

Dating & Affection Skills: Intake Questionnaire

1. What types of intimacy or dating interactions are you interested in practicing or receiving coaching on?

- Making eye contact
- Holding hands
- Giving/receiving compliments
- Flirting (verbal & non-verbal)
- Initiating conversation with a romantic tone
- Asking someone out (in person or text)
- Kissing (first kiss nervousness, confidence-building)
- Cuddling or sitting close comfortably
- Pillow talk / post-intimacy conversation
- Navigating awkward silences
- Reading social or romantic cues
- Setting or respecting affectionate boundaries
- Sharing space (e.g. watching a movie together, walking side-by-side)
- Exploring 'romantic leadership' or guiding a date
- Receiving affection without feeling unworthy or anxious
- Other: _____

2. Are there particular situations you want to simulate or rehearse?

3. How comfortable are you currently with physical affection?

Circle one: 1 2 3 4 5

4. What kinds of touch (if any) are you open to exploring in a coaching session?

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None-just talking and roleplay only

Light touch only (e.g. hands, shoulder)

Hugging or cuddling with clear boundaries

Kissing (consensual and guided)

I'm unsure-I'd like to talk it through together

5. Are there any specific fears, hesitations, or past experiences that might impact how you feel about practicing these skills?

6. What are your top 2-3 goals in practicing these skills?