

# THE DATING AUTOPSY

## WORKSHEET

*Week 1 Coursework*

Modern Dating Sucks Book Club • Jackie Dorman

*"We don't get what we expect; we get what we are willing to inspect."*

### Before You Begin

An autopsy is not about blame. It is a systematic examination that tells you what you need to know to do better.

Pick your last 2–3 significant relationships or almost-relationships. Even if it lasted three months. Even if you never officially called it a relationship. If it took up real space in your heart, it counts.

Answer in writing. The act of putting it on paper forces a level of honesty that mental review conveniently sidesteps. Don't censor yourself. Nobody is grading you.

When you finish all three, go to the FINAL ANALYSIS page at the end.

### Relationship 1

*Their first name (or initial) and how long it lasted:*

**1. Did you feel immediate, overwhelming chemistry with this person, and did that feeling end up being an accurate indicator of compatibility? Or did the intensity lead you somewhere painful?**

**2. Did you shrink yourself, hide your needs, or perform casualness you didn't feel to keep this person interested? What did that cost you?**

**3. Did you stay longer than you should have because you were afraid there wouldn't be someone better? What did you tell yourself to justify staying?**

**4. Was there room in your life? Real, practical, emotional room for this person? Or did your schedule make a relationship difficult?**

**5. Did you wait for a connection to clarify on its own instead of having a direct conversation or making a clear decision? What were you waiting for?**

**6. What was the repeating pattern across your last two or three experiences? One or two scripts tend to dominate. Which ones kept showing up?**

## **Relationship 2**

*Their first name (or initial) and how long it lasted:*

**1. Did you feel immediate, overwhelming chemistry with this person, and did that feeling end up being an accurate indicator of compatibility? Or did the intensity lead you somewhere painful?**

**2. Did you shrink yourself, hide your needs, or perform casualness you didn't feel to keep this person interested? What did that cost you?**

**3. Did you stay longer than you should have because you were afraid there wouldn't be someone better? What did you tell yourself to justify staying?**

**4. Was there room in your life? Real, practical, emotional room for this person? Or did your schedule make a relationship difficult?**

**5. Did you wait for a connection to clarify on its own instead of having a direct conversation or making a clear decision? What were you waiting for?**

**6. What was the repeating pattern across your last two or three experiences? One or two scripts tend to dominate. Which ones kept showing up?**

## **Relationship 3**

*Their first name (or initial) and how long it lasted:*

**1. Did you feel immediate, overwhelming chemistry with this person, and did that feeling end up being an accurate indicator of compatibility? Or did the intensity lead you somewhere painful?**

**2. Did you shrink yourself, hide your needs, or perform casualness you didn't feel to keep this person interested? What did that cost you?**

**3. Did you stay longer than you should have because you were afraid there wouldn't be someone better? What did you tell yourself to justify staying?**

**4. Was there room in your life? Real, practical, emotional room for this person? Or did your schedule make a relationship difficult?**

**5. Did you wait for a connection to clarify on its own instead of having a direct conversation or making a clear decision? What were you waiting for?**

**6. What was the repeating pattern across your last two or three experiences? One or two scripts tend to dominate. Which ones kept showing up?**

## **Final Analysis — The Patterns**

Now look across all three. The point is the pattern.

### **The repeating script**

*What script kept showing up across your last 2–3 relationships? (Fairytale / Chill Girl / Scarcity / Independence / Passive Faith) If two scripts were running, name both.*

### **The pattern you didn't see before**

*Looking at all three together — what pattern do you see now that you didn't see when you were in the middle of each one?*

### **Where the script came from**

*Where did you learn this script? (Family of origin, faith background, friends, movies, exes, etc.) Be specific.*

### **The cost**

*What has this pattern cost you so far — in time, in self-trust, in joy, in the kind of love you're actually capable of?*

### **The revision**

*What is the new belief, the new boundary, or the new behavior you're going to put in place starting now?*

## Cultural Detox Checklist

Mark the beliefs you recognize in yourself. Then ask where each one came from and whether it has actually served you.

For each one you check, the next question is not 'does this feel true?' but 'IS it true, based on what I have actually observed in love over time?'

- If it's the right person, I'll feel it immediately.
- Showing too much interest will chase people away.
- I should be grateful that anyone this good is interested in me.
- I don't need a relationship; I'm fine on my own.
- If I just wait and pray, the right person will appear.
- If it requires effort, something is wrong.
- Wanting commitment too soon makes me seem desperate.
- A good partner will already know what I need without me having to tell them.
- Love that is meant to be will find a way, no matter what I do or don't do.

***Of the beliefs you checked, which TWO have done the most damage to your love life? Write them here — these are the two we'll work on first in the live session.***

***Bring this worksheet to our live session on Tuesday, May 26.***