

## Workbook: Building an Authentic Online Dating Profile

### Purpose:

This workbook is designed to help you begin to craft a dating profile that tells the story specifically to find the person you want to match with a dating profile that matches what you're looking for. The assumption is you're seriously looking for a forever person if you truly only want to hook up and have sex that is a completely different workbook and you should reach out to Dr. Hueber who can actually tell you exactly how to craft that one as well.

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### Section 1: Choosing Your Profile Photos

**Objective:** Choose and arrange photos that authentically represent you.

**Instructions:** Evaluate your current photos or plan a photoshoot using the checklist below. Have a friend or family member help. Often times other people can see things we miss about ourselves.

Photo Type	Description	Do You Have It? (Yes/No)
Profile Picture	Clear, high-quality headshot with a natural smile. This should be your 1 <sup>st</sup> photo	
Full Body Shot	A full-body photo showing your posture and style.	
Lifestyle Photo	Doing an activity you enjoy (e.g., hiking, cooking).	
Social Snapshot	A casual picture with a warm, inviting vibe.	

### Reflection Questions:

1. What story do your photos currently tell about you?
  2. What activities or settings can you include to better reflect your personality? It's important to be honest about what activities you truly enjoy.
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## Section 2: Writing a Compelling Bio

**Objective:** Write an engaging bio that showcases your personality and interests.

### Bio Blueprint

**Instructions:** Use the prompts below to brainstorm and craft your bio.

1. **Highlight Key Traits:** What are three unique things about you? (e.g., hobbies, passions, quirks)

Example: “Aspiring chef, trivia master, dog lover.”

Answer:

2. **Add Humor or Personality:** Write one playful or witty sentence about yourself.

Example: “I’ll beat you at trivia, but I’ll let you win at Mario Kart.”

Answer:

3. **Be Specific:** Mention one or two interests in detail.

Example: “I love hiking—especially trails with waterfalls. Ask me about my favorite spots!”

Answer:

4. **State Your Intentions:** What are you looking for? (e.g., friendship, relationship, casual dating)

Example: “Looking for someone to share laughs, adventures, and late-night ice cream runs.”

Answer:

### Final Bio Template:

Combine your answers into 2-3 engaging sentences. Write your final draft here: