

Salty.

Intentional Dating Worksheet



MY INTENTIONAL DATING PLAN

Name:

Date:

PART ONE: SELF REFLECTION

1) Identify your problematic relationship behaviors

Identify your repeated behaviors that recur from one relationship to the next that create disharmony, keep me trapped, stuck, unhappy or unhealthy. Tick all that apply.

- Thinking that every date is a potential forever partner / spouse.
- Having fantasy relationships with people who show me kindness.
- Rushing relationships to keep them exciting or intriguing.
- Always choosing unavailable partners.
- Acting outside my values to keep a relationship going (ie: not establishing boundaries or not communicating my needs)
- Making excuses for other people's poor behavior.
- Setting up new relationships before the last one is finished.
- Moving too fast emotionally.
- Thinking that every person I date has the same defects.
- Changing my plans to be around them.
- Obsessively checking their social media accounts or asking around to get information on them.
- Confusing lust with love.
- Dating people who remind me of my Parent/s.
- Ending relationships when they become too intimate.
- Objectifying people as sex objects.

2) Identify your self- esteem enhancing behaviors

What are activities that enhance my self esteem? These actions and behaviors enhance my financial, physical, emotional, spiritual, and intellectual health and wellness. (ie: attend therapy, spend time with friends, cultivate hobbies, further my career, helping others)

3) Define what you want in a relationship:

Define what I mean by “available.”

Define what being sexual is to me.

What are the signs things are not going well?

What red flags do you tend to ignore or rationalize?

What makes you stay in an unhappy relationship?

How have your last several relationships ended?

4) Is your life balanced?

Ask yourself what percentage of time do you devote to the following areas of life:

Spirituality ___%

Health and wellness ___%

Relationships ___%

Friendships ___%

Career ___%

Personal Development/Education ___%

5) What is my vision for my life for the next year?

Two years?

Five years?

6) Getting clear about characteristics I choose in a partner:

List what I want in a date/partner (i.e Someone who is kind, compassionate, humble, funny, intelligent, creative, social, flexible, available, loving, want kids or not, work etc. Include your deal breakers.

PART TWO: CREATE MY PERSONALIZED DATING PLAN

By dividing your relationship journey into four distinct stages, you can set dating boundaries on a specific timeline that feels healthy and safe *for you*. You know yourself. YOU determine your boundaries. You can take a relationship at YOUR pace.

Stage 1: Getting to Know Each Other

Stage 1 Time Frame: May last up 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 dates OR ____ weeks / months. (Circle which applies).

No more than ____ dates a week for the first ____ weeks/months.

Minimum notice of at least ____ days before a date. (Remember: there is no rush.)

Do dates need to be in public? Y / N

How much sexual contact am I comfortable with during stage 1?

No breaking a prior commitment to accept a date. (My plans matter too)

No revealing past history until the ____ date. (Emotional intimacy comes with trust.)

How many phone calls per week? ____ Calls should be kept to ____ in length.

How many emails/text messages per day / week? ____
(Are emails/text messages too triggering? There is no need to spend all your day texting. Maintain your life.)

Boundaries:

- Date must start and stop on time.
- No phone calls/chats that interfere with work or socializing.
- Is this person predictable in their availability to me?
- Am I consistently maintaining my network of support outside of the relationship?
- Am I continuing to practice my **Self Esteem Building Behaviors?**

Any red flags? _____

Never sex without: Discussion about STDs ____ Pregnancy protection ____

Stage 2 - Moving Ahead Cautiously

Stage 2 Time Frame: May last up 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 dates OR ____ weeks / months. (Circle which applies).

How much physical contact am I ok with during stage 2?

Private realm okay? Y / N

See this person no more than ____ times per week.

Reflect:

- Is this person predictable in their availability to me?
- Do we communicate well?
- Do we respect one another?
- Is this person predictable in their availability to me?
- Am I consistently maintaining my network of support outside of the relationship?
- Am I continuing to practice my **Self Esteem Building Behaviors?**

Any red flags?

Never sex without: Discussion about STDs ____ Pregnancy protection ____

Stage 3 - Defining the Relationship. Are we on the same page?

Stage 3 Time Frame: May last up 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 dates (circle which applies) OR ____ weeks / months. (Circle which applies).

Are we on the same page about our level of commitment? Y / N

Evaluate Life goals and visions - are they compatible? Y/ N

Mutual compatibility:

- Spiritual
- Physical
- Emotional
- Intellectual
- Financial

Reflect:

- Am I consistently maintaining my network of support outside of the relationship?
- Is this person predictable in their availability to me?
- Am I continuing to practice my **Self Esteem Building Behaviors**?

Stage 4 - Intimacy and Commitment

Appropriate amount of time together before meeting one another's family/parents: _____ (ie one year)

Appropriate amount of time together before vacations together: _____

Appropriate amount of time together before moving in together: _____ month/s / year/s

Appropriate amount of time together before proposal: (if that's what you want): _____ year/s / month/s

Appropriate amount of time together before marriage: (if that's what you want): _____ year/s / month/s

Reflect:

- Am I consistently maintaining my network of support outside of the relationship?
- Is this person predictable in their availability to me?
- Am I continuing to practice my **Self Esteem Building Behaviors**?