

IS YOUR PICKER BROKEN?

TAKE THE QUIZ!



**TRACY COOPER /
MINE'S BROKEN**

Take this quiz to see if you're choosing partners based on wounds...or on love.

QUIZ INSTRUCTIONS

TAKE THE QUIZ!

- Answer each question honestly
- Keep track of your answers.
- At the end, tally your results to find out if your picker is thriving... or needs a serious tune-up.



Q1: WHEN YOU MEET SOMEONE NEW,
WHAT EXCITES YOU MOST?

A) THEIR EMOTIONAL DEPTH AND
HONESTY

B) THEIR CONFIDENCE OR STATUS

C) THE FACT THAT THEY NEED
FIXING



Q2: DO YOU FEEL “BORED” WHEN SOMEONE TREATS YOU WITH CONSISTENT KINDNESS?

- A) NOPE, CONSISTENCY IS HOT
- B) SOMETIMES, IF I’M HONEST
- C) YES, I CRAVE CHAOS



Q3: YOUR LAST RELATIONSHIP
ENDED BECAUSE...

- A) WE HAD HEALTHY BOUNDARIES
AND JUST GREW APART
- B) THEY WERE UNAVAILABLE /
DISTANT
- C) THEY WERE TOXIC, BUT I
COULDN'T LET GO



Q4: DO YOU OFTEN IGNORE RED
FLAGS BECAUSE YOU “SEE
POTENTIAL”?

A) RARELY

B) OCCASIONALLY

C) ALL THE TIME



Q5: WHEN FRIENDS WARN YOU ABOUT SOMEONE, DO YOU...

A) LISTEN AND REFLECT

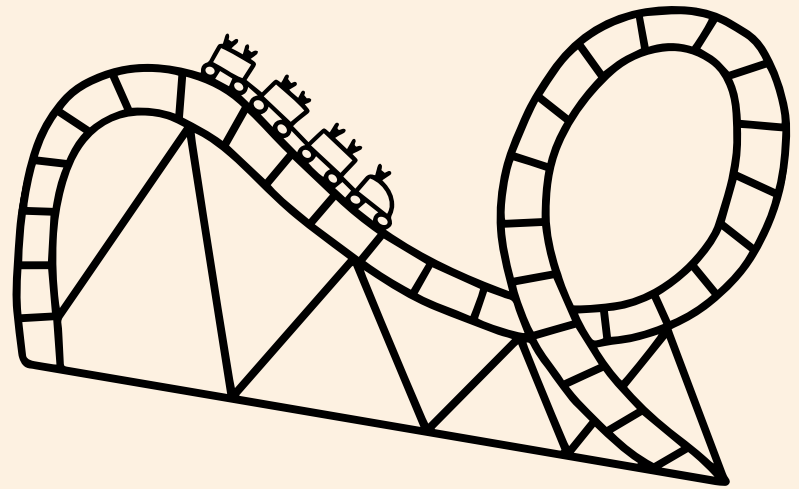
B) DEFEND YOUR CHOICE

C) LAUGH IT OFF AND KEEP GOING



Q6: DO YOU SECRETLY LOVE THE
THRILL OF “WINNING OVER”
SOMEONE EMOTIONALLY
UNAVAILABLE?

- A) NOPE
- B) SOMETIMES
- C) ALWAYS



Q7: YOUR IDEA OF LOVE FEELS MORE LIKE:

A) PEACE AND PARTNERSHIP

B) PASSION AND UNPREDICTABILITY

C) FIXING, RESCUING, OR PROVING YOURSELF



Q8: AFTER A BREAKUP, DO YOU...

A) HEAL AND REFLECT

B) JUMP INTO SOMETHING NEW TOO SOON

C) RECYCLE THE SAME TYPE OF PARTNER



Q9: DO YOU FEEL UNCOMFORTABLE
WITH PARTNERS WHO ARE TOO
EMOTIONALLY AVAILABLE?

A) NO, I WELCOME IT

B) SOMETIMES, I STRUGGLE

C) YES, IT MAKES ME RUN



Q10: WHEN YOU THINK OF YOUR
“DREAM PARTNER,” WHAT’S THE
VIBE?

- A) EMOTIONALLY SAFE, CONSISTENT,
SUPPORTIVE
- B) STRONG, MYSTERIOUS, EXCITING
- C) NEEDING ME TO HEAL OR
COMPLETE THEM



QUIZ RESULTS

Mostly A's → Picker Pro

You're making healthy, empowered choices. Keep trusting yourself.

Mostly B's → Picker Needs a Tune-Up

You're learning and improving, but old patterns sometimes creep in. With support, you can shift faster.

Mostly C's → Picker in the Shop

Your picker is drawn to chaos, fixing, and toxic patterns. But hey, that's exactly where I started. There's hope (and humor) on the other side.

If your picker is broken (or needs a tune-up)... I've got you!

Here's how we can work together:

- 1:1 Coaching (8 Weeks): Break free from toxic patterns, laugh through the lessons, and finally learn to trust your worth.
- Free Blog: www.minesbroken.com
- Book a Free Call:

Because you're not broken...you just need new tools.