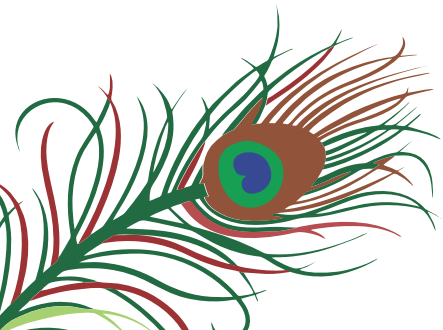


DATING  
TO CREATE LASTING  
RELATIONSHIPS  
WORKBOOK



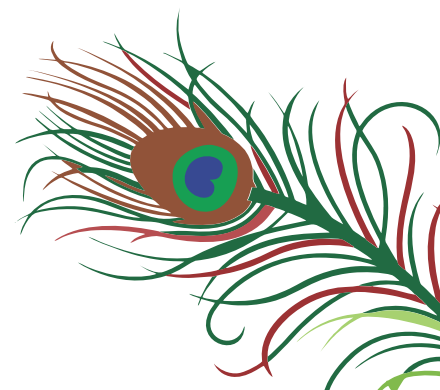
# Vision Board

Paste pictures or write the things, you would like to see happen for you and your relationships. Don't be shy in describing exactly what you would want to happen for your relationship.



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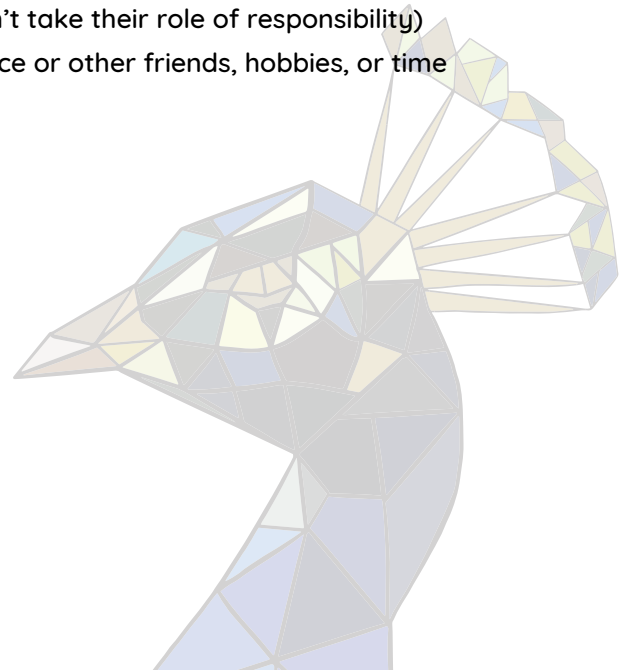






# Red Flags

- Any signs of physical abuse - in other relationships, with friends or enemies, peers, animals
- Lying or deception
- Verbal abuse - saying curse words at you, calling you names or anyone else names. They lack the emotional intelligence to talk about what is bothering them and work things out. They take out their anger with blame and guilt
- Emotional abuse - making things seem like it's your fault (or someone else's), anyone but their fault, ghosting, lack of support, acting like they don't care, not respectful of your feelings
- Addiction - they will be focused on their addiction and their pain, not the relationship
- Refusal to treat mental health issues - they are not thinking clearly if they choose a relationship over working on themselves to be clearer before entering into a relationship
- Controlling - they will try to control you in different ways, cut off your social ties, make you feel guilty for spending time with other people
- Inconsistent
- Possessive
- Overly, persistently jealous
- Narcissism
- Manipulating & Gaslighting
- Emotionally unavailable
- Demeaning
- Fighting or always looking for a fight
- Quick to anger
- Not receptive to listening to feedback
- No shared relationship goals
- Infidelity
- Talks about exes or other people as being crazy (doesn't take their role of responsibility)
- Enmeshment - spends all time with you, no independence or other friends, hobbies, or time spent doing other things
- Unpredictable
- Your loved ones and friends do not like them
- Crossing your boundaries
- Rushing into the relationship
- No integrity in other situations
- Lack of respect



# Online Dating Profile

## Pictures (5-7 photos)

Portrait/Headshot

Full body

Lifestyle photos

Smiling

## About Me

● Who are you right now?

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● What hobbies do you enjoy?

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● What do you do each day or regularly?

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● What's your sense of humor like? Your personality?

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● What's going on vacation with you like? What do you do?

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● Have a favorite band? Or food dish you want to share with your date?

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● What's something geeky about you?

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● What are you looking for?

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## Other Ideas

● Fun \_\_\_\_\_

● Ask a question \_\_\_\_\_

● Describe 3 attributes of you \_\_\_\_\_

● Movie quote \_\_\_\_\_

● What you are looking for (keep it light and fun) \_\_\_\_\_

● What you love and want to do with someone \_\_\_\_\_





# Let's Go On a Date

## Date Ideas

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Bicycle ride  
Bowling  
Dinner and live music

Cooking class  
Arcade  
Go-karts  
Watch a sports game

Dance lessons  
Zipline  
Zoo  
Museum

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What did we end up doing?

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● What did I like about this person?

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● What did I not like?

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● What do I need more insight/information about?

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● Highlights of our conversation that were good

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● Highlights of our conversation that were not so good

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● One word about this date that comes up intuitively

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● Will I go out with this person again? Yes, No, Maybe Why or why not?

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● What is the feeling I get about this connection?

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● Did we have shared interests? Relationship goals?

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# Sexy Time

Your name

Your partner's name

Things I want to try

Things I want to try

Before Sex I like

Before Sex I like

After Sex I like

After Sex I like

I get turned on by

I get turned on by