



Mindful Dating Workshop January 2022

The word mindfulness is used to describe a state of mind, which involves

1. being focused
2. letting go of distractions
3. being fully present
4. awareness of your body and mind
5. not being overwhelmed by your thoughts and emotions
6. reacting more slowly and less judgmentally
7. becoming more compassionate towards yourself and others

So a mindful approach to our relationships might involve:

1. being focused on what we want from a relationship and on what the other person is trying to tell us
2. letting go of distractions by using our time efficiently e.g. not getting side-tracked into short-term dating when we want something long-term or dating someone who isn't right for us
3. being fully present on a date – not feeling anxious or worrying what they think of us, but in touch with how the other person makes us feel about ourself, whether they resonate with our values, really listening to them, allowing yourself to feel discomfort/insecurity rather than backing off from it e.g. when you feel like running away/not getting involved, learning to be alone with yourself
4. awareness of your body and mind – do I feel at ease, do I feel good about myself, are they listening enough, can I learn from them, what am I trying to run away from or craving
5. not being overwhelmed by your thoughts and emotions – able to step back and assess them more objectively against your criteria, able to enjoy the date, able to make decisions about whether to take things further or become sexually intimate
6. reacting more slowly and less judgmentally – keeping an open mind about superficial things, allowing for them being nervous, recognising that our way of doing things is not the only way, being humble enough to learn from others, not needing to justify yourself or be right, accepting some but not all responsibility for previous relationships ending
7. becoming more compassionate towards yourself and others – not blaming yourself, seeing yourself as their equal, accepting that there will be dates that don't lead anywhere, not catastrophising or overgeneralising from one experience



Let's change the norms of dating: treat each other well,
have an open mind and make a better world

Social media links

Website and blog: rachelnewdatingcoach.co.uk

Facebook: [@rachelnewdatingcoach](https://www.facebook.com/rachelnewdatingcoach)

Twitter: [@RNewDatingCoach](https://twitter.com/RNewDatingCoach)

Instagram: [@racheldatingadvice](https://www.instagram.com/racheldatingadvice)

YouTube

Sign up to Rachel's mailing list: eepurl.com/hJMU2L

Join Rachel's closed FB group: www.facebook.com/groups/datingandrelatingdilemmas

Rachel's Books

Dating diary

Mindfulness journal

Workbook

Divorce resources

Videos:

[How do I know when I'm ready to date again?](#)

[Dating After Divorce](#)

Articles:

[Mistakes to avoid dating after divorces](#)

[Tips for dating post-divorce](#)

Mindfulness resources

Videos:

<https://www.youtube.com/watch?v=7B3k5Tp-www&t=1s>

Blog posts:

[Self-Care In Dating And Relationships](#)

[Mental health, dating and relationships](#)

[Anxious about Dating?](#)

[Needing Space](#)



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Am I emotionally available?

Dating Nicely

Should we break up?

The S Word: Saying sorry to your date

Appreciating your partner without being cheesy

Recommended mindfulness reading list

Finding My Right Mind: One Woman's Experiment to Put Meditation to the Test by Vanessa Potter

The Mindful Self-Compassion Workbook by Dr Kristin Neff & Dr Christopher Germer

Self-Compassion: the proven power of being kind to yourself by Dr Kristin Neff

Fear: Essential Wisdom for Getting Through the Storm by Thich Nhat Hanh

The Art of Breathing by Dr Danny Penman

A Book of Silence by Sara Maitland

Teach Us to Sit Still: A Sceptic's Search for Health and Healing by Tim Parks

Lovingkindness: The Revolutionary Art of Happiness by Sharon Salzberg

Breath by James Nestor