

DATING 101
FORM A

My strengths and the things I like about myself. List as many as possible:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

DATING 101
FORM B

Negative beliefs I have about myself.

1 _____

2 _____

3 _____

4 _____

5 _____

Dating 101
Form C

Identify three times in your life when you felt most fulfilled and satisfied. If you can, identify what contributed to your contentment.

1. _____

2. _____

3. _____

Identify times when you were happiest, this can be at work or personally.

1. _____

2. _____

3. _____

Identify times when you felt most proud of yourself. What contributed to your sense of pride?

1. _____

2. _____

3. _____

Dating 101
FORM D

First circle ten values that are very important to you. Then review and check off the six that are the very most important to you.

Acceptance	Financial rewards	Self respect
Achievement	Happiness	Self expression
Adventure	Harmony	Security
Altruism	Health	Sharing
Authority	Helping others	Solitude
Authenticity	Honesty	Spirituality
Autonomy	Humor	Status
Balance	Imagination	Success
Beauty	Independence	Stability
Belonging	Intellect	Trust
Compassion	Justice	Tradition
Challenge	Kindness	Tolerance
Choice	Knowledge	Truth
Collaboration	Leadership	Winning
Competition	Learning	Wisdom
Citizenship	Love	Dependability
Creativity	Loyalty	Contentment
Connection	Order	Control
Community	Optimism	Unity
Competency	Passion	Gratitude
Equality	Peace	Teamwork
Excellence	Pleasure	Structure
Determination	Popularity	Spontaneity
Fairness	Power	Diversity
Faith	Privacy	Effectiveness
Fame	Recognition	Empathy
Friendship	Respect	Humility
Family	Responsibility	Insightfulness
Focus	Mastery	Openness
Freedom	Risk taking	Strength
Fame	Romance	Service to others
Fun	Vitality	Patriotism

DATING 101
FORM E

Imagine you are much older and sitting in a rocking chair reflecting on your life. What are the highlights of the times you hold dear? When did you make a difference? When did you touch others lives? What felt soul satisfying? What do you imagine your legacy might be? What do you want it to be?

1. _____

2. _____

3. _____

4. _____

DATING 101
FORM F

Think about a relationship or friendship that worked reasonably well and made you happy.
What were the qualities about the individual that you particularly liked?

1. _____

2. _____

3. _____

What about the relationship was fulfilling?

1. _____

2. _____

3. _____

What caused strife?

1. _____

2. _____

3. _____

DATING 101
FORM G

What kind of people make you feel most comfortable? What is it about someone that makes you want to be close to them? (could be someone I can rely on, or someone I can have fun with)

1. _____

2. _____

3. _____



Dating 101

Summary
For Use at Home



Preparing to date

Why date? Clarify if you are partner-seeking OR simply interested in meeting new people with whom to engage in activities. Being clear will help avoid potentially painful experiences.

Try to manage fear of rejection as it is part of the dating experience. On some occasions you may not be attracted to someone and at other times, they may not be interested in you. If possible, do not take it personally.

Self-confidence is important to project when meeting new people. Identify things about yourself that you like. What are your best qualities? Focus on what you like about yourself rather than your insecurities.

Identify your personal values. Knowing what is most important to you, what makes you feel fulfilled, happy and proud of yourself will help clarify what characteristics you should look for in a mate. Being with others whose values are in conflict with your own is likely to cause conflict. Take forms C, D and E home and consider your answers. This will help you focus on what traits to look for.

Practice dating skills with a friend; how to charm or flirt, active listening, how to initiate a conversation.

Consider how to present your best self when meeting someone for the first time. Think about the following: your attitude, content of what you say, your tone of voice, how you behave (smoking, chewing gum), how you move, how your hair and face look, how you dress, general cleanliness, how you smell, facial expressions. Ask a trusted friend for honest feedback.

Finding a date

Finding dates is a numbers game; the more people you meet, the greater likelihood that you will find someone who is of interest to you.

Tell everyone you know that you are dating and interested in meeting people. Tell them what traits you are looking for and ask if they can make introductions for you.

Spend time in environments that you find interesting such as a health club, an art gallery, community center, concerts, dances, church, and the park. If you engage in activities you enjoy, you are more likely to meet like-minded people.

Internet dating is a great way to find dates. Most important is your profile and photos. Ask a friend for help with both or look at samples online. Distribute pages 20-26 from Facilitator's Guide for Internet suggestions.

Consider if and how you will disclose your mental health condition. It is a personal decision, but often people wait until they feel safe and there is a budding relationship. Telling a diagnosis may not be helpful. If you describe your condition, thoughts and behaviors it will ultimately be more helpful than providing a label.

Be cautious about sex. Becoming sexually active can make you feel vulnerable. May make sense to wait until you feel safe with someone and starting to build a relationship. You and your partner should consult your respective physicians and disclose test results with one another. Inquire about birth control, make a choice and stick to it! Do not be pressured into anything. Trust your gut.

Safety

When meeting new people do not disclose your home or employment address. Only meet in a public place with many others around. Avoid isolated places. Tell a couple of friends where you will be. Trust your gut. If you have a "funny" feeling about someone, leave.

GOOD LUCK!