

MY Dating DNA™

Your Personalized Assessment Results

Your Dating DNA Type

Focuser–Present Logic–Structured

You focus your energy on a smaller circle, building deeper connections once genuine interest is established. You value present-day compatibility—habits, lifestyle, and routines must feel aligned from the start. Your choices lean analytical, guided by principles and a focus on long-term stability. You appreciate a structured pace with clear milestones that show progress and commitment. This FPLS approach shapes how you navigate dating, from initial attraction to building lasting relationships.

Key Insights

Strengths

Depth of Presence, Signal-to-Noise Discipline, Reality Anchoring, Decisive Screening, Clear-headed Decisions, Boundaries by Design, Predictable Progress, Reliability

Growth Areas

Expand Surface Area, Warm Starts, Future Scan, Flex Buffer, Feeling Literacy, Repair Warmth, Play Blocks, Update Cadence

Growth Areas

Areas for Development

Expand Surface Area

Why it matters: Over-selectivity can hide good matches.

Practice: Attend one new-to-you event monthly and start three low-stakes conversations.

Warm Starts

Why it matters: Depth can read as distance early on.

Practice: Open with light curiosity before shifting into deeper topics.

Future Scan

Why it matters: Present fit can miss trajectory.

Practice: Ask one question about future aims on the first two dates; listen for consistency.

Flex Buffer

Why it matters: Strict alignment can feel rigid.

Practice: Pick one area where you can flex 10–15% without cost to your values.

Feeling Literacy

Why it matters: Logic can miss emotional data.

Practice: Name your feeling before your solution in hard talks; ask the other to do the same.

Repair Warmth

Why it matters: Efficiency can feel cold.

Practice: Add one validating statement before proposing options.

Play Blocks

Why it matters: Structure can feel pressuring.

Practice: Schedule a weekly unstructured date; commit only to a time window, not an agenda.

Update Cadence

Why it matters: Plans need maintenance.

Practice: Hold a 15 minute weekly state of us check with one appreciation and one tweak.

Quick Wins

Immediate Actions

Attend one new-to-you event monthly and start three low-stakes conversations.

Outcome: Lower friction and clearer signals.

When: 7–14 days

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Leverage: Depth of Presence

Outcome: You give focused attention that makes people feel fully seen and valued.

When: This week

Leverage: Signal-to-Noise Discipline

Outcome: You filter distractions and invest in connections with genuine promise.

When: This week

30-Day Action Plan

Your Personalized Journey

WEEK1

- Take one behavior from Growth and practice it twice.
- Run a 10 minute self check after dates: energy, clarity, curiosity.
- Name your current pace preference out loud once.
- Write two standards you will keep regardless of chemistry.
- Schedule one light, unstructured date block.

WEEK2

- Ask one deeper follow up question on each date.
- Add one validating statement in any hard conversation.
- Set a small milestone with mutual agreement.
- Test one new venue/context aligned to your style.
- Document one boundary you upheld and the result.

WEEK3

- Practice repair first in one minor disagreement.
- Reassess one standard; keep, adjust, or drop.
- Try the opposite of your usual pace once.
- Capture one insight about your patterns in writing.
- Plan a date that stretches your comfort zone 10%.

WEEK4

- Review the month: what worked, what didn't.
- Set one small goal for next month.
- Celebrate one growth win, however minor.
- Update your dating approach based on new data.
- Schedule a monthly self check for ongoing calibration.

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Thank you for exploring your dating personality!

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