



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

A healthy relationship with yourself

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 Channel](#)

[Podcasts and videos](#)

[Sign up to Rachel's mailing list](#)

[Join Rachel's closed FB group](#)

[Check out Rachel's future events](#)

[Rachel's coaching programme for dating](#) (this can be online or in person locally if enough people show an interest)

[Couples coaching](#)

[Well-being resources list](#)

[Coaching for anxiety, stress, self-esteem, confidence, conversation skills, self-care, values and purpose, CBT, mindfulness](#)

Reading recommendations themes of [Black identity](#) and [LGBTQ+](#)

Self-care and feeling good about yourself resources

Videos:

[Meditate before a date](#)

[Affirmations](#)

[Loving Kindness Meditation](#)

[The Art of Relationships: conversation with author Vanessa Potter](#)

Articles:

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

[Mental health, dating and relationships](#)



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Rachel's Books

Dating Workbook

Dating diary

Mindfulness journal

Resources from event:

Four questions about relating

Taken from *The Art of Loving* by psychoanalyst Eric Fromm, first published in 1956

1. Do you believe you are worth loving?
2. Are you able to teach others how to love you?
3. Do you have the humility to learn from others about how to love them?
4. Are you able to receive love from others?

Visualisation for self-love

Close your eyes and take a moment to breathe slowly, gently and lovingly.

Now imagine there is another you that has stepped outside your mind and body – perhaps think of her as a loving big sis, or a chilled-out auntie, or a future version of you. Now begin to stroke your head, very slowly, gently and tenderly. Imagine it's this other you, the chilled-out, loving you, that's doing it. They say this to you: "I accept you exactly as you are, I don't care about your achievements or your appearance, your status or your setbacks, I'm really proud of you, I love you." Allow yourself to receive these words and be loved. If you regularly tell someone these kinds of things, then you have the skills to do it to yourself.

When you're ready, pat yourself on the head to finish and take your time to open your eyes.

Affirmations

I accept myself just as I am.

I feel good about myself.

I do not need to appear on Channel 4 to know my worth.

I am loveable.

I am whole.

I am present.

I deserve to be treated with love and respect.

Even if I am not word perfect on Channel 4, I am still ok.

I trust the wisdom of my emotions.



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I am a gift to others.

I do not need to be like anyone else.

My very existence makes the world a better place.

I celebrate who I am every day.

I have so much to offer.

My friends and family benefit from my love and support.

I make people smile and laugh.

I make people feel good about themselves.

I'm not perfect but I'm worth it.

I feel strong.

I like myself.

I am relaxed and happy with my own uniqueness.

I accept my limitations and imperfections.

I am confident of my boundaries and non-negotiables.

I don't need to apologise for my own needs.

Who needs Channel 4? I am enough.

Listen to a similar set of affirmations being read out by Rachel and others here: [Affirmations](#)