

LOVE30 READY FOR LOVE ASSESSMENT HIGH VALUE QUEENS

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The purpose of this assessment is to figure out where you're at now so that we can plot a path to where you'd prefer to be. This is not about being right or wrong. We want to assess a skillset that better serves you in freedom - happiness - health - life - love - money.

Please circle or tick where appropriate & feel free to make a special note if there's something you'd like to discuss - especially if something makes you feel uncomfortable - ashamed or guilty - as we will have identified a Psychological Wound that will be a Limiting Love Belief.

Personal Status:

Single Never Married - Desperate & Dateless - Divorced - Ready For Love

Age: 30 & Under - Single / I want to get married & have kids or Single / I have kid/s

40 & Under - Single / Divorced / Defacto - dead relationship looking to revive or looking to get out /

Unhappily Married - looking to revive or get out - I have kids / teenagers

50+ & Under - Single / Divorced / Defacto - dead relationship looking to revive or looking to get out /

Unhappily Married - looking to revive or get out - I have grown-up kids

My longest intimate relationship has lasted months ____ or years ____

Family of Origin: We're looking for stability until age ten. Fingers crossed!

Dad & Mum were ordinary - they had their ups and downs but made it

Dad & Mum were OK - but the family was strained due to _____

Dad &/or Mum were absent due to death divorce drink drugs or _____

I never met my mother _____ I never met my father _____

Dad & Mum detested each other Dad &/or Mum - detested me however, I had a loving, responsible parental figure: grandparent or step-parent or other.

Happiness - Health

Money - Wealth - Self Worth:

I'd like help to become financially savvy

My relationship with money is poor - I have trouble saving - I'm drowning in debt

My relationship with money is good - I have a mortgage - I have savings

My relationship with money is ab fab - I own a property or two - self-funded retiree

Addictions - Happiness - Health - Mood:

I experience anxiety - depression - panic - PTSD - I experience monthly meltdowns

I'm medicated for mood stabilization - other _____

I'm a healthy weight - I'm unhealthy underweight - I'm unhealthy overweight

I have issues around food - I don't know what a healthy diet is - I starve myself then binge - I have problems with portion control - emotional eating issues - angry - vulnerable -

As children we were taught to clean our plate whether we were hungry or not

I have a different issue with food _____

I smoke / vape - I drink socially 1-3 glasses of wine weekly or less - I binge on spirits

I use recreational drugs - cocaine ecstasy ice marijuana other _____

I'd like help learning to process my emotional state - I'm too sensitive

I'd like help to emotionally neutralize a known past trauma including losing a loved one or being part of a traumatic incident or accident

Appearance:

Overall I love my appearance - body / face - wrinkles & all

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I hate myself - I hate my appearance - I need help learning to love myself

I'd like to freshen up my look - I need help with a makeover

I don't exercise - I need help getting started

I exercise several times a week - gym - martial arts - pilates - walking - yoga - sex!

Past Experience:

The men in my life have all had narcissistic tendencies - father - brother - husband -

boyfriends - I need help with disciplined healthy boundary setting

I think I attract the right kind of man initially, but I have trouble keeping him:

I get taken for granted - I don't know how to inspire his love or command his respect on going

- I have trouble setting healthy boundaries & enforcing them - calmly

I don't know how to handle conflict without: taking it personally / getting angry / getting

frustrated / freaking out / spitting the dummy & splitting - my boundaries are like an electric

fence - I make men recoil

I attract the wrong kind of men: I get taken advantage of - taken for granted - emotionally -

financially - sexually - I've never been on an actual date

Personality Attachment Style:

Anxious: I know I'm clingy / overly dependent / unreasonably demanding / I feel I can't get

close enough to people & I know I can suffocate relationships / I don't mean to, but I don't

know what's reasonable / I drive people away

Avoidant Dismissive: I'm self-sufficient to the point of avoiding intimacy / I have a tendency to

look down on people/keep people at arm's length - emotions scare me

Avoidant Disorganized/Fearful: I desire close relationships however, I fear vulnerability. I

protect myself with anger. If I get close - I may flip out - freak out - break up. I'm unable to get

close except in my imagination / I drive people away

Secure: I'm comfortable in my own company / I can enjoy the company of others without

losing myself / I create a balance of intimacy & independence easily

Which Sex And The City character/s are you overall?

Carrie: creative - gorgeous - impulsive - disorganized - easily bored - can be toxic

Charlotte: organized domestic goddess - can be too nice - healthy boundary issues - can

attract cheaters - can be taken for granted and taken advantage of

Miranda: good earner - carries the masculine energy in the relationship - control issues are

likely as she feels secure when she's is the boss - doesn't know how to switch off work mode

Samantha: confidently attract sexualized shallow hookups - problem with intimacy

What Is Your Fave High RomCom or High Romance Film?

Breakfast At Tiffany's - Casablanca - Crazy Stupid Love - Gone With The Wind - Notting Hill -

Last Of The Mohicans - Titanic - When Harry Met Sally - Say Anything

What is your Favorite Fairytale & or Relationship Archetype Greek Mythology?

Beauty & the Beast - Cupid & Psyche - Cinderella - Persephone - Snow White - Ulysses -

Conflict Resolution:

If someone disagrees with me - no problem - we can agree to disagree - I know how to

defuse situations - I'm a peace-maker

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I get offended easily - I can't hold back my resentment - I take things personally - I get emotional & bawl my eyes out - I feel wounded & resentful & hate the person - I'll get them in a headlock & wrestle them to the ground
I'd like help with advanced conflict resolution skills

Connection - Conversation:

I'm a good listener - I find it easy to initiate conversation & share ideas - I find it easy to engage in deep & meaningful conversations -
I attract the wrong people - I don't know how to disengage from them politely
I know I talk too much - I can be a bore - I don't know how to be discrete & can find myself discussing topics that I shouldn't with just about everyone
I know I stuff up dates as I don't know what to say & how to say it
I need help with communicating confidently & learning the art of conversation
I have trouble communicating with men - getting them to open up & inviting deeper connection -
I don't know how to have The Talk & communicate my intimate needs easily or confidently & humorously deflect early sexualized content - I attract the wrong men - I put men off

Dating Skills - Getting Your Flirt On:

I don't know what I want - I don't know how to get it - I attract & Trauma Bond with Mr Wrong
I don't know how to create a great dating profile & get noticed - I need clarity
I don't know how to make myself stand out
I find it difficult to receive - I find it hard to ask for help
I don't know how to embody my Feminine Essence Polarity Receiver-ship.
I don't know how to inspire his Masculine Polarity - Provider-ship - Protector-ship
I don't know what to do on Bad Dates
There's someone I have the hots for & I have no idea how to approach him without being a bundle of nerves & I end up feeling or behaving like an idiot!

Is there anything else? _____

Congratulations! Good for you! You made it! Woo Hoo!

Let's make a date to discuss your findings at your earliest convenience.

Devoted to your blossoming love story,

Love-Light, Belle 

Heather Belle Murphy

High Value Queen

Best Selling Author - Dating, Love & Relationships Expert - Attachment Specialist

Happy Health Coach - Hypno-Naturopath - Presenter - Advanced ReMind Coach