

Modern *Dating 101*

WEEK 6: NERVOUS SYSTEM + INTERDEPENDENCE

NERVOUS SYSTEM AWARENESS

When I feel anxious in dating, my body does...

When I feel avoidant, I...

My regulation tools:

- | | |
|---|--|
| <input type="radio"/> Breathwork/meditation | <input type="radio"/> Cold water/cold exposure |
| <input type="radio"/> Movement/stretching | <input type="radio"/> Music |
| <input type="radio"/> Intense physical exercise | <input type="radio"/> Prayer |
| <input type="radio"/> Calling a friend | <input type="radio"/> Time in nature |
| <input type="radio"/> Social time | <input type="radio"/> Mindful ritual (tea, candle, etc.) |
| <input type="radio"/> Journaling | <input type="radio"/> Other: _____ |

OVER-FUNCTIONING DIAGNOSTIC

When dating someone new (circle yes or no + give brief explanation):

Do I initiate most contact? yes / no

Do I emotionally track them? yes / no

Do I regulate them? yes / no

Do I move faster than my body feels safe with? yes / no

Scoring system:

Mostly yes = over-functioning

Mostly no but distant = under-functioning

What would “equal energy” actually look like?

SLOW DATING CONTRACT

Use this page to set clear boundaries for pacing, intimacy, communication, and decisions. Checking in with them regularly keeps you present, aligned, and in control of your dating experience.

My pacing boundaries:

My intimacy boundaries:

My communication boundaries:

My decision timeline:
