



Your Reasons for Dating Difficulties

Connect2Hope.net

Support for lonely people without dating experience

It is difficult to accurately assess your own reasons for dating difficulties. It helps to get someone else to give you an external perspective. You can use this checklist as a starting point for talking to a friend or counsellor, as well as for making your own plans for improvement. Read more about these reasons at Connect2Hope.net/why-alone.

This may be an overwhelming list, but there are ways to cope with and overcome these difficulties. You don't need to stay lonely forever.

Mark your concerns with ✓, ? or ratings

Describe your concerns

Desirability

- Social skills and behaviours
- Intelligence and common interests
- Confidence and mood
- Experience and maturity
- Social status and privilege
- Physical appearance
- Physical and mental health

Mark your concerns with ✓, ? or ratings

Describe your concerns

Availability

- Being ready and willing to date and start a relationship
- Having enough time for dates and a relationship
- Knowing your own gender, orientation and preferences
- Knowing what kind of person and relationship you want
- Living near enough people of appropriate age, gender, orientation and preferences
- Being culturally compatible with the available people
- Having broad criteria and realistic expectations
- Letting friends know you are available
- Being available to meet many people at social activities
- Having an active profile on a dating site/app/service

Mark your concerns with ✓, ? or ratings

Describe your concerns

Connections

- Meeting people
- Confidence
- Ability to cope with rejection
- Social skills

Reasons for not initiating connections

- Low self-confidence
- Fear of rejection
- Anxiety, depression or other mental health conditions
- Not knowing the social skills to make connection
- Not sure if you are interested in the person
- Protecting others
- Avoiding harassing others
- Need to be friends before feeling attracted (demisexual)
- Being a straight woman in a culture where men are expected to make the first move

Mark your concerns with ✓, ? or ratings

Describe your concerns

Reasons for not receiving connections

- You are not meeting enough available people
- You shy away from new people
- People don't think you are interested in dating, based on your conversation or body language
- You are not very desirable to the people you are meeting
- People make subtle small overtures to connect to you, but you don't notice them, or you turn down their little offers
- You are a straight man in a culture where men are expected to make the first move

Reasons for being rejected

- You haven't asked enough people
- The people are not available for dating
- The people are not attracted to you
- You asked them in a socially awkward or inappropriate way
- They sense that you aren't really interested in them as an individual

Mark your concerns with ✓, ? or ratings

Describe your concerns

Underlying issues

- Anxiety, depression and other mood disorders
- Other mental health conditions
- Addiction or substance use
- Autism and other communication disorders
- Feeling unlovable or unwanted
- Growing up without positive support and unconditional love
- Effects of abuse, bullying and trauma (PTSD)
- Assault, abuse and other negative experiences in relationships and sex
- Attachment styles and disorders
- Rejection sensitivity
- Body image issues and body dysmorphia
- Concerns about sexuality
- Questioning gender, orientation and preferences
- Readiness for or reluctance to change
- Discrimination or marginalization
- Education, career, income and housing levels
- Being in hospital, jail or another institution
- Social isolation (withdrawing from social activities, having few or no friends)