



### OVERVIEW:

Men: For each test item that describes you, circle the "Q" for "quack" next to it. At the end of the test, count up all your "quacks" and see how much at-risk you are for being preyed upon by a bad girl.

### HOW TO SCORE:

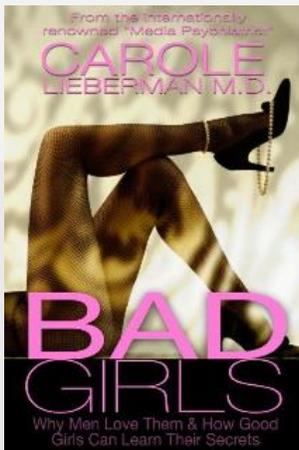
If you scored...

1 – 5 You are in mild danger, but not out of the woods.

6 – 10 You are in moderate danger; extra caution advised.

11 – 20 You are in serious danger; psychotherapy advised.

21 or more You are in very grave danger! Do not venture out to the dating front until you have had at least six months of psychotherapy!



# THE SITTING DUCK TEST

### FEELINGS

You feel lonely. Q

You feel horny. Q

You feel depressed. Q

You feel bored. Q

You feel isolated. Q

You feel abandoned. Q

You have low self-esteem or a poor self-image. Q

You wish that people would pay more attention to you. Q

You feel unattractive. Q

You feel emasculated. Q

You feel shy or insecure. Q

You are attracted to drama. Q

You put on a façade of invincibility but feel like a nerd inside. Q

You have an unfulfilled yearning to be accepted into a cool in-crowd. Q

You have a fear of abandonment. Q

You are very trusting. Q

You feel competitive with other men and want them to think you're a bigger stud because you have a hot chick on your arm. Q

You feel guilty (although you may not know why) and like you deserve to be punished. Q

You feel inadequate as a man. Q

You feel unloveable. Q

You have attained material comforts, but feel lacking in inner richness. Q

CONTINUE TO NEXT PAGE:

## SEX AND RELATIONSHIPS

- Q You have never had a relationship that lasted more than a few dates. Q
- Q Your first love left a hole in your heart. Q
- Q You have just been dumped and you're still hurting from this break-up. Q
- Q You are still in love with your ex-girlfriend or ex-wife. Q
- Q You have had a string of failed relationships. Q
- Q You are secretly afraid you're not good enough to hold onto a woman of your dreams. Q
- Q You are looking for love, but willing to accept sex as a substitute. Q
- Q You get distracted by sex and pretend to yourself that it's as good as love. Q
- Q Your girlfriend just left town for a vacation, a work assignment, or a family matter. Q
- Q Your girlfriend recently moved out of your town or city. Q
- Q You haven't had sex for a while. Q
- Q You have a girlfriend or wife but she doesn't treat you the way you want to be treated and doesn't make you feel special or like a big man. Q
- Q There is stress or a problem in your current relationship that you would like to escape from. Q
- Q You have a desire to rescue women. Q
- Q You have felt that you were madly in love with a woman, but can't explain why. Q
- Q You have a mad crush on an unattainable movie star or celebrity and are attracted to women who look like her. Q
- Q You are attracted to women who look like an ex-girlfriend or ex-wife who you still long for. Q
- Q You attract women too easily and would like a challenge. Q
- Q You are disillusioned by women and ready to give up ever finding a good woman. Q
- Q You have had a dry spell and long to be back in the game. Q
- Q You have performance anxiety or real sexual performance issues. Q
- Q You have no time to date because you're too busy with work or other commitments. Q
- Q You are longing for a warm family and hoping to share your woman's family. Q
- Q You need reassurance that you're not the monster your ex-girlfriend or ex-wife told you that you were. Q
- Q You are embarrassed to ask friends or family for their opinions or advice about women you date. Q
- Q You want to rebel against your parents by choosing a woman they won't like – even if it hurts you. Q
- Q You don't want children. Q
- Q You are in the middle of a separation or divorce. Q
- Q You are a virgin. Q

## CURRENT BEHAVIORS/SITUATION

- Q You sometimes smoke pot. Q
- Q You sometimes use other drugs (street or prescription). Q
- Q You sometimes drink alcohol. Q
- Q You sometimes go to bars. Q
- Q You have an addiction to drugs or alcohol. Q
- Q You recently moved to a new town or city. Q
- Q You recently started a new school or job. Q
- Q You are of short stature. Q
- Q You are very poor or very rich. Q
- Q You are very young or very old. Q
- Q You lost your job or other source of income recently. Q
- Q You are a ladder-climber looking for more money or higher status and would be happy to have a girlfriend give you a leg up. Q
- Q You like to flirt with danger and live on the edge. Q

You get turned away from the hottest nightspots and want a cool-looking chick to help you get your foot in the door. Q  
You are intrigued by the media's glamorization of bad girls. Q  
Illness, injury or surgery is making it difficult for you to take care of yourself. Q  
You have ended up in the hospital and were asked for the names of your next of kin. Q  
You are an artist or writer or other creative type who needs a benefactor or patron. Q  
It is your birthday month. Q  
You are having a mid-life crisis. Q  
You are distracted by pressing situations in your life, such as financial issues, family matters or property repairs. Q  
You don't lie or manipulate, so you don't know what to look out for. Q

#### CHILDHOOD

You were adopted. Q  
You were sexually, physically, or emotionally abused. Q  
Your parents didn't give you enough love and attention. Q  
You grew up in a chaotic household. Q  
Your childhood home was too boring or inhibiting of you. Q  
As a child you liked to escape into stories of adventure or superheroes. Q  
You were raised to be a good boy and not ask questions. Q  
There were family secrets that everyone knew not to talk about. Q  
You were competitive with and jealous of your sister. Q  
You were poor or from the wrong side of the tracks. Q  
You were picked last or next to last for sports teams. Q

#### PARENTS

Your parents divorced. Q  
Your father was not around during your childhood or was not emotionally available. Q  
You were a 'mama's boy'. Q  
Your mother made you feel unlovable. Q  
Your mother abandoned you. Q  
Your mother or father became seriously ill during your childhood or recently. Q  
Your mother or father died during your childhood or recently. Q  
When you were growing up you wished you could rescue your mother from a situation that was making her unhappy or ill. Q  
Your parent remarried during your childhood or recently. Q

END