

Dating Journaling Prompts

What do you like about them?

How do you feel before, during, and after you're with them?

Are there any red flags? (mixed messages, lack of effort, conflict avoidance, lack of accountability, passive aggressive behaviors, etc.)

What is their attachment style?

(Take the free, 5 minute attachment style quiz:

<https://www.attachmentproject.com/attachment-style-quiz/>)

What is their love language?

(Take the free Love Language quiz:

<https://5lovelanguages.com/quizzes/love-language>)
