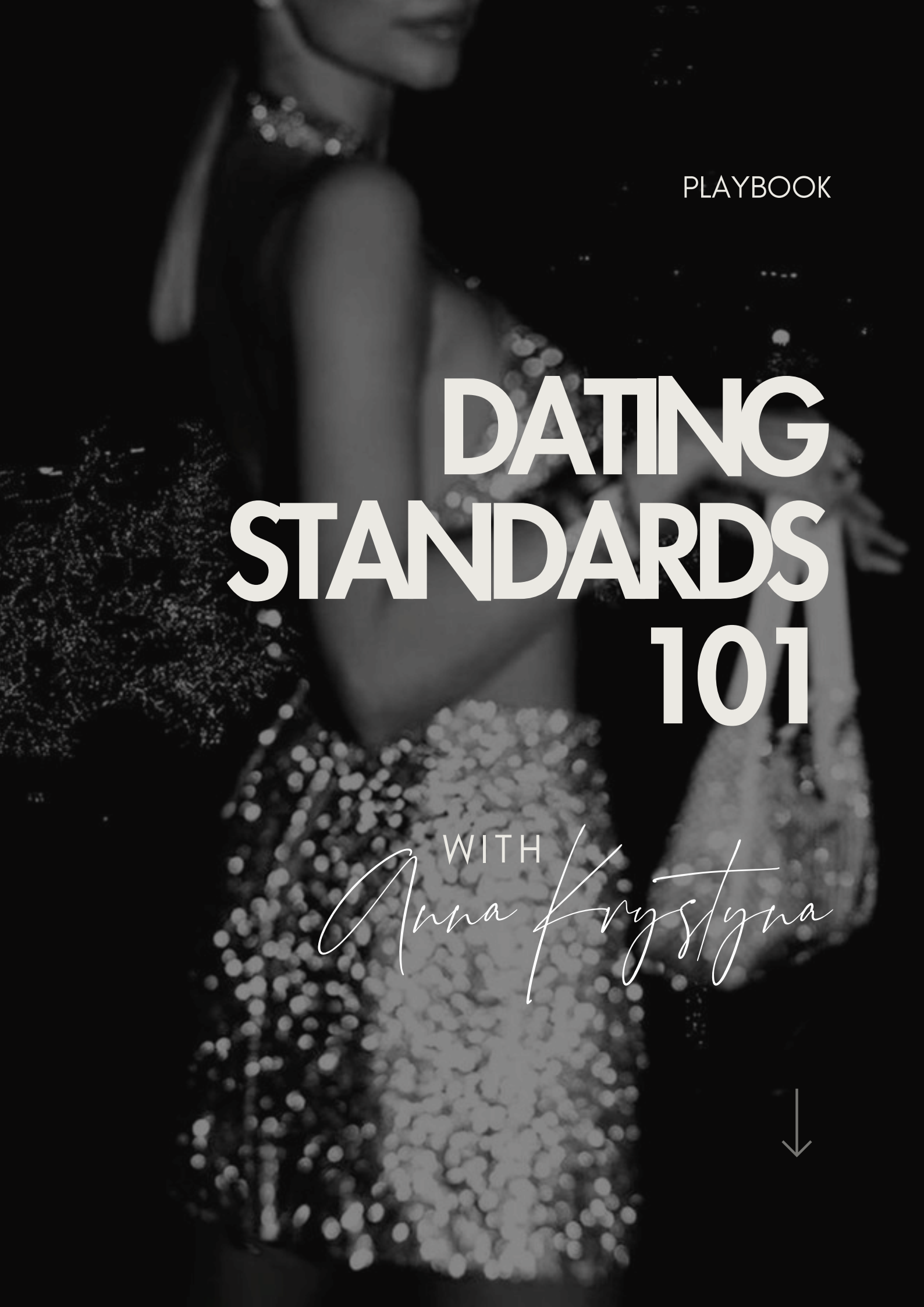

PLAYBOOK

DATING STANDARDS 101

WITH

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DEFINE AND RAISE YOUR STANDARDS

so you can set healthy boundaries.

While instilling boundaries is a somatic and nervous system-led process, it's imperative to begin with having, at the VERY least, a vague idea of what your boundaries are.

This is the first step in the process, because your standards are direct rules to live by. These come from your truth and your values. Knowing your standards and thus being able to hold your boundaries is so important in your dating and relating life - after all, if we don't deeply know what our standards are — how can we embody them to be in service to ourselves?

More importantly remember that boundaries are our way of letting another know how we like to be loved & respected.

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Knowing your standards

There are implicit standards that most of us already have as humans when it comes to boundaries, such as appropriate levels of touch or body safety, needs like diet, sleep and shelter being met, etc.

You get to also declare EXPLICIT boundaries. These are the ones that you name that cater to your needs and safety.

Some of you may not be new to having standards, but I bet right in this moment, you would be able to name a place in your life where you are feeling dissatisfaction. That dissatisfaction MAY point to where standards are not being met or even created.

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Knowing your standards

Personal power is so deeply connected to the distinction of standards — not only our ability to create standards, but how to declare them and make a stand for them. To hold them highly is to hold ourselves with self honour and respect.

This will be an ongoing process of learning about how to employ your body to be with boundaries, but the first step is in **naming them. The second step is embodying them.**

So, in this playbook, you will get to create more clarity and SEEING for yourself to gain insight into where your standards get to be sharpened.

Now, think about how you can best serve yourself in the context of dating by defining your standards in connection with your boundaries.

I recommend that you look at where you really found that you lack security and safety when it comes to how you show up to dating, or possibly, as it pertains to men all together.

For example do you find it challenging to be assertive and to trust what is happening for you when you meet someone new.

If so, an example of one of the standards you might create here is to define what great communication would look and feel like; regularly being open about how you are really feeling (this doesn't necessarily mean the man you are dating but just in general), asking for what you need from a grounded place or saying what's on your mind (even if the voice in your head tells you to hold back from fear of being judged)

** SIDE NOTE: What is big here is to go look at where your boundaries are loose, in the form of **PROVING** or **PROTECTING**, or **NUMBING** and choose from there.

EXAMPLE.

- You might be so distrusting of men so instead of opening up to relate more, you pull away and become "hyper- boundaried" to protect yourself. This would be a great place to create boundaries around how you get to engage and build trust from safety.

e.g Value is Safety, then your Standard would be to have relationships with men in your life where you feel emotionally, mentally and physically safe.

Standard - Spend x 2 times per week with a man (non-romantic) to build safety.

With all standards it's important to meet yourself first - so here the work would be to look at how safe are you inside of your own mind? how kindly do you treat your body? how much time and space do you give to your own emotions?

STANDARDS

Now you're going to choose 10 standards to create around dating and your desires. Do them one at a time and feel into them. Choose one to start with.

Tap into your body FIRST (*always*) before you start. Feel what it might feel like in your body to have all of your standards met in this area fully. Notice the emotions that arise in your body. If you had it all your way and you were met in what you declare, what's possible? Just feel it, no need to answer it with words. Example dating standard of TIME OVER THINGS...

then...

From that place, **write down your VALUES first**. Ex.: Values of 'TIME' the standards could be — deep presence, experiences vs gifts, 1:1 time, intimacy, fun etc

next...

Under each of your 10 standards, you write specific standards for HIM then yourself. Remember that these don't have to be things you "do" (action steps). It can also be something like, "I have fun wherever I can" The goal here, is what is most authentic to you, and what makes you the most free? Really dig deep into your truth.

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HIS STANDARDS

STANDARD	VALUE	MEASURED BY
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

For example the VALUE of time, may have a standard of values time over things, which is measured by being deeply present on a date and not on his phone.

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YOUR STANDARDS

STANDARD	VALUE	MEASURED BY
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

For example the VALUE of time, may have a standard of values time over things, which is measured by how intentional you are with your phone useage.

now....

Now, once you're complete, take a broad look at your list. Choose **ONE** specific standard for yourself that you feel would move the needle the most and commit to it 100% for the next 21 days...

e.g limit phone app times to 2 hours per day, value of time.

then...

Share these with the big community group **HERE** so you can declare your standard and the aligned committed action you're choosing for the next 21 days. Share what you would have to do in your life in order to hold these standards & bring them to life. It could require a conversation with someone, accountability from the group or just taping them to your mirror so that you live them every day.

NOTE.

Standards are a measure of your truth, so play with this. Make sure you're going to your deepest level of truth. Check in with your body and your gut to see if there is another layer of courage you need to dive into to make these standards even more expressive of your truth!