JACKIE DORMAN • VIP COACHING INTENSIVE

WORKSHEET 15 • WEEK 9

# THE EMBODIED DATING CHECKLIST

Get out of your head. Get back into your body.

Embodied dating means staying connected to YOURSELF while getting to know someone else.

Instead of spending the entire date analyzing their words, evaluating their potential, wondering whether they like you, or trying to make a good impression, practice being present.

Your job on a date is not to get chosen. It is to experience the person and discover how you feel together.


01 Before the Date: Get Grounded

02 During the Date: Stay in Your Body

03 After the Date: Reflect Without Overanalyzing

04 My Embodiment Reminders

05 Jackie's Big Sister Reminder


**Last Year Single®**

NAME

DATE

SECTION 01 TO 02

# Before and During

## 01 BEFORE THE DATE: GET GROUNDED

- [ ] I have reminded myself that I have nothing to prove.
- [ ] I am not responsible for making this person like me.
- [ ] I have taken a few slow breaths and relaxed my body.
- [ ] I am going into this date with curiosity, not expectations.
- [ ] I am open to enjoying myself without needing to know where this is going.

## 02 DURING THE DATE: STAY IN YOUR BODY

Check in with yourself throughout the date.

- [ ] Am I relaxed? Are my shoulders down? Is my jaw unclenched? Am I breathing normally?
- [ ] Am I comfortable? Do I feel at ease, or am I constantly monitoring myself?
- [ ] Am I being myself? Am I expressing my real personality, opinions, and sense of humor?
- [ ] Am I enjoying this? Am I genuinely having a good time?
- [ ] Am I curious about this person? Do I actually want to know more about them?
- [ ] Am I present? Am I listening and engaging, or mentally planning our wedding or looking for reasons this will not work?

SECTION 02 TO 03

# Stay Present, Then Reflect

DURING THE DATE • CONTINUED

- [ ] Am I performing? Am I trying to impress, entertain, accommodate, or become what I think they want?
- [ ] Am I paying attention to my nervous system? Do I feel relatively calm and connected, or increasingly tense, overwhelmed, or shut down?
- [ ] Do I feel free to be honest? Can I disagree, express a preference, or say no without feeling like I need to manage their reaction?
- [ ] Am I staying connected to my own needs? Am I noticing when I am hungry, tired, uncomfortable, or ready to leave?

03

## AFTER THE DATE: REFLECT WITHOUT OVERANALYZING

Before you start dissecting everything they said or texting your friends for their opinions, ask yourself:

- [ ] Did I genuinely enjoy spending time with this person?
- [ ] Did I feel comfortable being myself?
- [ ] How did I feel in my body during our time together?
- [ ] Did I feel heard, respected, and considered?
- [ ] Was I interested in THEM, or was I primarily interested in whether THEY liked ME?
- [ ] Did I leave feeling energized, peaceful, curious, or emotionally drained?
- [ ] Would I enjoy spending another hour with this person?

NOTES FROM THIS DATE

SECTION 04 TO 05

# Reminders to Carry With You

## 04 MY EMBODIMENT REMINDERS

I do not need to figure out my future on a first date.
I do not need to convince anyone of my value.
I can be interested without becoming attached.
I can enjoy a date without knowing whether this person is my future spouse.
I can notice attraction without ignoring my standards.
I can be fully myself and allow someone else to be fully themselves.
I am here to connect, not perform.

## 05 JACKIE'S BIG SISTER REMINDER

Stop spending the entire date trying to figure out whether they are your person!

You are so busy evaluating their income, their relationship history, their attachment style, their potential, and whether they are going to call you again that you have not stopped to ask yourself one very important question:

**AM I EVEN HAVING A GOOD TIME?!**

You do not have to decide whether you want to marry someone over appetizers.

Be present. Be curious. Laugh. Listen. Notice how you feel.

And remember, feeling nervous on a first date is normal. A little anxiety does not automatically mean someone is wrong for you, just as butterflies do not automatically mean someone is right for you.

Your body gives you information, not the final verdict.

Let yourself experience the person before you start writing the story.

Less analyzing. More experiencing.

WHAT DID MY BODY TELL ME?