



## QUIZ: Are You a Dream Girl or a Just-In-His-Jeans Girl?

By Dr. Jennifer Austin Leigh, author,  
*Laid or Loved? The Secrets Guys Wish You Knew About  
Being a Dream Girl Instead of a Just-In-His-Jeans Girl*

Dream Girls are girls who are respected and cared for by guys *and* girls. That's because they have self-respect and know how to show respect to others. Just-in-his-jeans girls are the girls who, for whatever reason, aren't respected very much. Guys view them as just being worth a casual sexual encounter. FYI: Most girls want to be loved, not just laid!

Find out if you are a Dream Girl who has the potential to have more love, respect and happiness in her life. Circle the statement that fits you best.

1. A. I don't pay much attention to my negative mental chatter. B. Hey, those negative messages might be true, *maybe* I am an idiot! C. I turn up the volume and take those negative mental messages to heart.
2. A. Gossiping is hurtful to myself and others. B. I only gossip when I know the facts are true. C. I talk smack about anyone and everyone! It's fun.
3. A. I listen well to other people and do my best to understand what they want me to know about them. B. I interrupt a lot when people talk. C. I get in people's faces and let them know when I think they are being stupid.
4. A. Even the biggest "bitch" or "tool" in my life can be forgiven. B. I forgive people only if they bend over backwards for me and apologize forever. C. I will never forgive the jerks who have hurt me, are you nuts?
5. A. Drama kills relationships. It's so draining. B. I like the attention drama gets me, I stir it up sometimes for fun. C. The view from the drama throne is positively amazing! I adore the attention. Bring it on.
6. A. The way to a guy's heart is with my own heart and self-respect. B. I need to be beautiful and eager to tease and please him to win his heart. C. The quickest way to his heart is to strong-arm him for sex. He's gotta love me if I push myself on him, right?
7. A. My friends can count on me. B. I'm a fair-weather friend. Don't bother me with your problems. C. Hey, my problems are more important than yours. Get real!

8. A. When I'm in a relationship, I don't flirt or cheat with other guys. B. A little flirting on the side never hurt anyone, but I stop at cheating. C. If my guy isn't making me happy, I hook up with someone who can. Shhhhh! Don't tell my b/f!
9. A. I don't strong-arm guys to have sex with me. B. If a guy says "no," it just means I have to persuade or seduce him until he says "yes." C. Guys don't have the right to tell me "no." I'd be insulted and tell everyone what a fool he was for turning me down.
10. A. I never wear skimpy clothes that reveal too much flesh. B. I wear low-cut shirts or booty shorts just to turn heads. C. A girl's gotta get a guy somehow! If you've got, it flaunt it!
11. A. I trust my boyfriend and don't sneak into his texts or Facebook accounts. B. I sneak a peek once in awhile to make sure he's not sneaking around. C. I changed his passwords because I didn't like the messages I read. That will teach him!
12. A. I understand the concept of "moderation." B. I get trashed and play the "drunk card" as my excuse for my behavior. C. I have to ask, "I did *what* last night?" a lot.
13. A. Everyone is struggling with something, so why not be kind and understanding to them? B. People need to get a grip and get their act together, sheesh! C. People are stupid and piss me off a lot!
14. A. When I am angry at someone, I talk calmly with them and try to resolve the problem. B. I tell all my friends what a jerk the person is and try to get them to take my side C. I blast nasty things on their walls and send in-your-face text messages to let them know they should just die.

Give yourself 3 points for every A you circled, 2 points for every B, and 1 point for every C. If you scored 38-42 you probably wearing a Dream Girl Crown. If you scored 28-38, you're a Dream Girl wanna-be. If you scored 14-28, sorry! You are in the Just-In-His-Jeans zone – but don't despair. Dream Girl lessons are available in the book, *Laid or Loved? The Secrets Guys Wish You Knew About Being A Dream Girl Instead of a Just-In-His-Jeans Girl* and cool coaching sessions are starting soon online at [www.drjennforgirls.com](http://www.drjennforgirls.com)!

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