

DAY 3

What Could Shift?

Exercise 3

Thinking About How You Show up in Dating

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

| | |
|---|-----------|
| I want to feel more confident when I meet new people, but I'm not sure how | 1 2 3 4 5 |
| I spend a lot of time chatting on dating apps but rarely end up inviting anyone to meet in person | 1 2 3 4 5 |
| In social situations part of me wants to connect with new people, but I'm not sure how to approach them or start a conversation | 1 2 3 4 5 |
| When someone shows interest in me, I'm not always sure how to respond or just end up pulling away | 1 2 3 4 5 |
| If I make a new connection that feels promising, I tend to get invested quickly and worry about doing something wrong that might end it | 1 2 3 4 5 |
| I sometimes struggle to communicate what I really think or feel in dating or relationships | 1 2 3 4 5 |
| I find myself chasing people I know aren't right for me, but find it difficult to let them go | 1 2 3 4 5 |
| Honestly, I find it hard to imagine myself in a loving relationship with another man | 1 2 3 4 5 |
| Deep down, I want something to change but I'm not sure yet what I should do about it | 1 2 3 4 5 |

Two reflection questions:

- Which of these feels like the biggest challenge for you in dating right now?
- What could you try doing differently there? What is worth a shot?

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