

Journal Prompts: Healing your Dating Story

1.

When I notice the fear that someone won't like me, what past experiences does that feeling remind me of, and what is actually true about me today?

2.

What parts of myself do I tend to hide or hold back when I'm getting to know someone, and what would it feel like to let emotional availability in?

3.

What evidence do I have—real, concrete evidence—that I am worthy of connection, affection, and being chosen?

4.

If my younger self could speak to me about dating today, what fears would she share, and how can I respond with compassion instead of avoidance?

5.

When negative thoughts about myself show up while dating or using apps, what new, more balanced thought can I practice in that moment, and how does my body feel when I shift it?

6.

How can I learn to recognize patterns or signs in someone that is not a match for me? How can I set better expectations for my dating partners that exemplify my self-worth and dignity?