

Modern Dating Strategy for Straight Women

Welcome to a brand-new way of dating! Why should you date with a strategy?

Dating is hard these days. There are so many dating apps and so many matches. You could spend ages mindlessly swiping and going on awful 1st dates.

When dating without a strategy, you may settle for less and end up in a bad situation. You might miss red flags or just date the same person repeatedly. There are so many ways dating can go wrong without a strategy.

This book will help you form a strategy for dating in the modern age. During this book, you'll reflect, plan, and strategize like never before.

If you're ready to date the smart way, you're in the right place.

Disclaimer: This workbook is intended for serious relationships. This guide doesn't guarantee dating success. There may be traits you desire that we categorize as "bad". That is not a problem if there are boundaries.

Self-esteem Check

Why does your self-esteem matter? You may not realize it, but your self-esteem impacts your dating life. People with low self-esteem tend to settle and stay in bad relationships for longer. People with high self-esteem tend to have better standards. Having high self-esteem is likely to keep you from settling, which is great.

Fill Out the Following Sheet to Reflect on

How do you think you look compared to the average person?

Low Average				Average			Above Average		
1	2	3	4	5	6	7	8	9	10

How smart do you think you are compared to the average person?

Low Average				Average			Above Average		
1	2	3	4	5	6	7	8	9	10

How do you feel about your body?

Bad				Neutral			Good		
1	2	3	4	5	6	7	8	9	10

What are your strengths?

What are your weaknesses?

When do you have negative thoughts about yourself?

When do you have positive thoughts about yourself?

How does being in a romantic relationship affect your self-esteem?

Do you find yourself desperate to be in relationships?

If, after doing the workbook, you may realize you have bad self-esteem. Don't worry, a lot of people do! Knowing is the first step, and this guide may help.

How You View Love

Most people have unrealistic views of love. People expect to find their soulmate and live happy ever after. They expect to feel completed, like their missing half was found. That's not how love really works. There are always issues, even in the most perfect relationship and only **you** can make yourself feel whole. Some people have a dark view on love. That every relationship will be as bad as the last or that love doesn't exist. Both views can lead to disastrous relationships. The world is filled with as many awful people as good people and, love does exist.

Fill out the following sheet to reflect on your views on love.

What do you think your chances of finding love are?

If you don't find love soon, how will you feel?

What do you think love is like?

Do you have hope for healthy relationships?

Can you feel whole without romantic love?

Where do you get your views on love? Movies? Music? Tv? Your parents?

What did you expect relationships to be like based on media portrayals?

Looking Backward

Our parents' relationship affected us whether, we like to admit it or not. Our parents' relationship taught us what is normal at a young age. It taught us what we can expect in relationships.

Answer the questions below.

Are your parents together or divorced?

Are your parents still in love?

Did your parents often fight when you were growing up?

How did your parents treat each other when you were growing up?

How did their relationship affect you (physically, emotionally, mentally, and sexually)?

How could you undo the effects of your parents on you?

Who You Surround Yourself With

In our society, romantic relationships are seen as the most important. This is an awful mentality to have. Romantic relationships are fickle and sometimes extremely damaging. While dating, it is important to maintain your nonromantic relationships. Those relationships are often more stable and can offer a different perspective while navigating romance.

Tip: Abusers will try to isolate you from your friends and family because friends and family often want you to escape the abuser.

Romantic love is viewed as the most important but also the ficklest.

Fill out the following sheet.

How many close friends do you have?

How often do you see your friends?

What effect do your friends have on your self-esteem?

How can you prioritize your friendships while dating?

Do you feel love from your family/ found family?

What effect does your family have on your self-esteem?

Who can you rely on for advice and general support?

Reflect on Exes

Are your exes all the same? Are they all different? Before deciding what kind of person you want to date next, think about who you have dated. Do you have a type? Are there pitfalls to your type? Are there advantages?

Use the chart below to dissect your dating history.

	Ex 1	Ex 2	Ex 3
Relationship Length			
Personality			
Values			
Style/ Look			
Education/ Job Type			
Hobbies/ Interest			
Goals			
Biggest Relationship Issues			
Biggest Red Flags			
Reason the Relationships Ended			

Types of Red Flags/ People You'll Encounter

When dating, you'll encounter a wide variety of people. There are specific subtypes of people that are not dating material and certain ways to spot them. Below you'll read about these subtypes and how to spot them. Some of these subtypes are from *How to Spot Dangerous Man Before You Get Involved* by Sandra L. Brown.

Disclaimer: These are broad subtypes. People may not have all the traits, but it is a good way to think about red flags.

Read the following subtypes then answer the subsequent questions.

The Clinger	
Traits	How They Treat You
Socially awkward Doesn't have many friends Low self-esteem	Monopolizes all your time Guilts you into changing your plans Makes you pity them

The Love Bomber	
Traits	How They Treat You
Seems super caring and thoughtful Serial monogamist Loves long phone calls	Forcing intimacy early on Is too interested in you Wants to talk to you constantly Wants to talk until 3am

The Parent Seeker	
Traits	How They Treat You
Extremely immature Rather play than be responsible Need direction and pushing to do things	Makes you their new mom Doesn't do the emotional labor

NOTE: The Parent Seeker subtype is most likely to say, "babe, it really hurts my feelings when you tell me all the hurtful things I've done."

The Cheater	
Traits	How They Treat You
Likely has a partner Looks like a catch at first Only talks about themselves Their relationship is "ending"	Pretend they see a future with you Only sees you when they're free

The Player	
Traits	How They Treat You
Charismatic Is just having fun Calls their exes "crazy" Sees multiple people at once	Won't define the relationship Doesn't want to get to know you Texts you for sex late at night Wants to meet only at their place

The Asshole	
Traits	How They Treat You
Hangs out with assholes Obsessed with their appearance Filled with toxic masculinity Obsessed with their appearance	Makes mean jokes about you Short temper Ruins your self-esteem Makes you feel like the asshole

The Male Feminist	
Traits	How They Treat You
Calls themselves a feminist Believes in the Madonna/Whore complex * Sexist	Too interested or too nice Talks over you

* The Madonna-Whore Complex is the idea that women are either degraded whores or saintly Madonnas. This is a sexist idea held by many men.

The One Who Wants to Be More Than Friends	
Traits	How They Treat You
Lonely Unaware of how to maintain a relationship Thinks they deserve a relationship	Too interest or too nice Too into your friendship Doesn't see you as a whole person

The One That Uses Their Mental Illness Against You	
Traits	How They Treat You
Not in therapy (when they could be) Doesn't want to work on themselves Suffers but won't admit it	Threatens suicide Blames you for their poor mental health Scares you when you fight or try to leave

NOTE: There is nothing wrong with being mentally ill. Millions of people have mental illnesses and are great loving partners.

The One with A Current Addiction	
Traits	How They Treat You
Addicted to alcohol, porn, drugs, sex, etc. Struggling with mental health	Lies to cover addiction Asks to borrow money Changes behavior

NOTE: Addiction is a health issue like mental illness. We don't want to demonize people with addiction issues, but it can be bad to be romantically involved with someone actively struggling.

Which of these red flags did your exes exhibit, if any?

How can you keep an eye out for red flags in the future?

The Bar is in Hell

You may have encountered memes in the wild about how the bar for men is in hell, and frankly, it's true. The bar is in hell for everyone. People no longer expect their partners to be considerate and generous with them. People will brag that their partner got them flowers once or that their partner didn't come home cranky one day. This is not okay! Your partner should be treating you with love, respect, and generosity.

Settling for a relationship is way worse than being single. If you have kids, that's the example you set for them. Would you want your friend to date someone who isn't kind and considerate? Would you want that for your future kids? Your siblings?

Here are some things that everyone should consider the bare minimum.

Listens to you

Dating someone who doesn't listen to you and want to know you is basically the same as dating a wall. You're not getting anywhere. You can tell someone is listening to you when they ask about it later.

Being kind and considerate

Dating an asshole can be fun for a while, but it won't be fun forever. What happens when you have a bad day and need someone to lean on? Dating someone kind and considerate will serve you in the long run. They'll anticipate your needs and listen when you express your needs. They'll be a shoulder to lean on instead of someone who makes things worse.

Respecting your sexual boundaries

Someone who respects your sexual boundaries respects you (usually). They can handle that you aren't interested or don't want to fool around. They won't bully you into it. This includes wearing a condom when asked. Someone who doesn't respect your sexual boundaries is likely a dangerous person.

Caring about your sexual pleasure

Someone who doesn't care about your sexual pleasure doesn't care about you. Simple enough.

More things that could be considered the bare minimum:

- Not calling you names or demeaning you
- Accepting rejection well
- Asking questions about you and showing interest
- Not letting their friends make fun of you
- Not making fun of your interests
- Complimenting you occasionally
- Paying attention to you while on dates
- Respecting your pronouns and gender identity

Answer the following questions.

Have any of your exes not done the bare minimum?

Have you found yourself settling for less than the bare minimum? Why?

How could settling for a lousy partner impact your life?

Dating Standards

Who you date is totally up to you. Your standards should reflect the kind of person you'd want to be around and the kind of life you are hoping to live with them. Standards are a great way to weed out incompatible people so you don't end up on awkward dates that lead nowhere. Keep in mind not everyone will 100% fit your standards, but it's a good place to start.

Look at the example below. Then fill out your list of standards on the next page.

Personality:

- Extrovert
- Talkative
- Nice
- Caring
- No loner types (2+ close friends)

Values:

- Cares about the environment
- Cares about social justice

Style/ Look:

- Long hair

Education/Job Type:

- College or Trade school grad
- Any job as long as they're happy

Hobbies/ Interests:

- Has hobbies they love
- Plays cards

Goals:

- No kids
- Make a difference in the world

Fill out your list of standards below.

Personality:

-
-
-
-
-

Values:

-
-
-

Style/ Look:

-
-
-

Education/Job Type:

-
-
-

Hobbies/ Interests:

-
-
-
-

Goals:

-
-
-

Pre-date Interview

In the age of online dating, it can be hard to learn who is and isn't worthy of your time. That's why it's crucial to vet people, so you don't waste time. Luckily there are plenty of ways to tell if someone is worth your time. Conducting a pre-date interview will allow you to know all you need to know to either move forward or bow out.

Tip: If the person you're interested in has a shirtless picture on their profile, they are likely a player.

Fill out the following sheet.

Pick 3 Questions to ask every potential date. These questions should expose the other person's personality, interests, or values.

-
-
-

Name:

Job:

How do you know them? Online In Real Life Setup

Can they carry a conversation?

Do you reply inconsistently?

Do they show enthusiasm about you?

Are they eager to sleep with you?

If online, are there recent pictures? Do the pictures have clear shots of their face and body? Do they have more than 3+?

Setting Boundaries

While dating, it can feel good to just be a free spirit and jump right in. However, it often means you aren't thinking critically. Falling in love with someone can be exciting, but you must keep your boundaries and personal space. Often people forget to focus on their hobbies and stay up all night talking. Do not lose yourself in a new relationship.

Tip: A love bomber will try to monopolize your time with long talks on the phone or spending too much time together. A player will try to have the first "date" at their place.

Read the example below. Fill out the boundaries on the next page.

Time:

- No phone calls longer than 2 hours
- At most 1-2 dates a week

Emotional:

- No talking about my trauma until later
- No crying in front of them

Physical:

- Limit cuddling at the beginning of the relationship
- No 1st, 2nd, or 3rd dates at their place
- No sex until after the 2rd date

List some boundaries you want to maintain while starting to date someone. These could be re-evaluated once the relationship is official but do not lose yourself in your partner!

Time:

-
-
-

Emotional:

-
-
-

Physical:

-
-
-

Rate the Date

Dates are a great way to get to know someone. They give you tons of information about them and what kind of future you might have. However, many people don't analyze their dates and instead spend their time swooning. After a date, think clearly and rationally about what happened.

Answer the questions below.

Name:

Date Location:

Were you attracted to them?

Was there chemistry?

Do they meet most of your standards?

Did they try to get to know you?

Was the conversation engaging?

Did they listen to you?

Were there any red flags?

Were you able to stick to your boundaries? Why or why not?

After answering these questions, consider whether this person should get another date with you. If so, great! If not, don't be afraid to take a break then try with someone else. Do not settle!

Relationship Potential

After going on about 3 dates, you should be able to see the relationship's potential or lack of it. It's important to think about the long-term potential, not the temporary high of going on dates with someone hot.

Answer the following questions.

Do you have similar values?

Are there any red flags?

Are they similar to your exes in any way (refer to page 6)?

Do they fit any of the subtypes from earlier in the guide (refer to page 7)?

Would they get along with your friends?

Are you keeping your boundaries (refer to page 16)?

After answering these questions, consider whether this person has relationship potential. If so, great! If not, don't be afraid to take a break, then try with someone else. Do not settle!

Relationship Evaluation

Relationships are first and foremost about respect. After dating someone for a while, you'll be able to tell how they'll treat you and if they respect you. People tend to show who they really are as a relationship goes on. ***This page should be revisited every 3 months for a year.***

Answer the following questions.

Date: _____

Do you feel this person respects you and your boundaries?

Do you feel they are trustworthy?

Are there any red flags?

Did you notice a sharp dip in effort on their part?

Have you complained about this person to your friends? If so, what was it about?

Do they remember things about you?

Reflect on these answers to evaluate the health and potential of the relationship. If the relationship is great, that's awesome. If not, take a break and try again later. Do not settle.

Thank You

Thank you for using the Modern Dating Strategy for Straight Women guide. Hopefully, this book has made you think differently about dating and yourself. We hope that you were able to find someone great!

Dating with a clear strategy and mind can be challenging but worth it. It'll save you time and heartache.