



# HOT GIRL Healing SUMMER Retreat

WORKBOOK

DAY 1

Sista Sutra

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# READY TO TRY THIS LOVE THANG ONE MORE TIME?

## ***TAKE THE QUIZ!***

FIND OUT HOW READY YOU ARE TO PUT YOURSELF OUT THERE AND START DATING AGAIN AFTER TOXIC RELATIONSHIPS!

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# ***HOW TO TAKE THIS ASSESSMENT***



- Read each question thoroughly, and answer on a scale of 1-5.
- Once you are done, add up all of your answers, and find the explanation for the number you calculated.
- Once you find your answer, click the submit button and type in the answer you received for a special bonus, specific to your answer.
- Have fun and enjoy! ,

*LET'S DO IT!*





# Assessment Scale

Answer each of the following questions on a scale of 1 to 5

**1** - Strongly Disagree **2** - Disagree **3** - Neutral **4** - Agree **5** - Strongly Agree

**9** I feel worthy of being treated with respect and cherished by potential partners       
1 2. 3. 4. 5.

**10** I knows what being treated with respect and cherished looks and feels like       
1 2. 3. 4. 5.

**11** I have confidence in my ability to communicate my needs and desires       
1 2. 3. 4. 5.

**12** I believe that a healthy, loving relationship is possible for me       
1 2. 3. 4. 5.

**13** I'm aware of my own emotional triggers and how to manage them       
1 2. 3. 4. 5.

**14** I have the ability to forgive myself and others for past mistakes       
1 2. 3. 4. 5.

**15** I understand what a healthy relationship looks like       
1 2. 3. 4. 5.

**16** I'm willing to invest time and effort into my own personal growth       
1 2. 3. 4. 5.

Assessment Total:

