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Dating with Intention: A Third Date Scorecard and Reflection Guide

Introduction

The third date is often a pivotal moment in the dating journey—it's when initial nerves subside, conversations deepen, and you start to consider whether there's long-term potential. But how do you know if a connection is worth exploring further?

This third date compatibility scorecard and reflection guide help you assess key aspects of your experience, guiding you through structured self-reflection so you can **date with clarity and confidence**.

How to use this guide

1. Complete the compatibility scorecard – Use a quick 1-5 rating system to assess different aspects of your third date.
2. Reflect on the guided prompts – Dive deeper into how you felt, what stood out, and note any uncertainties.
3. Decide on your next step – Use the final page to determine whether to continue dating, explore further, or move on.

Quick Compatibility scorecard



Score each category from 1-5 based on your third date experience.

Add up your total score at the bottom.

Category

Score (1-5)

I felt at ease and could be myself around this person.

Our conversations felt natural, engaging, and deeper than small talk.

I felt emotionally and/or physically attracted to them.

We share similar values and views on things that matter to me.

I felt heard, respected, and seen by them.

There was a balance of give and take in our interaction.



Total Score: _____ / 30



What does your score mean?

- **25-30** – Strong potential! This connection seems natural and promising.
- **18-24** – There's interest, but explore deeper to see if your date has long-term potential.
- **Below 18** – You may have some doubts; consider whether this connection aligns with your needs.

Guided Reflection



Now, let's dig a little deeper! Use the prompts below to reflect on your third date experience.

1. Emotional response check-in

- What three words describe how you felt during this date?
- Did you feel relaxed, anxious, excited, bored, confused?

2. Attraction assessment

- What drew you to this person? (Their kindness, humor, values, looks, intelligence?)
- Has your attraction grown, stayed the same, or faded over time?

3. Conversational connection

- What was the most interesting conversation topic you discussed?
- Was there equal engagement, or did one person talk more than the other?

4. Shared values and lifestyle compatibility

- Did any conversations reveal shared or differing values?
- Do they seem to align with your vision for relationships, family, and life overall?

5. Future consideration

- Are you excited about seeing them again? Why or why not?
- What, if anything, do you still feel uncertain about?
- What's one thing you'd like to learn about them on your next date?

What's your next move?



Use this page to decide your next step with confidence!



I want to see them again!

- ✓ What's one question I can ask to get to know them better next time?
- ✓ What's a date idea that would allow me to explore our connection further?



I'm on the fence...

- ✓ What's causing hesitation?
- ✓ What would I need to see or feel to continue exploring this connection?
- ✓ Should I give it one more date or move on?



I don't think we're a match.

- ✓ What didn't align for me?
- ✓ How can I respectfully communicate this if they want to continue dating?
- ✓ What have I learned about what I need in a partner?

Closing details

Dating with clarity and intention allows you to make thoughtful choices about who you invest your time and energy in. Whether you decide to continue dating this person or move on, this process ensures you're doing so from a place of awareness and confidence.

For personalized guidance, therapists at In Session Psych can help you navigate early-stage relationships with clarity.



Contact us by visiting us here: <https://insessionpsych.com/contact>

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