

AWARENESS & ALIGNMENT

BREAKING UNCONSCIOUS DATING PATTERNS &
CREATING HEALTHIER RELATIONSHIPS .



Audio 1: Patterns & Awareness

Why It Hasn't Worked Yet (And It's Not What You Think)

Reflection Questions:

1. What patterns have I noticed in the people I'm drawn to?
2. When have I stayed in situations that didn't feel fully aligned?
3. Are there beliefs I hold about love or relationships that influence my choices?
4. Am I dating from a place of fulfillment, or hoping someone will fill a gap?

Exercise:

Take 5 minutes and write freely about a recent experience that felt familiar or repeated. What underlying beliefs or patterns do you notice?

Audio 2: Raising Your Standards

Standards vs Beliefs

Reflection Questions:

1. Where have I compromised my standards in small ways?
2. What beliefs might be influencing these decisions?
3. Am I making choices from desire or from need?
4. How would it feel to honor my standards fully?

Exercise:

Write down 3 boundaries or standards that truly matter to you in a relationship. Reflect on why each one is important and how honoring it could shift your dating experience.

Audio 3: Understanding Attraction Patterns

Reflection Questions:

1. Who am I naturally drawn to, and why?
2. What excites me about these people—and what leaves me unsettled?
3. Are there recurring dynamics in my past relationships or dates?
4. What might these patterns be showing me about myself?

Exercise:

Draw two columns: “Exciting but Misaligned” and “Aligned & Fulfilling.” List traits, situations, or dynamics that belong in each. This will help you visualize your attraction patterns.

Audio 4: Emotional Availability

Reflection Questions:

1. How do I tend to respond when a connection starts to feel real?
2. Where might I be holding back emotionally, even slightly?
3. What does emotional presence feel like for me?
4. How could showing a little more emotional availability change my relationships?

Exercise:

Think of one recent connection. Reflect on where you were fully present and where you held back. Write about one small step you could take to be more open next time.

Audio 5: Integration & Alignment

Becoming Someone Who Attracts the Right Relationship

Reflection Questions:

1. What have I learned about my patterns, standards, attraction, and emotional availability?
2. Where do I now feel clearer than before?
3. Which old habits or beliefs am I ready to release?
4. What would it look like to approach dating from clarity and alignment?

Exercise:

Create a short “dating intention statement” for yourself.

Example: *“I choose to engage with people who are aligned, present, and respectful. I honor my standards and trust my awareness to guide me.”*

Write yours in your own words. Revisit it before every date or social interaction.

My Clarity Moving Forward

(Simple, powerful, not overwhelming)

You may want to take a moment to capture what feels most clear for you now.

What I'm starting to recognize about my patterns:

What no longer feels aligned for me:

What I value most in a relationship:

What I'm no longer willing to override or ignore:

How I want to show up moving forward:

☒ **Workbook Tips**

- Keep a journal or notebook handy when listening to the audios.
- Allow yourself quiet reflection—don't rush the exercises.
- These reflections are for your awareness and growth, not for judgment.
- Revisit pages periodically to track your progress and new insight