



Are You Ready to Date?

Below is a list of questions to ask yourself to decide if you are ready to get back into the dating game.

- ☐ Do you still think about your ex-spouse daily?
- ☐ Do you envision reuniting with your ex-spouse?
- ☐ Are you looking for someone with personality traits like your ex-spouse?
- ☐ Do you want to meet someone completely the opposite of your ex-spouse?
- ☐ Do you feel all men (women) are bad?
- ☐ Are you just dating for sex?
- ☐ Are you driven by anger and want to "get back" at your ex-spouse?
- ☐ Do you feel needy and want someone to take care of you?