



Test Date Checklist

Module Six Worksheet

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The Test Date Checklist

- _____ **Select a public place to meet.** It's a good idea to choose a place you're familiar with so that you can easily arrive (and leave) on time. NEVER agree to a test date at your home or his home.
- _____ **Look your best.** Wear a flattering outfit, do your hair, and put on some makeup. First impressions matter!
- _____ **Choose an activity that will take less than an hour.** Meet for coffee or a drink, not dinner.
- _____ **Schedule a second commitment for yourself** two hours after your test date, so that you have a place you have to be and won't be tempted to extend the time together.
- _____ **Check in with a friend** via text when you arrive and once you're back in your car after the date. Safety first!
- _____ **During the date, ask him questions** and talk about your mutual interests based on what you saw in his profile and the emails you've exchanged.
- _____ **Let him pay if you'd like to see him again.** Pay your own way if you know you do NOT want to see him again.
- _____ **Be clear about next steps.** Either "Call me and let's make plans next week" or "I enjoyed meeting you, but I don't feel any chemistry."
- _____ **Hug goodbye.**

Remember...

- The purpose of the test date is to make sure that he is who he says he is and that there is some mutual interest in meeting again. You don't need to decide if he's The One right away. Relax and have fun!
- You are a prize to be won. If you believe that, he'll believe it, too.
- Be friendly and upbeat... not desperate, needy, or aloof.

This is not the time to...

- Tell each other your life stories.
- Talk about your past relationships.
- Get drunk.
- Have sex (unless that's all you're looking for).