



## Dating Myself

**Instructions:** Imagine that you are on a date with yourself and ask yourself the following questions. Record your answers to find consider what it means to date you.

### Time

How much time can I give now?

How much time will I expect my partner to give to me?

Is this the right time for me?

### Reasons

List the pros and cons of wanting to date right now. Why are you doing this? Who are you doing this for?

### Favorites

Topics to discuss:

Traits I look for:

Friend to update during date:

### Strengths

I bring these strengths to the table:

### Boundaries

Here are sexual boundaries I have and how I know they are being respected:

### My Self-Love Mantra