

YOUR RELATIONSHIP ADVISORY CIRCLE

WORKSHEET

Week 2 Coursework

Modern Dating Sucks Book Club • Jackie Dorman

"You cannot be helped by people who do not know you need help."

How To Build Your Circle

Three to five people. Not seven, not twelve. Three to five.

These are the people who know what's actually happening in your love life. They get the texts. They know the names. They hear about the dates the morning after. They have permission to tell you the truth.

What to look for in an advisor

- They love YOU first — not your potential, not your current partner, not your story.
- They either have the kind of relationship in their own life you want to be modeling toward, or they have the wisdom to recognize what makes love work.
- They tell you the truth even when it's hard.
- They are not just going to validate you — they are going to coach you.
- They are not your parent (usually). Parental energy is its own thing. Choose carefully.

What to AVOID in an advisor

- Anyone who has a vested interest in keeping you single (sometimes single friends do).
- Anyone whose own love life is in chaos right now.
- Anyone who only ever agrees with you.
- Anyone who treats your dating life like entertainment.

Brainstorm First

Before you commit to your final 3–5, write down every person who could possibly be on your circle. Then narrow it down. List 10 names below.

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
 - 7.
 - 8.
 - 9.
 - 10.
-

Now narrow it to your final 3–5

Look at your list. Star the names that meet all the criteria above. Those are your circle.

Advisor 1

Name:

Their relationship to you (friend, sibling, mentor, coach, pastor, etc.):

Why this person? What specifically do they see in you, or about love, that nobody else does?

What is their role in your circle? (e.g., the truth-teller, the encourager, the prayer warrior, the strategic one, the one who's been married 20 years)

What permission are you giving them? (E.g., 'Tell me when I'm settling.' 'Ask me hard questions about why I'm still dating this person.')

What conversation will you have with them by the end of this week?

When will you reach out, and how? (Text, call, coffee, etc. — be specific.)

Advisor 2

Name:

Their relationship to you (friend, sibling, mentor, coach, pastor, etc.):

Why this person? What specifically do they see in you, or about love, that nobody else does?

What is their role in your circle? (e.g., the truth-teller, the encourager, the prayer warrior, the strategic one, the one who's been married 20 years)

What permission are you giving them? (E.g., 'Tell me when I'm settling.' 'Ask me hard questions about why I'm still dating this person.')

What conversation will you have with them by the end of this week?

When will you reach out, and how? (Text, call, coffee, etc. — be specific.)

Advisor 3

Name:

Their relationship to you (friend, sibling, mentor, coach, pastor, etc.):

Why this person? What specifically do they see in you, or about love, that nobody else does?

What is their role in your circle? (e.g., the truth-teller, the encourager, the prayer warrior, the strategic one, the one who's been married 20 years)

What permission are you giving them? (E.g., 'Tell me when I'm settling.' 'Ask me hard questions about why I'm still dating this person.')

What conversation will you have with them by the end of this week?

When will you reach out, and how? (Text, call, coffee, etc. — be specific.)

Advisor 4

Name:

Their relationship to you (friend, sibling, mentor, coach, pastor, etc.):

Why this person? What specifically do they see in you, or about love, that nobody else does?

What is their role in your circle? (e.g., the truth-teller, the encourager, the prayer warrior, the strategic one, the one who's been married 20 years)

What permission are you giving them? (E.g., 'Tell me when I'm settling.' 'Ask me hard questions about why I'm still dating this person.')

What conversation will you have with them by the end of this week?

When will you reach out, and how? (Text, call, coffee, etc. — be specific.)

Advisor 5

Name:

Their relationship to you (friend, sibling, mentor, coach, pastor, etc.):

Why this person? What specifically do they see in you, or about love, that nobody else does?

What is their role in your circle? (e.g., the truth-teller, the encourager, the prayer warrior, the strategic one, the one who's been married 20 years)

What permission are you giving them? (E.g., 'Tell me when I'm settling.' 'Ask me hard questions about why I'm still dating this person.')

What conversation will you have with them by the end of this week?

When will you reach out, and how? (Text, call, coffee, etc. — be specific.)

The Ask — A Script You Can Steal

Many people freeze at this step because they don't know what to actually say. Here is a script. Use it as a starting point — make it your own.

Text or in-person version:

"Hey — I'm doing some real work on my dating life this summer (going through a book club called Modern Dating Sucks, ha). One of the assignments is to build what's called a Relationship Advisory Circle — basically 3–5 people I trust to tell me the truth about my love life and help me make better decisions. I want you on mine. It would mean me being honest with you about who I'm dating and what I'm thinking, and you having permission to ask me hard questions and tell me what you actually see. No big time commitment — just real conversations when stuff comes up. Are you in?"

Adjust for relationship:

- For a mentor or older friend: lean into the wisdom ask.
- For a best friend: lean into the honesty and accountability ask.
- For a married friend: ask what they wish someone had told them when they were dating.
- For a pastor or spiritual mentor: include the prayer covering ask.

Your Week 2 Checklist

- I have identified 3–5 advisors.
- I have written out why each one belongs in my circle.
- I have decided what permission I am giving each one.
- I have reached out to AT LEAST ONE of them before Week 3.
- I have brought this worksheet to the live session.

Bring this worksheet to our live session on Tuesday, June 2.