

DAY 2

What's Getting in the Way?

Exercise 2

Identifying What Feels Challenging Right Now

Rate each of the following statements from 1 (don't associate at all) to 5 (strongly associate):

I use dating apps, but they rarely lead to anything meaningful	1 2 3 4 5
It sometimes feels like gay men are only interested in sex	1 2 3 4 5
To be honest, I'm not sure I know what a fulfilling gay relationship actually looks like	1 2 3 4 5
I've been hurt in the past and a big part of me doesn't want to go through that again	1 2 3 4 5
In the gay community it often feels like looks and status matter way more than personality and genuine connection	1 2 3 4 5
It often feels like gay men say they want a relationship but then don't act like it	1 2 3 4 5
Gay social spaces often feel cliquey or just a bit intimidating to me	1 2 3 4 5
I worry the right partner for me just isn't out there	1 2 3 4 5
I know there are other gay men who are looking for meaningful relationships, but I honestly don't know where to find them	1 2 3 4 5

Two reflection questions:

- Which of these statements feels most true for you right now?
- And if you take a step back — do any of these statements feel true but incomplete, or just not the full picture?