



# Meeting Your Match

*Cracking the code to successful relationships*

## MYM Worksheet 1

### *Your truth about a dating relationship*

Here are some examples of speaking your truth about not being interested in a co-committed relationship:

*"I am interested in spending time with you, and I want you to know that right now I am not ready to date anyone seriously."*

*"Right now in my life I want to date for fun and for friendship. I like you and I would like to get to know you better."*

*"I'm pleased that we met, and I would like to see you again. I want to say that I am not dating to create a love relationship...only for friendship."*

Take a moment and read my examples out loud.

How do they sound to you?

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How comfortable were you saying them out loud? Very comfortable? Comfortable? Not very comfortable? Did one feel better to you than the other? Do you honestly think one is more or less do-able for you than the others?

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Did you notice feeling uneasy anywhere in your body? Where? What were the sensations?

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***Jackie Black, Ph.D., Relationship Expert, Author and Coach***

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What do you think about people who are so direct?

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Before you go on to the next section, play with putting some words together right now. Write at least five sentences that accurately reflect your lack of interest and unwillingness to get into a committed relationship at this time.

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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4. \_\_\_\_\_

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5. \_\_\_\_\_

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