

# Tips: Dating as a Survivor

Dating is already pretty tricky. But, when you add in other things that may make you cautious, nervous and/or just on edge - being a survivor can make it even more of a struggle. Below are a few things to think about and keep in mind as you are getting back into the dating scene.

Below are FOUR things you should do and keep in mind when starting to date as a survivor:

- *Communication*: Learning your communication style is going to be really helpful. When you start dating someone you should also find out theirs, so that you are able to understand each other.
- *Reclaiming your power*: This is a personal journey, but you should figure out what reclaiming power means to you and seek out ways to reclaim yours.
- *Boundaries*: Boundaries can be set and they can also be changed. Set boundaries that make you feel seen, supported and heard.
- *How/when/if to talk about your trauma*: These decisions are totally up to you. YOU can talk about as much or as little about the things you want to share. You can also start and pull back and open up when you're comfortable again or not.

*\*ASSIGNMENT\* Figuring out Needs and Wants*

**Sit down and create a list, or multiple lists. Start to think about the things you want and deserve when you are looking for a partner-**

- a) *Physical*: What your partner looks like or you want them to look like.
- b) *Emotional*: Emotional intelligence.
  - This is the capacity to be aware of, control, and express one's emotions and to handle interpersonal relationships with good judgement and empathy.
  - You should be cultivating this for yourself and you want someone who is doing the same.
- c) *Psychological*: Where are they mentally and is that where you need them to be? Are they in alignment with you?

Be gentle with yourself as you are navigating this. Also, if you are not feeling the date and/or not feeling safe internally/externally, you are allowed to leave the date - no questions asked and you do not have to explain it to anyone else.

**(If you are looking for more information and expansive support, keep your eyes open for Jimanekia's Dating for Survivor course)**

## Thank you