when you're together
- You find yourself constantly thinking of ways to make them happy
- You can't wait to hear their feedback