

DATING EXPERIENCE JOURNAL

JUSTINA
VICTORIA

NAME OF DATE

DATE

LOCATION

LENGTH OF EXPERIENCE

DAYTIME OR NIGHTTIME

ONE WORD TO DESCRIBE THE EXPERIENCE

CATEGORY

RATING

PHYSICAL / VISUAL ATTRACTION

1 2 3 4 5 6 7 8 9 10

BIOLOGICAL ATTRACTION (IF APPLICABLE)

1 2 3 4 5 6 7 8 9 10

MENTAL ATTRACTION

1 2 3 4 5 6 7 8 9 10

ENERGETIC ATTRACTION

1 2 3 4 5 6 7 8 9 10

HOW AT EASE WAS YOUR BODY ON THIS DATE?

1 2 3 4 5 6 7 8 9 10

HOW SURRENDERED DID HIS ENERGY FEEL?

1 2 3 4 5 6 7 8 9 10

HOW IN CONTROL DID HIS ENERGY FEEL?

1 2 3 4 5 6 7 8 9 10

HOW EASY WAS IT TO BE YOURSELF?

1 2 3 4 5 6 7 8 9 10

HOW CLEAR IS HIS ENERGY?

1 2 3 4 5 6 7 8 9 10

HIS ABILITY TO LEAD YOU

1 2 3 4 5 6 7 8 9 10

HIS LEVEL OF COMMUNICATION

1 2 3 4 5 6 7 8 9 10

HOW AT EASE IN HIS OWN BODY DID HE SEEM?

1 2 3 4 5 6 7 8 9 10

OVERALL EXPERIENCE

1 2 3 4 5 6 7 8 9 10

WHAT WERE MOMENTS YOU ENJOYED?

WHAT WERE YOUR TURN OFFS OR MOMENTS YOU DIDN'T LIKE?

DOES HE INSPIRE YOUR BODY TO OPEN OR CLOSE?

WHERE DOES HIS TRAIN FEEL LIKE IT'S GOING?

IS THIS THE DIRECTION YOU WANT TO GO AS WELL? AND IF SO - DOES HE MAKE IT CLEAR THAT HE IS INVITING YOU ON HIS TRAIN?

ARE HIS ACTIONS CLEAR OR VAGUE?

DESCRIBE HIS ENERGY TO THE BEST OF YOUR ABILITY.

A large, empty grey rectangular area intended for the user to describe the energy of the person they are dating.

DOES THIS ENERGY FEEL IN ALIGNMENT WITH YOUR NATURAL ENERGY?

A large, empty grey rectangular area intended for the user to answer whether the energy feels in alignment with their natural energy.

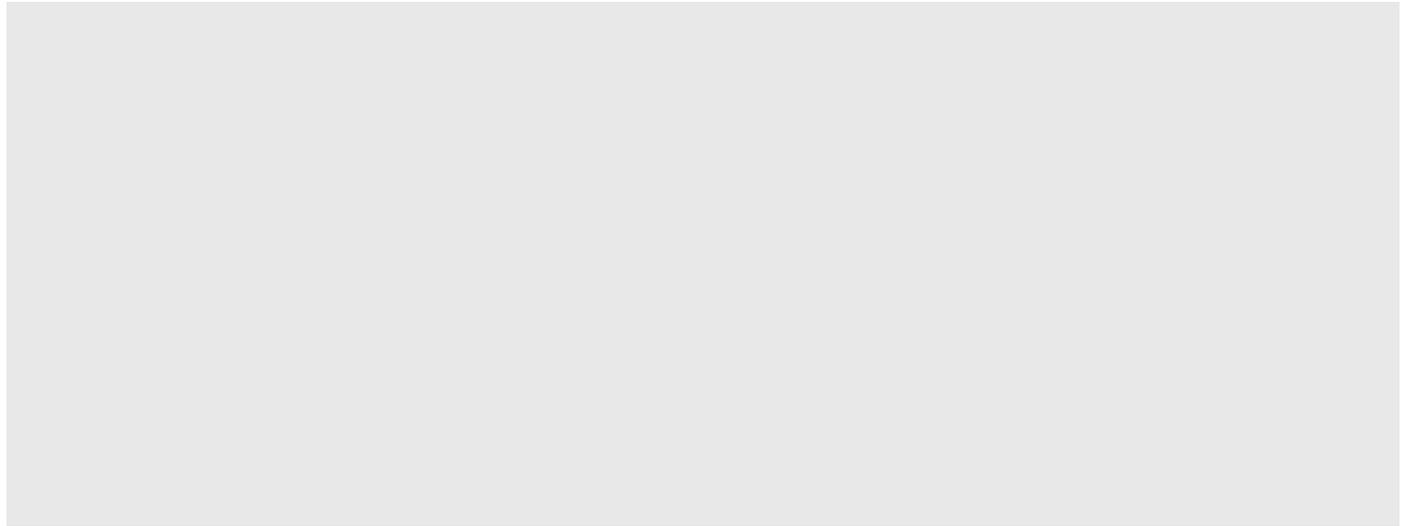
IN WHAT WAYS DO HIS WORDS, ACTIONS AND ENERGY ALIGN? IN WHAT WAYS DO THEY NOT?

A large, empty grey rectangular area intended for the user to describe the alignment of words, actions, and energy.

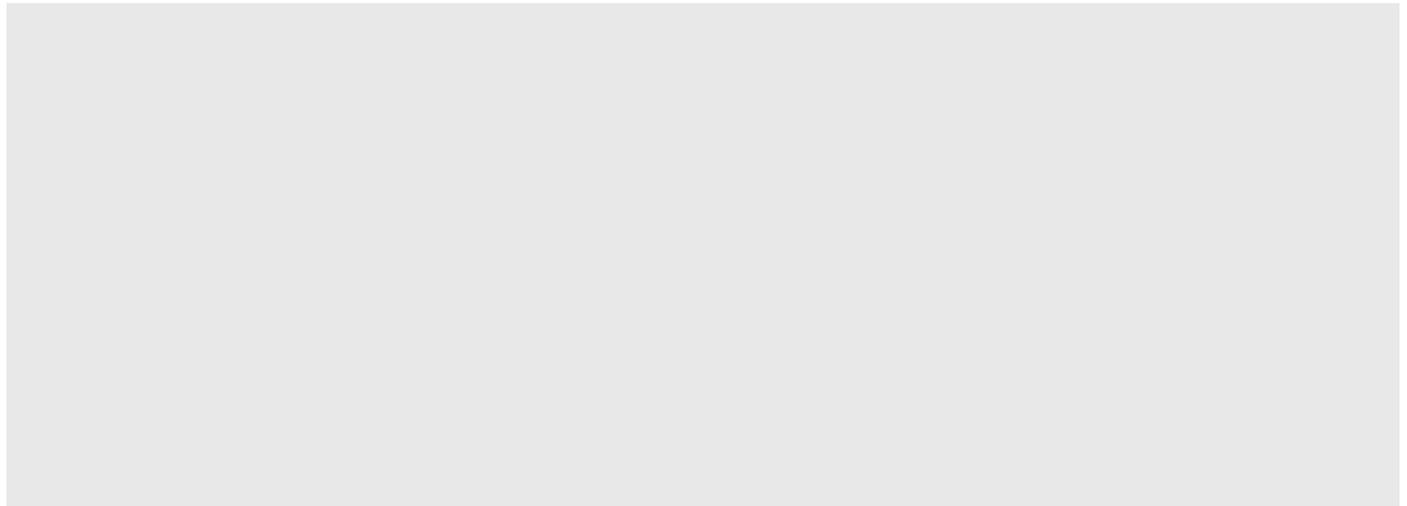
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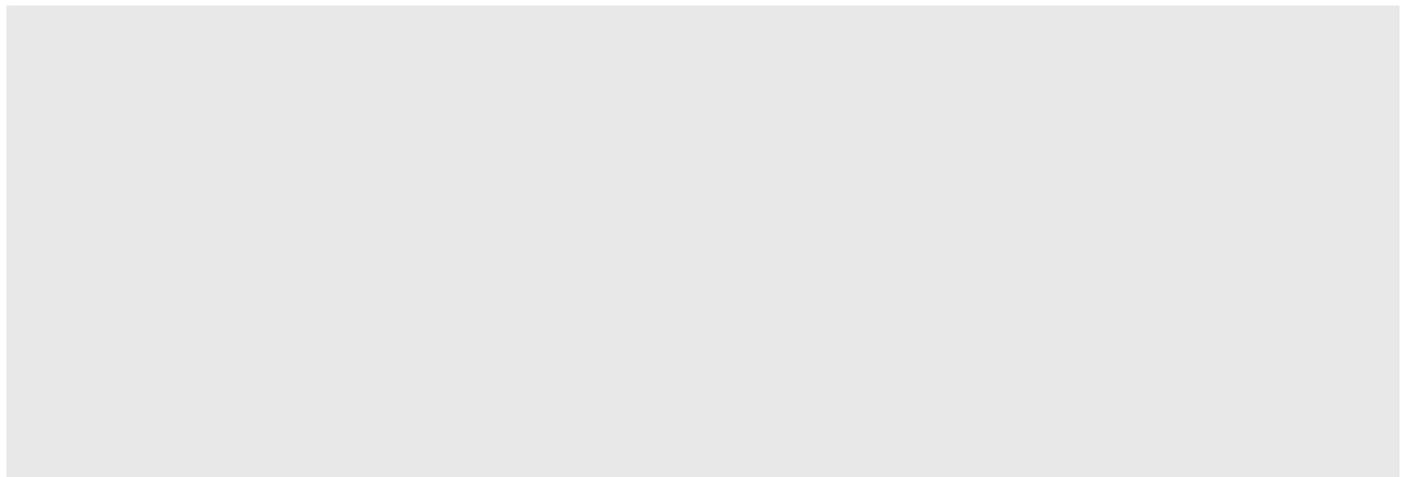
DOES HE TAKE AN ACTIVE ROLE IN LEADING AND DIRECTING? DOES HE SET DATES AND TIMES AND MAKE IT A PRIORITY TO KEEP THEM? DOES HE MAKE STRONG DECISIONS ON WHERE TO TAKE YOU OR ALWAYS ASKING FOR WHAT YOU WANT?



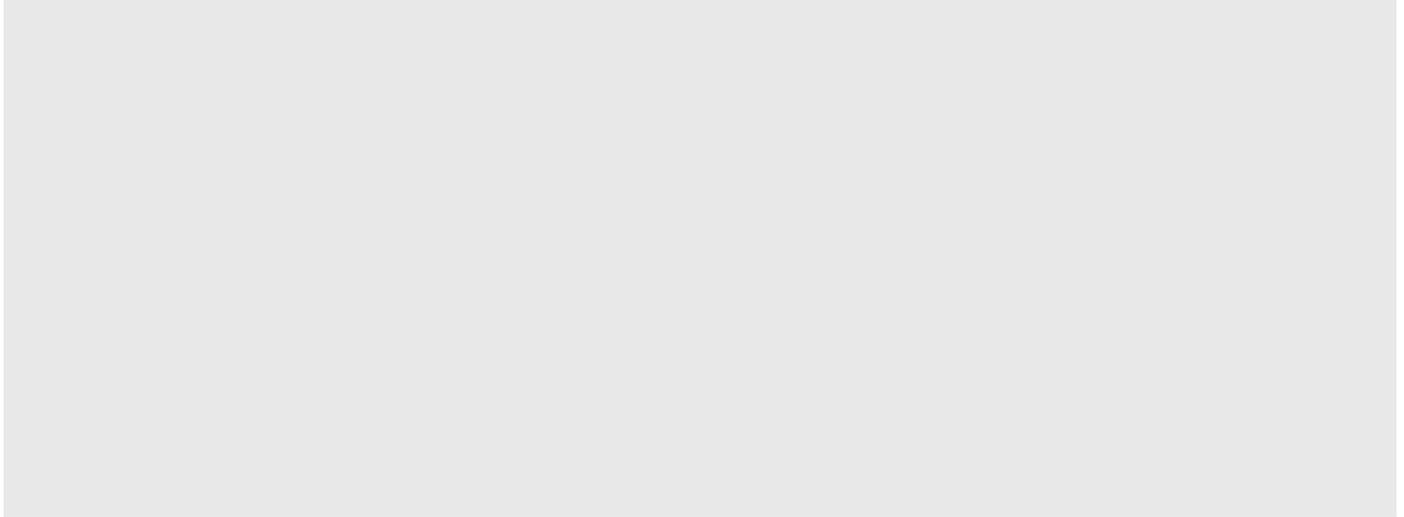
HOW DO YOU FEEL IN YOUR BODY WHEN YOU ARE WITH HIM?



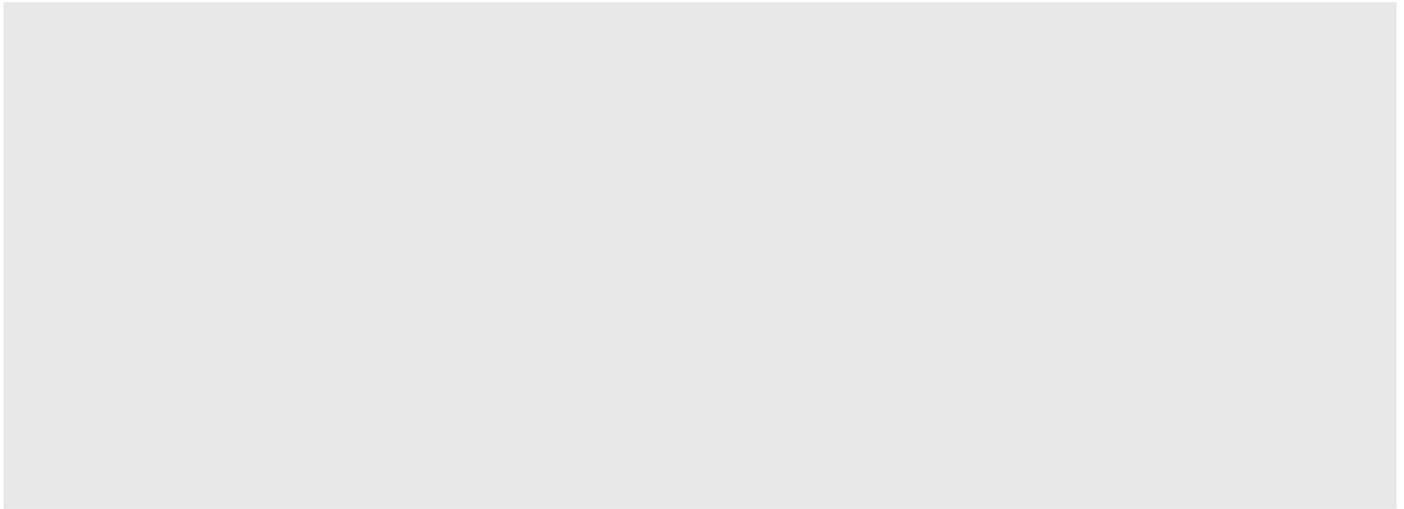
BASED ON WHAT YOU KNOW ABOUT HIM SO FAR - DESCRIBE HIS QUALITY OF LOVE. YOU CAN PICK UP LITTLE THINGS ON THIS WHEN HE SPEAKS ABOUT FRIENDS AND FAMILY, HOW HE TALKS ABOUT TREATING HIMSELF AND OTHERS.



WHAT DOES HE VALUE? DO THESE ALIGN WITH YOUR VALUES?



HOW CONSCIOUS AND AWARE OF HIMSELF DOES HE SEEM TO BE? IN WHAT WAYS DOES HE WANT TO GROW? WHAT DOES HE WANT TO CREATE?



COULD YOU SEE THE POSSIBILITY OF GROWING AND HEALING WITH HIM? WOULD HE BE CAPABLE OF THIS?

