

the feels

Modern *Dating* 101

WEEK 4: SELF-TRUST + INNER KNOWING

OUR SYSTEMS OF KNOWING

How does each system communicate “yes”? How does each system communicate “no”?

thoughts

Yes:

No:

body

Yes:

No:

emotions

Yes:

No:

intuition/gut

Yes:

No:

ATTACHMENTS + PATTERNS

When I start liking someone, I tend to...

When someone pulls away, I...

My core fear in relationships is...

The strategy I use to manage that fear is...

REPATTERNING

A pattern I'm ready to interrupt:

What I will do instead:

What support I need when this gets uncomfortable:

SOMATIC REGULATION EXERCISE

Use this exercise whenever you notice old patterns showing up — anxiety before a date, pulling away, or reacting out of habit. It helps you pause, come back into your body, and choose your next move instead of reacting.

1. **Find your body** – Sit or stand somewhere safe. Plant your feet on the ground, feel the weight of your body supported. Close your eyes if it feels safe.
2. **Slow your breath** – Inhale for 4 counts, hold for 1, exhale for 6. Repeat for 5 breaths. Notice how the air moves in your chest, ribs, and belly.
3. **Scan your body** – Gently notice any tension from head to toe. On each exhale, imagine softening those areas.
4. **Activate grounding** – Press your feet into the floor and feel the connection beneath you. Rock slightly side to side or roll your shoulders to release tension.
5. **Anchor with senses** – Name 3 things you can see, 2 things you can hear, 1 thing you can feel on your skin. Let your nervous system register safety.