



#ProperlyPartnered[®]

Chronically Single Behaviors (CSB)[™] Checklist

These are 10 common Chronically Single Behaviors (CSBs) that may be sabotaging your chances at love and authentic partnership—even if you're a thoughtful, self-aware, and otherwise-successful gay man.

Check off the ones that resonate with you:

- I often assume a guy is 'out of my league' before giving things a chance.
- I tend to apologize a lot or minimize my needs on dates.
- I feel the need to impress or perform to get someone's attention.
- I lead with sex as a way to build connection, even when I want more.
- I ask 'What are we?' too early out of fear or insecurity.
- I over-analyze every message or interaction to avoid messing it up.
- I downplay what I really want to avoid 'scaring him off.'
- I compare every guy to an ex — or to a fantasy that doesn't exist.
- I avoid vulnerability by focusing only on fun, surface-level dates.
- I often replay past hurts and expect similar disappointments to repeat.

The more boxes you check, the more likely you're stuck in CSBs - and the more powerful it can be to shift your patterns.

This checklist is part of the #ProperlyPartnered[®] psychology-based relationship-formation system by Dr. Gregg.

For more support, text the word "SUPPORT" to 1-888-DRPIZZI, visit psycmart.com or DM @properlypartnered on Instagram.

