

the feels

Modern *Dating* 101

WEEK 1: THE CURRENT DATING LANDSCAPE

How would I describe my current dating experience in one paragraph?

Where am I meeting people right now?

What feels frustrating? What feels hopeful?

What beliefs do I hold about “modern dating”?

PERSONAL DATING AUDIT For your last 3 romantic interests, answer:

What initially attracted me?

1. _____
2. _____
3. _____

When did anxiety/avoidance show up?

1. _____
2. _____
3. _____

What story did I tell?

1. _____
2. _____
3. _____

What behavior followed?

1. _____
2. _____
3. _____

What did I not say that was true?

1. _____
2. _____
3. _____

What is the throughline?

the feels

One change I'm ready to experiment with this month:

Places I will try meeting differently:

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

What support I need:

Notes: