

The 'We need to have the conversation' worksheet

When you are dating a new guy and it's 'in the air' that you're exclusive but you're not entirely sure if you are...

This is when:

- You need to get clear in your mind of what you want.
- You need to communicate what you want and expect.

Ask yourself and write down:

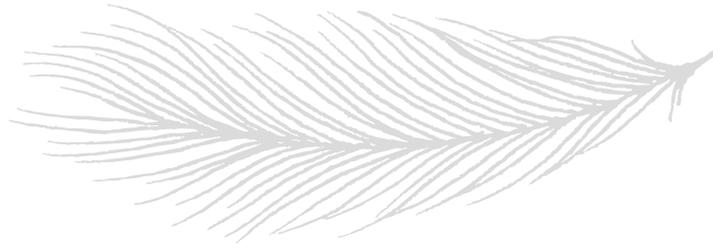
When answering, don't let the 'grown up' part of you tell you that you should be accommodating and reasonable. Answer from the little, wild girl inside of you.

1. How do I feel about this man and how would I like to move on with him?

Example: I'd like to be exclusive with him but I'm insecure if he wants that.

2. What do I fear will happen if I say this to him?

Example: I fear I will scare him away.



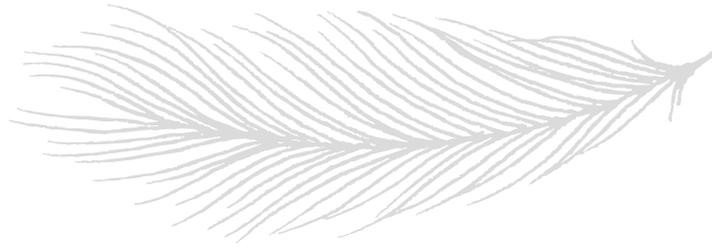
3. How can I take care of myself speaking to him?

Example: I can ask for what I want.

I can love myself no matter what happens.

If you don't know what I'm talking about, go find the 'How to love yourself' worksheet in the files.

4. Write what you would say to him, having this conversation with him. How would you phrase your words? Write TO HIM.



-Look for where you are wavering and not clear yet. Weed out the parts that blurs the meaning.

Example 1. Unclear. Blurry:

"I think I'd like to move on with you and get intimate...I'm getting signals that you wants that too...but..uhm.. I'm also insecure...do you want to get exclusive?"

Example 2. Clear:

"I'm not seeing anyone else right now. I'd like to move forward with you and get more intimate. What do you think?"

If he say yes you can say: "If at some point you want to be with someone else - please tell me before moving on with her."

Write it again so it's perfectly clear what you want.

Communicating clearly removes uncertainty so you can enjoy fully being where you are.