

*the feels*

# Modern *Dating* 101

## WEEK 3: MAPPING THE 3-PART JOURNEY

How do I currently show up for myself when dating gets hard?

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### THE SELF-ABANDONMENT INVENTORY

When I like someone, I tend to: (Circle what applies.)

- Over-accommodate
- Downplay needs
- Become hyper-independent
- Perform confidence
- Shut down

What am I afraid would happen if I didn't?

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What would staying closely connected to my truth look like instead?

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## SKILL SELF-ASSESSMENT: RATE YOURSELF

(Rate 1-5, 5 being excellent):

Expressing Needs : ..... /5

Saying No : ..... /5

Receiving feedback : ..... /5

Repairing Conflict : ..... /5

Staying present  
during discomfort : ..... /5

What areas of work feel most front + center?

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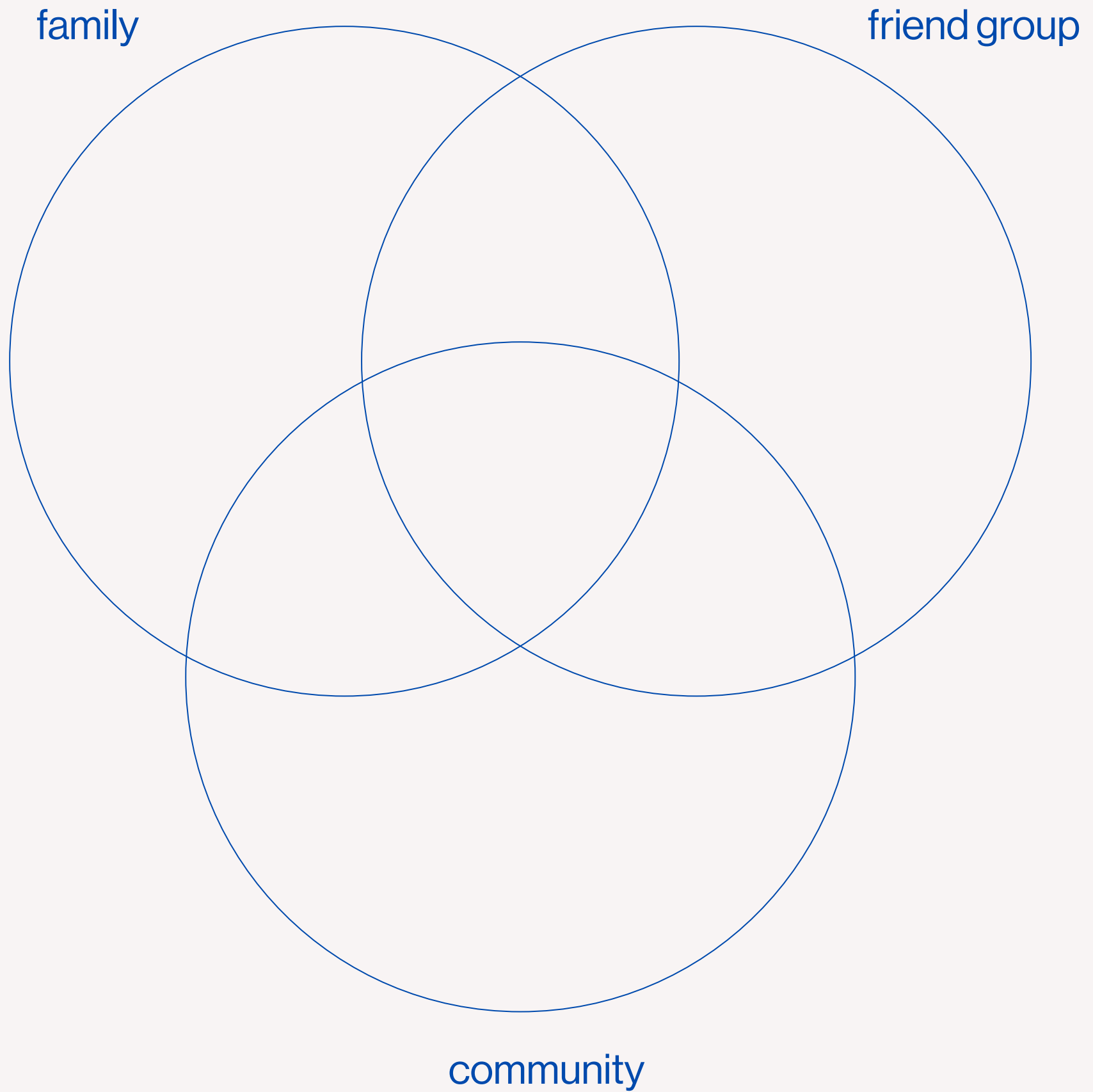
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COMMUNITY MAP Who's in each? Where are gaps?



COMMITMENT:

One way I'll build community in the next 30 days is...

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