

MOVING FORWARD

Everyone learns from experience. Experience helps us gain knowledge and understanding in order to make better choices for ourselves at a later time. It would be nice if all of our life experiences were positive, but that is not always the case. However, we have the capability to learn from our experiences whether they are negative or positive, and use that knowledge in productive ways.

✓ STAYING POSITIVE:

1. List something good that has come from one of your dating experiences.

2. List a positive personal quality that you learned about yourself because of the experience.

3. Think about the relationships (friendships, family, dating) in your life. Identify positive behaviors you show to others in these relationships.

Things I do:

a) Always _____

b) Sometimes _____

c) Never _____

4. Look at your answers from the previous question. What can you practice from the **Sometimes** or **Never** categories to prepare for a new relationship?

✓ KNOWING YOURSELF:

1. How would you describe your general feelings about the dating process?

2. Do you feel comfortable telling someone else what you are thinking and feeling? Why or why not?

3. Do you feel you have the capability to care about someone else as much or more than you care about yourself? How do you know?

4. Do you have a good relationship role model to follow as a guide? What relationship would you choose?

✓ GAINING CONFIDENCE:

1. What is the benefit of dating again following your previous break up?

2. Do you feel you have improved your ability to make good decisions regarding yourself and a new relationship? In what ways?

3. What qualities in your "role model" do you admire and want to include in future relationships?

✓ **SETTING NEW GOALS:**

1. List some characteristics of a dating relationship that you would like to have in the future.

2. What kind of person would you like to date?

3. Make 3 resolutions that you would like to use in a new relationship.

Questions for Discussion:

1. Do you think guys and girls have different dating expectations?
2. Do you think guys and girls express emotions differently?

