

Was That Actually A Good Date?

- If your close friends were watching, would they think you were being yourself?
- If you lost your train of thought, could they pick up the thread?
- Did they ask thoughtful follow-up questions?
- Did they notice small details about you?
- Were you able to contribute as much as you would like?
- Did they make you feel responsible for keeping the conversation going?
- Were compliments dispensed in earnest or did they feel rehearsed?
- Would you be comfortable leaving them alone with your family and friends?
- Would you participate in the activities they enjoy if they weren't with you?
- Did they exacerbate any of your insecurities?
- Did you find yourself revising your opinions to better align with theirs?
- Would you feel comfortable telling them something they might not want to hear?
- Did they respect your decisions?
- Did they *tell* you their good qualities or did they demonstrate them?
- Were they interested in the parts of you that you personally value the highest?