

*How to*

# Refresh Your Approach When Dating Is Disappointing:

6

Questions to Help You Cut the Small Talk & Deepen Conversations with Someone New



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# Hi there

You're out there. Living and working and trying to rebuild a social life after quarantine and isolation from the pandemic. Seeing friends is back in the rotation. You're feeling pretty good about mixing and mingling and decide you can handle a bit more. You're ready to date again.

You may be keeping an eye out when you're out IRL and even peeking at the dating apps. Someone or some people catch your eye. You're interested but the reality hits. *Oh, now we have to actually engage and probably have a conversation.... If it goes well, we might go on a date and...talk. I don't know how I feel about that...*

You're probably thinking about past conversations and the format you've settled into. Ask these questions, listen to the answers, run out of questions to ask and then what? Exhaustion and confusion. This feels like too much. So why bother?

Well, if you're genuinely interested in dating and getting to know new people, before you abort the mission, try a different approach. Let's get you the "What do you do?" "What neighborhood do you live in?" "What are you looking for?" and give you more options.

This is just the start. I wanted to give you a quick pep talk so you can shake off past experiences and create some new ones. If you found this helpful, make sure you sign up to receive emails directly from me at the [Becoming Me](#) website.

Keep in Mind: These question are a two-for-one. The trick here is you answering these questions **to yourself** also. Getting creative and challenging how you show up is half the battle for attracting better quality experiences.



# Dating Cheat Sheet:

## 6 Creative Questions

1

### Friendship

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What's most important to you in a friendship? Who is your best friend? Of all the people you could choose, how did you choose your best friend?

2

### Communication

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How do you communicate tough emotions or big feelings? What's the best part of how you communicate?

3

### Past Relationships

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Tell me about your last relationship. When you reflect on it, what's something you realized you want to do differently or be more intentional about when you started dating again?

4

### Attentiveness

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How would I know that you really like me?

5

### Genuine Interest

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What interests you most about me?

6

### Personality

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What's your favorite movie? Who is your favorite character in that movie? Which character is most like you?

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