Are You Ready to Date?

When should you start dating again after a divorce or the end of a long-term relationship? There is no right or wrong answer to this question, but this worksheet will help you consider the emotional issues that accompany being newly single.

What are some activities that you would enjoy on a date, but not by yourself or with a friend?

1) _____
2) _____
3) _____

Do you have newly single friends who can give you advice on dating? Ask them to name the most important thing for you to remember, and write their responses below:

1) _____
2) _____
3) _____

What are some important characteristics of a person you would consider dating?

1) _____
2) _____
3) _____

Can you think of reasons that indicate you are not yet ready to date?

1) _____
2) _____
3) _____

What would be some difficult situations or issues for you to deal with when you date again?

1) _____
2) _____
3) _____

Can you think of some "rules" or guidelines you could give yourself that would make dating easier?

1) _____

2) _____

3) _____

Who would you rely on for impartial advice about dating someone?

1) _____

2) _____

3) _____

What are some things in your life that, besides dating, make you happy?

1) _____

2) _____

3) _____

Are there specific dating or relationship skills that you need to work on?

1) _____

2) _____

3) _____

What are the most important things I want from dating?

1) _____

2) _____

3) _____

After answering these questions, write down the first three things that come to mind about your readiness to date?

1) _____

2) _____

3) _____