



# Be Delicious Dating Date or Relationship Assessment

All About Me: (How you feel about your date & your preferences)

Length of Relationship: \_\_\_\_\_ Where did you meet: \_\_\_\_\_

## How's Your Chemistry for Them (How do you feel about them?)

Physical chemistry generates desire. 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Emotional chemistry generates affection. 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Mental chemistry creates interest. 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Spiritual chemistry creates love. 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

## The Right Amount of Attention for Me (What is most important to you?)

How much energy are you putting in? 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Do you like their date style? 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Do you like their call style? 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Do you like their text style? 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Does their attention style work for you? 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

## My Love Language (What is most important to you?)

Words of Affirmation 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Quality Time 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Acts of Service 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Physical Touch 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Receiving Gifts 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

## Attachment/Commitment Style (What is your attachment style? Are you ready?)

Avoidant - 1 | Anxious - 5 | Secure - 10 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Do you feel fully respected? 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Do you have a future together? 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Your Date's Name: (Assess how your date feels about you)

First Move: Me Them Who asked for the first date: Me Them

## How's Their Chemistry for You (Use your best objective guess!)

Physical chemistry generates desire. 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Emotional chemistry generates affection. 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Mental chemistry creates interest. 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Spiritual chemistry creates love. 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

## Do They Provide the Right Amount of Attention for You

How much energy are they putting in? 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Do you like their date frequency? 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Do you like their call frequency? 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Do you like their text frequency? 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Does their attention style work for you? 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

## Are They In Sync with Your Love Language (Rate how they treat you.)

Words of Affirmation 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Quality Time 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Acts of Service 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Physical Touch 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Receiving Gifts 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

## Attachment/Commitment Style (What is their attachment style? Are they ready?)

Avoidant - 1 / Anxious - 5 / Secure - 10 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Do you respect and cherish them? 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Do they think there is a future? 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10