

the feels

Modern *Dating* 101

WEEK 2: HOW WE'VE DATED + EXPECTATIONS

What did I observe about love growing up?

What were the explicit messages about relationships?

What were the implicit ones?

FINISH THE SENTENCE

“Love means...”

“Partnership requires...”

“If I’m chosen, it means...”

My ideal relationship looks like...

Which parts are emotional needs?

Which parts are cultural scripts?

Which parts are thought spirals?

the feels

Expectations I've been gripping

What happens if I let go of this?

SOMATIC EXERCISE

Where do I feel tightness when I think about dating?

What would release feel like in my body?

Notes: