



WITH MICHELLE FISCHLER
GetSOME

This worksheet is for everyone—no previous experience needed.
If you find reflection hard, invite a friend to try the worksheet with you.



Rewrite Your Dating Story

This 4-step worksheet helps you date with less shame and more self-trust.

Dating shouldn't feel like an audition. Use these science-based tools to spot when shame is driving our decisions and find your way back to authentic desire, values, and real connection.



Step 1: Body-Based Check: Shame or Desire?

Research shows your body gives hints before your mind does.

Pause for 30 seconds before swiping, texting, or making a dating choice. Notice:

- Is your chest tight or open?
- Is your jaw clenched or relaxed?
- Are you breathing quickly or deeply?
- Are you sitting slumped or upright?

Shame signals: tight chest, clenched jaw, shallow breath, slumped posture

Desire signals: open chest, relaxed face, deep breaths, curious energy

Ask yourself:

"Am I moving toward a real connection—or just avoiding rejection?"



Step 2: Values Filter

Making choices that match your values leads to better relationships.

Pick your top 3 dating values:

Examples: honesty, respect, fun, growth, kindness, independence, adventure, curiosity.

Anytime you make a dating decision, ask:

“Does this fit my core values?”



Step 3: Fear vs. Desire Reality Check

Sometimes fear of being single makes us settle for less.

Ask yourself before saying yes or pursuing someone:

“If I knew I’d be okay alone, would I still choose this?”

If the answer is yes, it’s real desire.

If not, fear might be driving your choice.



Step 4: Flip Shame Thoughts to Authentic Ones

Changing your thinking helps you act with more confidence.

Example swaps:

Shame Thought	Authentic Reframe
“I can’t let them see my true self”	“I want someone who likes my true self”
“No one will ever love me”	“I am worthy of love, and I am open to connecting with people who appreciate me.”
“If I don’t reply right away, they’ll leave”	“The right person accepts my pace”

Write one of your own:

Shame thought: _____

Authentic reframe: _____



Reflection

Where do I feel most like myself in dating?

What new story am I ready to tell?

What's one small, authentic step I'll try this week?



Stay In Touch



www.getsome.ca



[@getsome_podcast](https://www.instagram.com/getsome_podcast)



<https://www.getsome.ca/podcast>

Created by: Michelle Fischler MSW, RSW, RP, ASTO Certified Sex Therapist and Approved Supervisor



Want more resources? Visit
www.getsome.ca

Disclaimer: This resource is for educational purposes only and is not a substitute for medical or mental health advice. For personalized support, please consult a licensed professional. © 2025 GETSOME INC. All rights reserved. GETSOME® is a registered trademark.