

the feels

Modern *Dating 101*

WEEK 4: SELF-TRUST + INNER KNOWING

Use this grid to track your desires, fears, avoidance, and compromises so you can clearly see where you show up fully and where you hold back.

I want...

A large, empty rounded rectangular box with a thin blue border, intended for writing down desires.

I fear...

A large, empty rounded rectangular box with a thin blue border, intended for writing down fears.

I avoid...

A large, empty rounded rectangular box with a thin blue border, intended for writing down things avoided.

I settle for...

A large, empty rounded rectangular box with a thin blue border, intended for writing down compromises or things settled for.

THE “CLEAN ASK” BUILDER

Write three ‘clean asks’ using this structure to express your feelings and needs without blame or assumption.

“When X happens, I feel Y. What I would love is Z. Is that something you’re open to?”

Ask one:

Ask two:

Ask three:
