

FREE RELATIONSHIP CLARITY QUIZ

The Why You Knew... But Stayed Anyway Quiz

12 Questions That Reveal the Pattern Behind
Your Most Confusing Relationship Decisions



*You already knew. Something
made you stay anyway. This quiz
helps you understand what.*

Companion resource to the newly released book

***The Abstinence Advantage: A Woman's Guide to Self-Worth, Boundaries, and
Healthy Relationships***

Available now on Amazon — Kindle & Paperback

BEFORE YOU BEGIN: THIS ISN'T ABOUT WEAKNESS

This isn't a quiz you can fail.

It's a mirror. And mirrors don't judge — they just show you what's there. If you've ever searched "why do I ignore red flags" or "why do I stay when I know better," this quiz will help you understand why.

Most women who take this quiz already know something is off. They've felt it for months, sometimes years. They can name the pattern but can't seem to break it. They've Googled "why do I ignore red flags" at midnight and closed the tab before reading the answer.

This quiz won't shame you for your choices. It will help you understand the neuroscience behind them — specifically, what's happening in your brain that makes it so hard to act on what you already know.

*"You didn't stay because you were weak.
You stayed because your brain was doing exactly what brains do.
Understanding that is where change begins."*

How to use this quiz:

Answer honestly — not how you wish you'd behaved, but how you actually did. There are no trick questions and no wrong answers. Each question corresponds to a specific psychological or neurochemical pattern explored in The Abstinence Advantage. Your score reveals which pattern is most active in your dating life right now.

Question 1

You notice something about him that doesn't sit right — a comment, a cancellation, a shift in energy. What do you usually do?

A — Make a mental note and bring it up calmly later

B — Note it, but tell yourself you're probably overthinking

C — Push it down because you don't want to seem difficult

D — Convince yourself it means something different than it does

Question 2

You've been seeing someone for 6 weeks. He's inconsistent — warm one day, distant the next. How do you feel?

A — Frustrated and ready to have a direct conversation

B — Anxious, but hopeful it'll settle down

C — Like you need to do something to make him more consistent

D — Addicted to the moments when he's warm — they feel electric

Question 3

A friend says "I don't know, something feels off about him." You:

A — Take it seriously and ask what specifically concerned her

B — Listen, but internally dismiss it — she doesn't know him like you do

C — Feel defensive and change the subject

D — Already know she's right, but don't want to hear it

Question 4

When did you first feel something was wrong in your last significant relationship?

A — Within the first few weeks, and I addressed it

B — Pretty early, but I hoped things would change

C — I saw signs but convinced myself they weren't that serious

D — I knew before it started, honestly

Question 5

After physical intimacy, how do you typically feel about someone you're uncertain about?

A — The same — my feelings don't dramatically shift

B — Slightly more attached than I'd like to be

C — Significantly more attached, even when I know I shouldn't be

D — Completely bonded — it's like a switch flips

Question 6

He does something that bothers you. You say nothing. Why?

A — I'm choosing my battles — it's minor

B — I don't want to seem too sensitive

C — I'm afraid of how he'll react

D — I've learned that saying something doesn't change anything anyway

Question 7

How do you feel when you're waiting for a text back from someone you like?

A — Mildly curious — I'm living my life

B — Checking my phone more than I'd like to admit

C — Anxious in a way that affects my focus

D — Consumed — my mood depends on when and what he responds

Question 8

Which statement sounds most like something you've told yourself?

A — "If this isn't working, I'll move on."

B — "I just need to be a little more patient."

C — "Maybe if I show up differently, things will change."

D — "I know this is wrong but I can't seem to leave."

Question 9

When a relationship ends, what do you find yourself doing?

A — Processing it and giving myself time to grieve and move on

B — Replaying what I could have done differently

C — Staying in contact longer than I should

D — Going back even when I know it's over

Question 10

You're attracted to someone. How much does that attraction influence your judgment?

A — Not much — I can be attracted to someone and still see them clearly

B — A little — I give them more benefit of the doubt

C — Significantly — attraction makes me want to overlook things

D — Completely — when I'm attracted, I'm basically blind

Question 11

Which feels more true for you right now?

A — I trust my instincts in dating

B — I trust my instincts but second-guess them when I'm attached

C — I often know what's right but do the opposite

D — I don't trust my own judgment in relationships at all

Question 12

What's the real reason you took this quiz?

A — Curiosity — I want to understand myself better

B — There's a pattern I keep repeating and I want to understand it

C — I'm currently in a situation that doesn't feel right

D — I already know what's wrong. I just needed someone to say it.

YOUR DATING PATTERN RESULTS

Add up your points — A=1, B=2, C=3, D=4.

12–18 points · The Aware Woman

You have strong self-awareness and generally trust your instincts. You're here because you want to stay sharp — not because you're lost. Your next growth edge is learning to act on what you know, even faster. The Abstinence Advantage will give you the framework to turn your awareness into a dating strategy that actually filters for the right people.

19–28 points · The Hopeful Override

You see the signs — you're not blind. But something in you consistently chooses hope over evidence. This is one of the most common patterns among emotionally intelligent women, and it has a neurochemical explanation: oxytocin and dopamine are doing exactly what they're designed to do. Understanding this pattern is the beginning of dismantling it.

29–38 points · The Bonding Before Clarity Pattern

Your emotional and physical attachment forms faster than your discernment can keep up. By the time red flags are undeniable, you're already bonded — and leaving feels like loss even when staying is costing you more. This is deeply tied to the neurochemistry of attachment. It's not a character flaw. It's a wiring issue — and wiring can be changed.

39–48 points · The Known But Staying Pattern

You already knew. You've probably known for a while. The question isn't whether you can see what's happening — it's why you can't seem to act on what you see. This is the pattern The Abstinence Advantage was written for: women whose wisdom is intact but whose emotional system keeps overriding it. You are not broken. You are over-bonded and under-protected. That changes now.

What This Means — And What Comes Next

You now have a name for it.

Naming your pattern is not the same as being defined by it.

It's the beginning of choosing differently.

The Abstinence Advantage takes you deeper into every pattern this quiz revealed — with the neuroscience, the real scripts, and the step-by-step strategy to date with clarity instead of anxiety.

- ◆ Why oxytocin creates attachment before you've verified character
- ◆ How to set boundaries without over-explaining or apologizing
- ◆ Real scripts for every difficult dating conversation
- ◆ How to rebuild trust in your own judgment — starting now
- ◆ The difference between chemistry and compatibility

→ Take the next step: [The 7-Day Dating Clarity Reset](https://amanidarena.com/reset)
amanidarena.com/reset

The Abstinence Advantage: A Woman's Guide to Self-Worth, Boundaries, and Healthy Relationships

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