

DO Therapy

Review the Date

What Did I Actually Learn?

Dating creates a lot of questions. **Do they like me?** That's one. But it's not the only one. This exercise helps you slow down after a dating experience and gather information about:, **ME. YOU. And WE?**

The goal isn't to decide immediately whether someone is "the one."

It's to learn enough to decide: **What's my next move?**

NOTICE

Start with your immediate reaction. Before analyzing every conversation, text, facial expression, or pause, notice what you're experiencing.

What am I feeling right now?

- Excited?
- Interested?
- Attracted?
- Curious?
- Anxious?
- Uncertain?
- Disappointed?
- Indifferent?
- Hopeful?
- Relieved?
- Something else

What is my brain already trying to figure out? Now notice where your attention went first.

Am I mostly wondering: Do they like me? Or Do I like what I'm learning about them? Both can matter. Just notice which question is getting most of your attention.

REVIEW THE GAME TAPE

Now review what actually happened.

ME

How did I feel around this person?

- Comfortable?
- Curious?
- Attracted?
- Guarded?
- Energized?
- Drained?
- Interested?
- Anxious?
- Like myself?
- Like I was performing?
- **Did I show up as myself or did I feel like I was auditioning?**
- **Did I change, hide, exaggerate, minimize, or perform anything to increase the chance of being liked?**
- **What did I learn about myself?**

YOU

What did I actually observe about this person? What characteristics did I notice?

- Open?
- Reliable?
- Curious?
- Adventurous?
- Kind?
- Playful?
- Accountable?
- Flexible?
- Affectionate?
- Independent?
- Emotionally expressive?
- Patient?
- Ambitious?
- Grounded?
- Social?
- Reflective?
- Direct?
- Generous?
- Consistent?
- Spontaneous?
- Dependable?
- Something else?

- **What did their behavior show me?**

Did they:

- Ask questions?
- Listen?
- Show curiosity?
- Follow through?
- Respect boundaries?
- Talk respectfully about others?
- Communicate clearly?
- Seem emotionally available?
- Make room for me in the interaction?

- **What did I enjoy? What gave me pause?**

WE

Now look at what happened between you.

- **Was there reciprocity?**
- **Was there chemistry?**
- **What do I know about compatibility so far?**

Remember: You may not know much yet. That's okay.

- **Did the interaction make me want to learn more?**

FACTS VS. STORY

Dating gives us incomplete information. Your brain will naturally try to fill the gaps.

Separate: **WHAT I KNOW** from **WHAT I'M IMAGINING**

For example:

- **KNOW:** They haven't responded since yesterday.
- **STORY:** They're not interested because I talked too much.

Or:

- **KNOW:** We had a great date.
- **STORY:** This could finally be my person.

Both negative and positive stories can get ahead of the information.

Ask: **What information do I actually have?**

PRACTICE

Now decide what this experience is teaching you.

- **RULE IN** - What did I experience that I want more of?
- **RULE OUT** - What did I experience that doesn't work particularly well for me?
- **REFINE** - Did I learn anything new about what I'm looking for?

Maybe: **I value... I enjoy... I can work with... Doesn't work for me...**

Your answers don't need to be permanent. You're collecting information.

CHOOSE THE NEXT MOVE

You don't need to determine the entire future of the relationship. Just decide the next move.

- **ENGAGE** - I'm interested and want to express it.
- **WAIT** - I've expressed interest. Now I'll leave room for reciprocity.
- **ASK** - I need information that would be better clarified directly.
- **CONTINUE** - There's enough mutual interest to keep discovering.
- **LET GO** - I have enough information to know I don't want to continue or reciprocity isn't there.

MY NEXT MOVE:

Now let the other person's response provide additional information. You don't have to control what happens next. You only need to decide **your move**.

BUILD REPS

Dating gets more informative when you look across experiences instead of treating every date as an isolated success or failure. After several dates or connections, review what you're learning.

- I'm consistently drawn toward people who are:
- Characteristics I'm discovering I really value:
- Characteristics I enjoy but don't necessarily need:
- Differences I can work with:
- Patterns I'm learning don't work well for me:
- Situations where I tend to over-invest:
- Situations where I tend to pull away too quickly:
- When I really like someone, I notice that I tend to:

- When I feel rejected or uncertain, I tend to:
- Something dating is teaching me about myself:
- Something dating is teaching me about the kind of relationship I want:

Keep refining. You don't need to know everything you're looking for before you begin. Some of that knowledge comes from the reps.

TEST & LEARN

Date. Notice. Review the game tape. Rule in. Rule out. Refine. Choose your next move. Then keep your life moving too. **The goal isn't to get everyone to choose you.**

It's to learn enough to recognize when choosing each other makes sense.