



Successful Dating

How To Attract The Right Partner

PERCEPTION EXERCISE

Difficult Questions To Ask Yourself

Be honest and truthful in your answers. You may not like what you write but if you know where you stand, we can address the points you don't like.

- Do people know about me or am I pretty much invisible?

- Do people remember my name or is it frequently forgotten or confused?

- Do people seem to understand what I'm about or do I always have to explain things?

- Do I get a lot of compliments & praise or do people seem to moan & grumble?

- Do people come to me easily?

- Do people mention me when I'm not around (positively)?

- Am I happy with the answers above?

Remember these answers are individual to you. Depending on your personality, values and life experience, you will either be satisfied or want to change certain things, which this course and exercises will allow you to do.



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Do I Come Across The Way I Want To?

Ask 1 person in each of the following 6 categories to describe you in 5 words.

- Someone you have known for years but not close to
- Someone you have known for years but not spoken to for a while
- Someone you have known for years and close to
- Someone you have known for a very short period of time
- An acquaintance (i.e. neighbour)
- A work colleague

Someone you have known for years but not close to	Someone you have known for years but not spoken to for a while

Someone you have known for years and close to	Someone you have known for a very short period of time

Acquaintance	Work colleague

You may be surprised by some of the results – Are you coming across as you thought?