

DATING UNCOMPLICATED

Progress Tracking Workbook

Your Personal Journey to Dating Success

By Simon Mack

How to Use This Workbook

This workbook is your companion to *Dating Uncomplicated*. Use it to track your progress, record insights, and commit to specific actions that will transform your dating life.

For each chapter:

- Mark your status (In progress, Completed) and record the date
- Write down the key insights that resonate with you
- Identify specific action items you'll commit to implementing
- Tick off action items as you complete them

Remember: Reading is not enough. Transformation requires action. Use this workbook to hold yourself accountable and track your journey from where you are now to where you want to be.

Self-Assessment Tracking

Complete the 'Do You Need This Book?' assessment from the book at the start and end of your journey. Track your progress:

Assessment Date	Start	End
Date	_____	_____
Number of 'Yes' Answers	_____	_____

Introduction

Understanding the landscape of modern dating and how this book will guide your transformation.

Introduction: Understanding the Dating Landscape	
Chapters covered: <ul style="list-style-type: none">• Current State of Affairs• Plight of the Nice Guy• The Rise and Fall of Pickup Artistry	
<input type="checkbox"/> In progress <input type="checkbox"/> Completed	Date Started: _____
Key Insights: _____ _____ _____	
Resolutions: <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	
★ Recommended Activities: From 'Plight of the Nice Guy': <input type="checkbox"/> Assess yourself for symptoms of 'Nice Guy Syndrome'. What are your observations? _____ <input type="checkbox"/> Read <i>No More Mr Nice Guy</i> by Dr Robert Glover http://datinguncomplicated.com/go/no-more-mr-nice-guy	

Part 1: Are You Really Ready to Find a Relationship?

Attracting a partner requires that you have your act together emotionally and are in an attractive headspace. This foundation is critical for success.

★ Self-Assessment: Are You Ready?

Are you still mourning a past relationship?

- Yes
- No

If yes, what steps will you take to move on?

Why do you seek a relationship?

Are you dealing with loneliness?

- Yes
- No

If yes, what actions will you take to solve your loneliness problem so that you can become an attractive romantic partner?

Are you prone to limerence?

- Yes
- No
- Unsure

If yes, what steps will you take to prevent it?

Brace for Re-entry: Returning to Dating in Your Forties or Fifties (Optional - if relevant to you)

- In progress
- Completed

Date Started:

Key Insights:

Action Items (What will I do differently?):

- _____
- _____
- _____

2.1. Cultivating Attractive Qualities

- In progress
- Completed

Date Started:

★ Recommended Activity:

- Join the Dating Uncomplicated Community Server: <https://datinguncomplicated.com/go/forum>
- Which practices will you adopt to cultivate confidence? (list 3 below)
- Connect with strangers this week

Key Insights:

Action Items (What will I do differently?):

-
-
-

2.2. Listening - The Other Side of Skilful Communication

- In progress
- Completed

Date Started:

★ Recommended Activity:

- Find an opportunity to hold space for someone while maintaining your own emotional boundaries

Key Insights:

Action Items (What will I do differently?):

-
-
-

2.3. Stop Being So Damned Agreeable!

- In progress
- Completed

Date Started:

Key Insights:

Action Items (What will I do differently?):

-
-
-

2.5. Define Your Style

- In progress
- Completed

Date Started:

★ Recommended Activity:

- Audit your style - identify flattering outfits, discard/donate clothes that don't suit you
- Assess your grooming: get a haircut, trim nails, moisturise

Key Insights:

Action Items (What will I do differently?):

-
-
-

2.6. Understanding Masculinity

In progress

Completed

Date Started:

★ Recommended Activity:

Consider the author's descriptions of masculinity and sexual energetics. To what extent does this align with your beliefs and experiences? Do you display traits of 'the wounded masculine' that might undermine your attractiveness?

Key Insights:

Action Items (What will I do differently?):

2.7. How to Cultivate Attractive Masculine Qualities

- In progress
- Completed

Date Started:

★ Recommended Activity:

- Discuss your emotional state with another man
- Tap into your primal warrior (see activity template below)

Key Insights:

Action Items (What will I do differently?):

-
-
-

Activity Template: Record Your Baseline

Reference: Chapter 2.7 'Tap Into Your Primal Warrior'

Complete this baseline BEFORE and AFTER the primal warrior exercise.

Question	BEFORE	AFTER
How powerful do you feel? (Rate 1-10, where 1 is no power, 10 is god-like power)		
If you feel a sense of power, can you describe its source?		
Was the feeling present before you started this exercise?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Additional observations:		

2.8. Tear Down the Pedestals

In progress

Completed

Date Started:

★ Recommended Activity:

Audit your role models using the questions in this chapter

Key Insights:

Action Items (What will I do differently?):

Exercise Template: Check Your Frame

Reference: Chapter 2.8 'Establish Clear Priorities'

Complete the 7-question exercise in the book, then calculate your score:

Q1. Woman teases you at party

Answer:

Q2. Asking someone on a date

Answer:

Q3. Girlfriend asks weekend plans

Answer:

Q4. Mates invite you to boys-only BBQ

Answer:

Q5. Girlfriend disappointed about BBQ

Answer:

Q6. She's 20 minutes late for date

Answer:

Q7. Her excuse for being late

Answer:

Scoring: A = -2, B = -1, C = +1, D = +2

Count your answers:

A's: _____ × (-2) = _____

B's: _____ × (-1) = _____

C's: _____ × (+1) = _____

D's: _____ × (+2) = _____

TOTAL SCORE:

Your Result: Doormat 'Nice Guy' Self-assured Self-absorbed

Refer to the book for score interpretations and guidance.

Part 3: Practical Dating Tips and Strategies

Practical guidance for meeting women, planning dates, and navigating the courtship process.

3.1. Effective Strategies to Meet Single Women	
<input type="checkbox"/> In progress <input type="checkbox"/> Completed	Date Started: _____
★ Recommended Activity: <input type="checkbox"/> Brainstorm high probability strategies for meeting women with the values and traits you find appealing	
Key Insights: _____ _____ _____	
Action Items (What will I do differently?): <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	

3.3. Practical Tips for Early Dates

- In progress
- Completed

Date Started:

Key Insights:

Action Items (What will I do differently?):

-
-
-

3.4. Avoiding Gold Diggers (Optional - if relevant to you)

- In progress
- Completed

Date Started:

Key Insights:

Action Items (What will I do differently?):

-
-
-

3.5. Rituals of Courtship

- In progress
- Completed

Date Started:

★ Recommended Activity:

- Complete the quiz in this chapter (see template below)

Key Insights:

Action Items (What will I do differently?):

-
-
-

Quiz: Rituals of Courtship

Reference: Chapter 3.5 'How to Get from Hello to the Kiss'

In your previous relationships, how did you bridge the gap between building rapport and establishing physical intimacy? (tick all that apply)

- Natural progression from conversation to closer physical proximity to non-intimate touching, building tension until kissing felt natural
- Used alcohol (or other substance) to lower inhibitions and build courage to 'go for it'
- Prolonged conversation as long as possible until it was necessary to part ways, clumsily embraced/kissed goodbye
- I waited for my partner to initiate the kiss
- I can't tell if someone even likes me, let alone have the nerve to attempt to kiss them!

If you ticked the first box, you either had a great mentor or this comes naturally to you. Others should work through the 5-step escalation process detailed in this chapter.

3.6. An Introvert's Guide to Dating & Attraction (Optional - if relevant to you)

- In progress
- Completed

Date Started:

Key Insights:

Action Items (What will I do differently?):

-
-
-

3.7. How and Why Women Test Men

- In progress
- Completed

Date Started:

Key Insights:

Action Items (What will I do differently?):

-
-
-

Part 4: Sex Education for Adults

Elevate your intimate relationships with insights that set you apart from the average man.

4.1. Sexual Attitudinal Maturity: How Do You Measure Up?	
<input type="checkbox"/> In progress <input type="checkbox"/> Completed	Date Started: _____
★ Recommended Activity: <input type="checkbox"/> Complete the questionnaire in this chapter (see template below)	
Key Insights: _____ _____ _____	
Action Items (What will I do differently?): <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	

Questionnaire: Sexual Attitudinal Maturity

Questionnaire: Sexual Attitudinal Maturity			
<i>Reference: Chapter 4.1</i>	Yes +1	Maybe 0	No -1
For each question, mark: Yes = 1, Maybe/Sometimes = 0, No = -1			
Q1. Are you confident talking to strangers about sexual topics in a social context?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q2. Are you confident expressing sexual attraction/desire to a potential new romantic partner?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q3. Are you confident explicitly asking a partner for their consent to sexual activity?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q4. Are you confident expressing sexual desire/asking for sex with an existing intimate partner?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q5. Are you confident asking a sexual partner to do specific things to please you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q6. Are you confident asking a sexual partner what they would like you to do differently to please them?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q7. Are you confident discussing the realm of sexual fantasy with a partner?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q8. Are you confident exploring the realm of sexual fantasy (i.e. enacting fantasy/role play) with a sexual partner?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q9. Do you fully understand the appeal of kink/BDSM/dominance/submission/fantasy to people who practise it?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q10. Do you believe that kink/BDSM/dominance/submission/fantasy represents a healthy, positive form of interaction between consenting adults?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL SCORE:		0	
<ol style="list-style-type: none"> 1. Total the ticks in the “yes” & “no” columns (ignore the “maybe” column) 2. Subtract the total of the “no” column from the total in the “yes” column to calculate your final score. <hr style="width: 20%; margin-left: 0;"/>	Yes - No =		
<i>Refer to the book for score interpretation and guidance on improving your sexual attitudinal maturity.</i>			

4.2. How to Explore Erotic Fantasy

- In progress
- Completed

Date Started:

★ Recommended Activity:

- Register interest in '41 Things Women Wish Their Lovers Knew' at <https://datinguncomplicated.com/go/41-things>
- Complete the 'Rediscover Your Senses' activity

Key Insights:

Action Items (What will I do differently?):

-
-
-

4.3. Improve Your Bedroom Game with Ancient Sexual Secrets

In progress

Completed

Date Started:

★ Recommended Activity:

Practise the Microcosmic Orbit

Read Urban Tantra: datinguncomplicated.com/go/urban-tantra

Read Taoist Secrets of Love: datinguncomplicated.com/go/Taoist-Secrets

Key Insights:

Action Items (What will I do differently?):

4.4. Unleash Your Sexual Savage

- In progress
- Completed

Date Started:

Key Insights:

Action Items (What will I do differently?):

-
-
-

4.5. A Few Words on Consent

- In progress
- Completed

Date Started:

Key Insights:

Action Items (What will I do differently?):

-
-
-

Final Reflection & Next Steps

After completing the book, take time to reflect on your journey and plan your ongoing development.

What are the three highest impact lessons you've taken from Dating Uncomplicated?

1.

2.

3.

What specific changes have you noticed in yourself?

Join the Community

Join the Dating Uncomplicated Discord community

Connect with other men on similar journeys, share experiences, get support, and stay accountable to your goals.

discord.gg/datinguncomplicated

- Subscribe to Simon's free Substack for future tips and updates:
<https://bedbarsbeyond.substack.com/>
- Retake the self-assessment quiz in 90 days

My Personal Commitment

I commit to the following actions over the next 90 days:

Date:

For additional resources and community support, visit:

DatingUncomplicated.com