

Dating Dexterity Quiz: How Good Are You in a Relationship?

Fancy yourself somewhat of a pro when it comes to dating?

Whether you're currently in a relationship, taking time off, healing a broken heart, or actively single and ready to mingle, take our quiz, *Dating Dexterity*, to find out just how good you really are in a relationship.



How to Take the Quiz? Answer the following questions using a scale of one to 10. One indicates that you strongly disagree, while 10 means that you strongly agree. Once complete, tally your score and find out your results.

- 1. I am conscientious in a relationship.** I am reliable, trustworthy, dependable and practical. I can not only rely on myself in a relationship, but also my partner in that we can lean on each other in good times and bad.
- 2. I am emotionally stable.** I am able to take a step back, evaluate a situation and behave realistically, as opposed to acting on impulse or anger.
- 3. I don't believe in 'the one'.** You don't have set criteria of who or what your partner should be. Instead, you're open to meeting new people even if they don't 'check all of your boxes' or share your same hobbies, opinions, and beliefs.
- 4. I am rational.** I can communicate my feelings with my partner in an honest and respectful way. I appreciate honesty from my partner, no matter what and always try to understand their perspective.

5. **I am thoughtful.** I like to show my partner that I care by doing things that they would appreciate, such as physical signs of affection, small acts of kindness, gift giving or offering positive compliments or comments.

6. **I believe that no two people are the same.** I respect that my partner and I are both two different people with different aspirations, thoughts and emotions.

7. **I am flexible.** I know that everyone has the capacity to change and grow, and I am ready to support, and encourage this change over time, individually and as a couple.

8. **I believe in healthy boundaries.** I am responsible for my own happiness, and I have my own friends outside of my relationship. My partner and I have openly discussed our boundaries, and respect one another in this aspect.

9. **I can laugh at myself.** I can realize when a situation isn't as bad, embarrassing, or awkward as it may seem, and am able to laugh about it (with my partner). I too can be serious when the situation calls for it.

10. **I believe in equality.** A relationship is not just about meeting my own needs, but also that of my partner. We are able to take care of ourselves and each other.

Have you answered these questions openly and honestly? Calculate your score out of 100, and see your results:

0 – 20: You've Got No Where to Go, But Up!

There's always room for improvement in life, and this result in no way means that you are not capable of having a fulfilling and wonderful relationship. In fact, this is the perfect time to start working on yourself. Take a look at some of the things that you feel you could improve upon as an individual. Once you've got those wheels in motion, you're well on your way to being able to give and take in a healthy relationship.

21 – 40: Practice Makes Perfect!

You've got some great qualities when it comes to being in a relationship, but there are a few things that you could change in order to make it even better. Perhaps there are a few qualities about yourself that you're hoping to change. Identifying these and working on them is a sure-fire way to improving your score and adding even more value to your relationships.

41 – 60: Whoa, You're Half Way There!

Well done! You have some excellent dating skills, and the chances that you'll continue to grow and become more open and successful in your dating life, are high. You have a firm grasp on what it takes to make a relationship work. Now, you can continue to learn and/or work on some (new) skills so that you can experience more bliss with your partner.

61 – 80: A Few Minor Tweaks, and You're Golden!

It looks like you're almost a dating expert! You know that relationships take work and that it's always a two-way street. And even when times seem tough, you're able to brainstorm independently and together, in order to improve and make your relationship better. Team work makes the dream work!

81 – 100: You're a Dating Pro!

Congratulations, you're a dating pro! You have a great understanding of healthy boundaries, can take care of yourself as an individual and as a couple in a relationship and have created a partnership that is all about give and take. Your communication skills are great, and you believe in rationality and openness when it comes to dating. All of these are successful relationship qualities and you're on a great path to true dating success.