

Dating and relationships

My Dating Pace and Priorities

Adults | 10 to 15 minutes

Getting to know someone can bring excitement, uncertainty, or mixed feelings. You can choose a pace that fits your needs. Pick one decision about contact, plans, privacy, or physical closeness. Interest in a relationship does not require agreement to every request.

Choose one dating decision. Notice your preference, any pressure, and a next step that preserves your choice.

Notice freedom to choose

Consider whether a different answer is respected, whether your time and friendships remain yours, and whether you feel able to pause. Write observations rather than trying to prove someone's intentions.

Make one choice

Decide whether you want to accept, decline, delay, ask a question, or seek outside support. An example is choosing a public meeting place or saying you are not ready to share personal information. You can change your mind.

1. What dating decision am I considering?**2. What do I want, and what pressure or uncertainty do I notice?****3. What limit, question, or pace fits my priorities?****4. What next step and outside support would preserve my choice?****Clinical use and adaptation**

Explore coercion, stalking, financial dependence, and digital safety privately when relevant. Do not assign confrontation or use a checklist to label a partner safe. Support diverse relationship structures and identities without assuming disclosure or relationship continuation is the goal.