

Workbook: Meeting in Person

Purpose:

Most guys can't understand the risk involved in meeting a stranger but there is risk. It's always best to keep the first meeting brief and in a fairly public space. Be prepared to talk about yourself but also ready to ask important questions. Aside from building online profiles this is one of the areas that Dr. Hueber likes to focus on when he works with people the most.

Step 1: Assess the Quality of Your Conversations

Instructions: Answer the following questions to reflect on the depth and consistency of your texting interactions.

1. Do your conversations go beyond surface-level topics (e.g., hobbies, values, goals)?
 - Example: "Yes, we've discussed our favorite books, life goals, and travel experiences."

Your Answer:

2. Does the other person respond regularly and engage meaningfully?
 - Example: "Yes, they ask follow-up questions and share their thoughts."

Your Answer:

3. Do you feel a positive and comfortable vibe in your conversations?
 - Example: "Yes, our chats make me laugh, and I feel at ease sharing with them."

Your Answer:

Step 2. Evaluate Your Readiness to Meet

Instructions: Reflect on your comfort level and motivations for meeting in person.

1. **What is your primary reason for wanting to meet in person?**
(*Example: "I want to see if our chemistry translates into real life."*)

Your Answer:

2. **Do you feel safe and comfortable meeting this person?**
(*Example: "Yes, they've been respectful and consistent in communication."*)

Your Answer:

3. **Have you discussed and agreed on expectations for the first meeting?**
(*Example: "Yes, we both want a casual coffee date with no pressure."*)

Your Answer:

Step 3: Moving from Texting to Meeting

Instructions: Plan your first meeting with these steps – so all parties feel safe

1. **Choose a Public Place:**
(*Example: Coffee shop, park, or bookstore.*)

Your Choice:

2. **Set a Time Limit:**
(*Example: 45 minutes to 1 hour.*)

Time:

3. **Inform Someone You Trust:**
(*Example: Share location and time with a friend.*)

Contact Person:

4. **Prepare an Icebreaker Question:**
(*Example: "What's a fun fact most people don't know about you?"*)

Your Question: