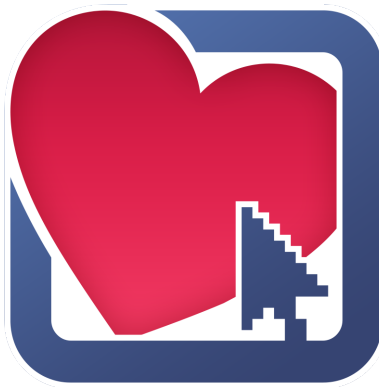


Capture His Heart: And Make Him Love You Forever 2.0

Part Four, Module 4: Quiz

by Claire Casey



**Website: <http://www.DigitalRomanceInc.com>
Email: support@digitalromanceinc.com**

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The Capture His Heart Quiz

Remember back when you did the very first big quiz in *Capture His Heart* in section 1.1?

Take a few minutes and run quickly through it again. Then, when you come to the end, go dig up your original scores and let's compare. I'm guessing you'll have some celebration to do! :-)

And don't worry – for those areas that still need work or a refresher, I've put an index of EXACTLY where to look for more help.

Ready, set... Rock the world!

A. Hello, Gorgeous! (8 Questions)

Not True			Somewhat True			Very True
----------	--	--	---------------	--	--	-----------

I am a woman of amazing strength. I know a beautiful future awaits me.						
--	--	--	--	--	--	--

1	2	3	4	5
---	---	---	---	---

There is nothing about my looks that I wish I could change.				
---	--	--	--	--

1	2	3	4	5
---	---	---	---	---

I can tell you my top three goals for my life right this minute. I'm working on them, too!				
--	--	--	--	--

1	2	3	4	5
---	---	---	---	---

There's very little in my past I still need to "get over."				
--	--	--	--	--

1	2	3	4	5
---	---	---	---	---

I don't continue to spend time with people who are negative.				
--	--	--	--	--

1	2	3	4	5
---	---	---	---	---

I have an incredible mentor/coach in my life.				
---	--	--	--	--

1	2	3	4	5
---	---	---	---	---

I don't "collect" needy people.				
---------------------------------	--	--	--	--

1	2	3	4	5
---	---	---	---	---

There are several emotionally healthy people in my life who have my best interest at heart. I call on them regularly for support.				
---	--	--	--	--

1	2	3	4	5
---	---	---	---	---

B. You Can Do This (4 Questions)

Not True

Somewhat True

Very True

I'm ready to work hard to make changes in my life and relationships. I just want to know what exactly to do!

1

2

3

4

5

I'm great at putting into practice the things I learn.

1

2

3

4

5

I don't have a huge list of "requirements" for the men I date.

1

2

3

4

5

When I mess things up, I'm willing to learn from my mistakes and try again.

1

2

3

4

5

C. Confidence, Girlfriend (11 Questions)

Not True			Somewhat True		Very True	
I know my strengths, and I know how to use them.						
1		2		3	4	5
I never sleep with a guy too early in a relationship.						
1		2		3	4	5
When a man I'm dating starts backing off, I know exactly how to bring him back in.						
1		2		3	4	5
Usually I'm just as interested in a relationship as the guys I'm dating are.						
1		2		3	4	5
I don't "mother" the guys I'm dating.						
1		2		3	4	5
I regularly affirm myself in very positive terms.						
1		2		3	4	5
In dating, I never feel like I'm the one chasing the guy.						
1		2		3	4	5
When someone compliments me, I say "Thanks," and I don't feel embarrassed.						
1		2		3	4	5
I rarely compare myself to others.						
1		2		3	4	5
Any woman can get an incredible man, no matter what she looks like.						
1		2		3	4	5
I don't let my "inner critic" tear me down.						
1		2		3	4	5

D. Understanding Your Man (8 Questions)

Not True

Somewhat True

Very True

I try not to bring up “feelings” too much with my man.

1

2

3

4

5

I’m comfortable making the first move. I’ve asked for a date, and can initiate a conversation and even foreplay.

1

2

3

4

5

I know how to build a man’s self-esteem (and it doesn’t always have to do with sex).

1

2

3

4

5

I feel totally comfortable being naked with a man I love.

1

2

3

4

5

I tend to communicate with guys by dropping hints or making subtle suggestions.

1

2

3

4

5

I can make a man feel awesome, just by what I say to him.

1

2

3

4

5

I have a good understanding of what makes guys act the way they do.

1

2

3

4

5

I can get a guy’s pulse racing (without resorting to sex!).

1

2

3

4

5

E. Sending Signals (7 Questions)

Not True

Somewhat True

Very True

I don't talk about my exes to the guys I'm dating.

1

2

3

4

5

I'm great at getting ANY guy to open up and talk.

1

2

3

4

5

I rarely exaggerate or blow things out of proportion when I'm upset.

1

2

3

4

5

I know what a man's body language is telling me. I'm almost NEVER wrong.

1

2

3

4

5

When something is bothering me, I always bring it up in direct conversation.

1

2

3

4

5

Nope, I'm not a drama queen. I leave that to Kim Kardashian.

1

2

3

4

5

I know exactly what signals to send to turn a friend into a boyfriend.

1

2

3

4

5

F. Fabulous You (8 Questions)

Not True

Somewhat True

Very True

I'm not waiting to find my soulmate. I'm making it happen.

1

2

3

4

5

I know what my purpose in life is, and I'm living up to it every day.

1

2

3

4

5

I am a complete person, with or without a man in my life.

1

2

3

4

5

My friends would tell you that I ALWAYS make time to be connected with them, even when I'm deeply involved with a guy.

1

2

3

4

5

I do my job with excellence and style, no matter where I work.

1

2

3

4

5

My financial situation is in some version of order. A man is not a meal ticket.

1

2

3

4

5

I am capable and loved.

1

2

3

4

5

I am a genuinely happy person.

1

2

3

4

5

G. Pleasure and Sexuality (7 Questions)

Not True

Somewhat True

Very True

I know exactly what makes me feel sensual and sexy, and I treat myself to sensual pleasures as often as I can.

1 2 3 4 5

I know several ways to make a man do a double take when I walk by.

1 2 3 4 5

I believe my sexuality is sacred, and I deserve to be rich in pleasure and joy.

1 2 3 4 5

I feel sexy and beautiful. Maybe not every day, but most of the time!

1 2 3 4 5

I'm pretty good at turning a man's deepest fears about sex to my best advantage.

1 2 3 4 5

I know what I need to do when my sex drive needs a boost.

1 2 3 4 5

I use "teasing" to my advantage with the man I'm dating. I know exactly where to draw the line, too.

1 2 3 4 5

H. Dating and Commitment (19 Questions)

Not True			Somewhat True				Very True
----------	--	--	---------------	--	--	--	-----------

When I start dating someone, I try not to put all the weight of "will he be The ONE?" on him.

1	2	3	4	5
---	---	---	---	---

I'm pretty clear about what went wrong (on my part and his part) in my past relationships.

1	2	3	4	5
---	---	---	---	---

I've dated different kinds of guys, and learned something from all of them.

1	2	3	4	5
---	---	---	---	---

I'm pretty knowledgeable about the kinds of habits, personalities, and styles of men I'm compatible with.

1	2	3	4	5
---	---	---	---	---

My friends really like the guys I've been dating.

1	2	3	4	5
---	---	---	---	---

The men I've dated are openly affectionate.

1	2	3	4	5
---	---	---	---	---

I don't guys who are unpredictable, controlling, or violent.

1	2	3	4	5
---	---	---	---	---

I only date guys who support my independence and encourage me to pursue my interests.

1	2	3	4	5
---	---	---	---	---

I would never keep dating a man who doesn't make me feel great about myself.

1	2	3	4	5
---	---	---	---	---

I allow a man to work to win my trust before I commit myself to him.

1	2	3	4	5
---	---	---	---	---

You can't really know much about a man until you both go through some difficult times together.

1	2	3	4	5
---	---	---	---	---

I don't feel like I'm under a lot of pressure to find a man and marry, ASAP.

I'm a GREAT catch for any man.

I know exactly how long I should date a particular man before I decide whether he's "the one" for me.

When I become exclusive with a man, we have a conversation about it so that everything is very clear.

Until I'm in an exclusive relationship, I'm dating more than one guy at a time.

I'm not willing to quit school (or work, or other pursuits) for a man who wants me to commit.

I would never date a guy who wanted to keep me a “secret” from people.

I have a mental checklist of all the ways I can know if a man is marriage material.

1	2	3	4	5
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50
51	52	53	54	55
56	57	58	59	60
61	62	63	64	65
66	67	68	69	70
71	72	73	74	75
76	77	78	79	80
81	82	83	84	85
86	87	88	89	90
91	92	93	94	95
96	97	98	99	100

Scoring Yourself

A. Hello, Gorgeous!

My first score for this area: _____

My score for this area now: _____

A score of 32-40: Outstanding! High fives and a girlfriend hug.

A score of 24-31: Almost there, keep working. There's no rush; you got this.

A score of 8-23: Go back and look at the recommended areas again (they're listed below). A great foundation here is going to serve you so beautifully in life and love.

The "Hello, Gorgeous" section of the Quiz is all about your basic emotional health and readiness to grow. If you need to boost your score in this area, simply go back and check the sections of the *Capture His Heart* program that are listed beneath each item.

- **Acknowledging your own power**

See section 1.4 ("Burn Your Perfect Man Checklist") and worksheet

- **Being your authentic self, rather than feeling like you have to be perfect**

See sections 1.3 ("The Secret Invisible Obstacle Course") and 2.10 ("Seven Massive Mistakes") and worksheets

- **Building a great support system for your life**

See section 1.4 ("Burn Your Perfect Man Checklist") and worksheet

- **Being able to let go of the past or things/people that hold you back**

See section 1.4 ("Burn Your Perfect Man Checklist") and worksheet

B. You Can Do This

My first score for this area: _____

My score for this area now: _____

A score of 16-20: Outstanding! With intention like this, you can do anything.

A score of 12-15: Almost there, keep working. I know you want this.

A score of 4-11: Go back and look at the recommended areas again (they're listed below). You have the power to make things happen. You have to begin to believe it and start working for it.

The "You Can Do This" section of the Quiz is mostly about how willing you are to take charge of your life and create the change you want. If you need to boost your score in this area, simply go back and check the sections of the *Capture His Heart* program that are listed beneath each item.

- **Being willing to work/do/act (and try *again*)**

See section 2.1 ("How to Awaken Unsettling, Primal Urges in a Man") and worksheet

- **Having reasonable expectations of yourself and of a man**

See sections 1.3 ("The Secret Invisible Obstacle Course") and 1.4 ("Burn Your Perfect Man Checklist") and worksheets

C. Confidence, Girlfriend

My first score for this area: _____

My score for this area now: _____

A score of 44-55: Outstanding! Your personal confidence is inspirational.

A score of 33-43: Almost there, keep working. A woman who is confidently savvy as well as independent is a beautiful thing.

A score of 11-32: Go back and look at the recommended areas again (they're listed below). It might take a little bit of time to get going, but once you get the hang of it, you'll be golden.

This "Confidence, Girlfriend" section of the Quiz is primarily about your emotional confidence, your belief in your own beauty and desirability. A high score here shows you want, but don't feel you desperately need, a man. To boost your score in this area, simply go back and check the sections of the *Capture His Heart* program that are listed beneath each item.

- **Joyfully engaging with the world around you**

See section 2.1 (“How to Awaken Unsettling, Primal Urges in a Man”) and worksheet

- **The ability to keep the tension in a relationship: not giving him everything too easily, and keeping the chase alive**

See section 1.2 (“Why Men Love to Chase Women”), 4.2 (“The Two Biggest Sex and Love Questions”), 2.10 (“Seven Massive Mistakes”), and worksheets

- **Having confidence and a strong body image**

See sections 2.2 (“The Sexiest Thing You’ll Ever Wear”), 2.3 (“Treating Yourself to Sensual Pleasures”), 2.4 (“Stacking the Body Odds in Your Favor”) and worksheets

D. Understanding Your Man

My first score for this area: _____

My score for this area now: _____

A score of 32-40: Outstanding! You have an excellent understanding of men.

A score of 24-31: Almost there, keep working. Believe it or not, guys are actually easier to understand than WE are. Whew.

A score of 8-23: Go back and look at the recommended areas again (they’re listed below). Once you start to understand better how a man’s heart and head works, your relationships will greatly improve.

The “Understanding Your Man” section of the Quiz is about understanding what makes a man tick, and being able to use that information to build a relationship that works incredibly well. To boost your score in this area, simply go back and check the sections of the *Capture His Heart* program that are listed beneath each item.

- **Having a clear understanding about how guys typically communicate, and being willing to sometimes initiate interaction with a guy you’re interested in**

See section 1.3 (“The Secret Invisible Obstacle Course”) and worksheet

- **Knowing what drives a man, as well as what scares him off**

See section 1.2 (“Why Men Love to Chase Women”), 1.3 (“The Secret Invisible Obstacle Course”) and worksheets

- **Being able to deliver sincere pleasure to your guy**

See section 2.6 (“Empathy, Encouragement, Admiration”), 2.7 (“Stun Him By Naming His Most Secret Fears and Desires”), 2.8 (“Tease and Tantalize in a Way That Will Keep Him Riveted”) and worksheets

- **Understanding how men measure their manhood, and how they think about women’s bodies**

See section 1.3 (“The Secret Invisible Obstacle Course”) and worksheet

E. Sending Signals

My first score for this area: _____

My score for this area now: _____

A score of 28-35: Outstanding! When it comes to men, you’re a good communicator.

A score of 21-27: Almost there, keep working. You’ve probably dealt with these issues some before, but just need to refine your skills.

A score of 7-20: Go back and look at the recommended areas again (they’re listed below). Crack this communication nut and you’ll be able to opt out of so many disagreements, misunderstandings, and potential arguments.

The “Sending Signals” section of the Quiz measures some of your communication skills and blind spots. To boost your score in this area, simply go back and check the sections of the *Capture His Heart* program that are listed beneath each item.

- **Knowing exactly how to get ANY guy to open up and talk to you; also correctly reading the signals a man is sending**

See section 2.1 (“How to Awaken Unsettling, Primal Urges in a Man”), 2.5 (“How to Make Conversation Like You’re Making Love”) and worksheets

- **Understanding how to get out and stay out of the “Friend Zone”**

See section 1.3 (“The Secret Invisible Obstacle Course”), and worksheet

- **Not touching off a man’s fear of failure or overwhelming him with drama**

See section 2.7 (“Stun Him By Naming His Most Secret Fears and Desires”) and worksheet

- **Being able to bring up any subject and get him to hear you**

See section 3.3 (“Considering Commitment”) and worksheet

SEE ALSO the Additional Resource (purchased separately inside *Capture His Heart*) “Never Fight Again”

F. Fabulous You

My first score for this area: _____

My score for this area now: _____

A score of 32-40: Outstanding! You're living your life beautifully, and on YOUR terms.

A score of 24-31: Almost there, keep working. You deserve so much, and with just a bit more focus, you'll have it!

A score of 8-23: Go back and look at the recommended areas again (they're listed below). Time to do some more dreaming and scheming about your future. You are going to love living a fabulous life.

The "Fabulous You" section of the Quiz is about how well you're living into your goals, your values, and your future. To boost your score in this area, simply go back and check the section of the *Capture His Heart* program that are listed beneath each item. (It's only one this time. Easy!)

- **Living the fabulous life**

See section 2.9 ("Let Him See You Having a Fabulous Life") and worksheet

Yep, that's it for this section!

But there's more coming below. :-)

G. Pleasure and Sexuality

My first score for this area: _____

My score for this area now: _____

A score of 28-35: Outstanding! You owe yourself a lovely glass of wine and a night out (or in!).

A score of 21-27: Almost there, keep working. Pleasure and sexuality are a the cornerstone of a beautiful, nourishing relationship.

A score of 7-20: Go back and look at the recommended areas again (they're listed below). Too many women give up too soon on this area. But it's incredibly important, and if you can get this right, you'll skyrocket your pleasure levels!

The "Pleasure and Sexuality" section of the Quiz measures your understanding of pleasure and sensuality, as well as how comfortable you are "tweaking" your own sex drive. To boost your score in this area, simply go back and check the sections of the *Capture His Heart* program that are listed beneath each item.

- **Regularly indulging your sensual side**

See section 2.3 (“Treating Yourself to Sensual Pleasures”), 2.4 (“Stacking the Body Odds in Your Favor”) and worksheets

- **Understanding your own sex drive, and how to turn a man’s desires to your own advantage**

See section 2.7 (“Stun Him By Naming His Most Secret Fears and Desires”) and worksheet

- **Knowing just how to tease and tantalize a man, on your terms**

See section 2.8 (“Tease and Tantalize in a Way That Will Keep Him Riveted”) and worksheet

H. Dating and Commitment

My first score for this area: _____

My score for this area now: _____

A score of 76-95: Outstanding! You understand a LOT about the ways and wiles of the human heart!

A score of 57-75: Almost there, keep working. This section covers a ton of material; take your time and see if you can improve your score. You’re worth this.

A score of 19-56: Go back and look at the recommended areas again (they’re listed below). With just a little more tender loving care, you’ll soon find yourself navigating dating and commitment issues with style and flair.

The “Dating and Commitment” section of the Quiz may be the biggest single area of *Capture His Heart*. It helps you measure your own understanding of best dating beliefs and practices, as well as your knowledge of and readiness for commitment. To boost your score in this area, simply go back and check the sections of the *Capture His Heart* program that are listed beneath each item.

- **Having a clear understanding of old dating mistakes, as well as best new dating practices**

See section 3.1 (“Sorting the Keepers From the Throw-Em-Backs”) and worksheet

- **Being clear about what kind of man is best for you**

See section 3.2 (“Ordering at the Man Buffet”) and worksheet

- **Knowing whether you’re really ready for commitment**

See section 3.3 (“Considering Commitment”) and worksheet

- **Understanding when and how to move toward an exclusive relationship**

See section 4.1 (“Getting Your Man to Commit”), 4.2 (“The Two Biggest Sex and Love Questions”) and worksheets

- **Ability to evaluate whether a man is worth committing to**

See section 4.3 (“What’s That Ringing In His Ears. . . Wedding Bells?”), 4.4 (“Never Quit Letting Him Woo and Win You”) and worksheets

SEE ALSO your BONUS Resource “Is He The Man of Your Dreams or The Little Boy of Your Nightmares”