

# MY Dating DNA™

Your Personalized Assessment Results

## Your Dating DNA Type

### Connector–Present Logic–Structured

You naturally expand your social circle, creating multiple points of connection and easing interactions with new people. 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 CPLS approach shapes how you navigate dating, from initial attraction to building lasting relationships.

## Key Insights

### Strengths

Network Momentum, Social Adaptability, Reality Anchoring, Decisive Screening, Clear-headed Decisions, Boundaries by Design, Predictable Progress, Reliability

### Growth Areas

Depth Practice, Pacing Awareness, Future Scan, Flex Buffer, Feeling Literacy, Repair Warmth, Play Blocks, Update Cadence

# Growth Areas

## Areas for Development

### Depth Practice

**Why it matters:** Breadth can dilute signal.

**Practice:** Choose one conversation to take deeper each week; ask follow-ups and pause to reflect.

### Pacing Awareness

**Why it matters:** High energy can overwhelm some partners.

**Practice:** Name your pace out loud and invite the other person's tempo.

### 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

**Choose one conversation to take deeper each week; ask follow-ups and pause to reflect.**

**Outcome:** Lower friction and clearer signals.

**When:** 7–14 days

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**Leverage: Network Momentum**

**Outcome:** You create opportunities by engaging diverse circles, increasing serendipitous matches.

**When:** This week

**Leverage: Social Adaptability**

**Outcome:** You read rooms quickly and pivot tone or topic to keep conversations alive.

**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.

**MY Dating DNA™**

Thank you for exploring your dating personality!  
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