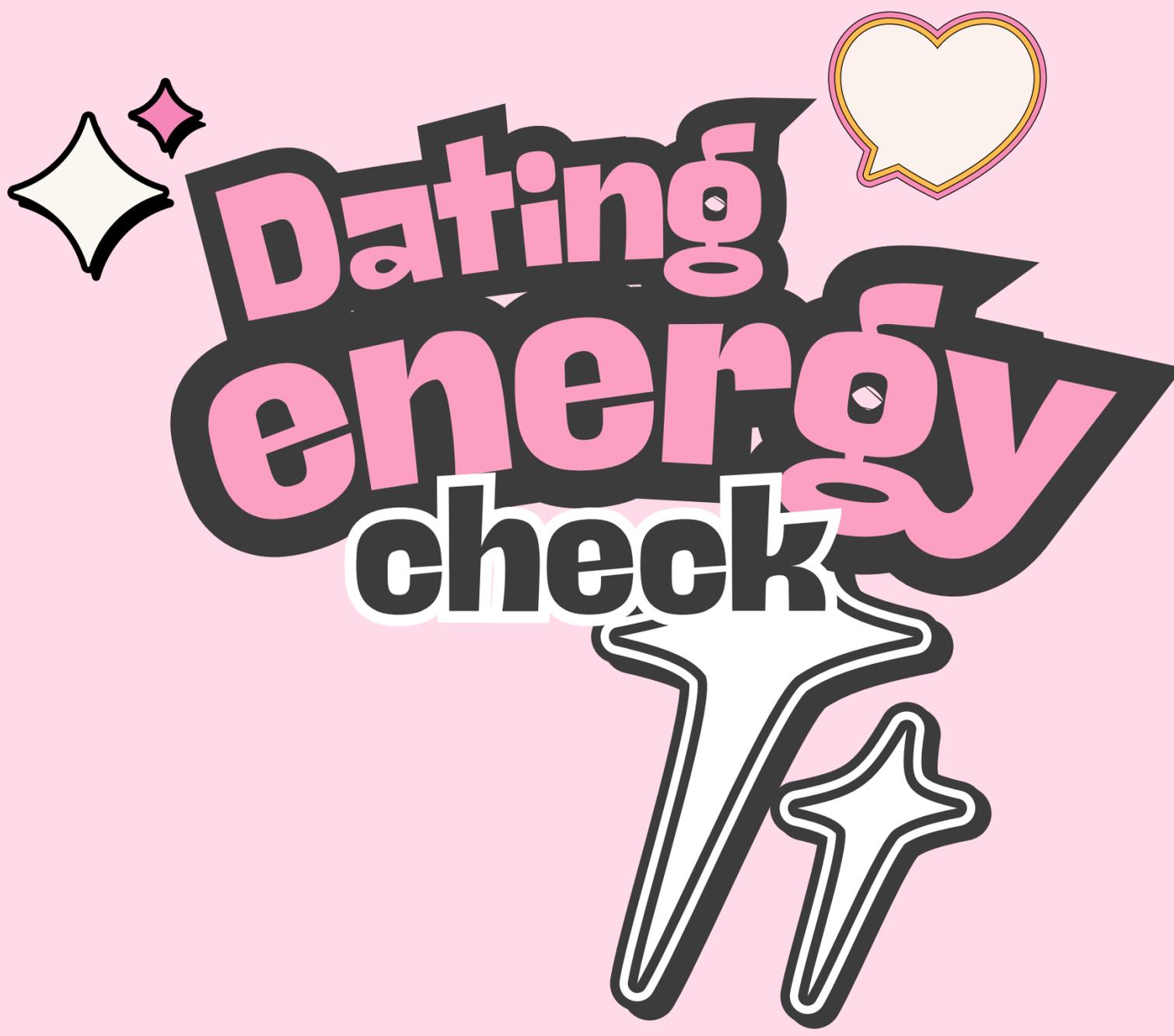
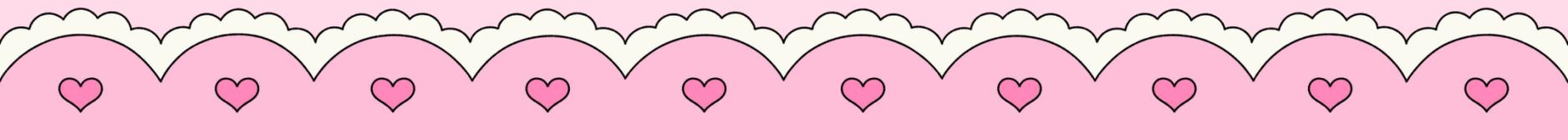




**Dating
energy
check**

The text is surrounded by decorative elements: two yellow and pink stars to the left of 'Dating', a yellow heart with a pink and orange outline to the right of 'Dating', and two large white stars with black outlines below 'check'.



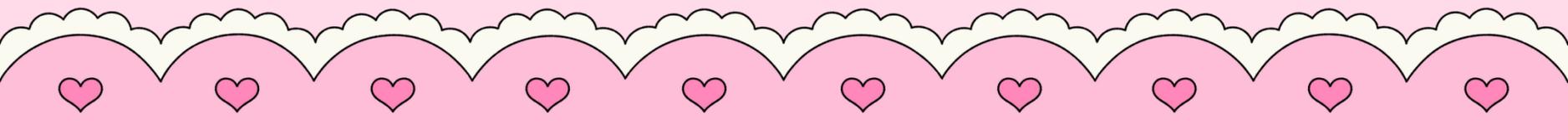
Hi!!!

If you're reading this, you've already done something superrr important. You noticed that dating has started to feel heavier than it needs to, and instead of pushing through it, you **chose** to pause.

I have a little quiz coming up for you in the next page.

Reminder - This isn't a test. It's not a diagnosis. And it's definitely not about getting anything "right."

It's simply a way to notice the energy you're currently carrying into dating because that energy shapes everything that follows.





Dating Energy Check.

As you read each question, answer based on how you usually feel, not how you wish you felt, and not how you think you should feel. There's no need to analyse your answers. Just notice what comes up.

1. When you think about opening a dating app, what's the first feeling that shows up for you?

- A sense of openness or mild curiosity
- A mix of hope and tension
- A quiet resistance or fatigue

2. After a date, you tend to:

- Reflect briefly and move on
- Replay moments and wonder what they meant
- Feel emotionally drained, even if the date was "fine"

3. When someone doesn't respond quickly, your body usually:

- Stays fairly regulated
- Feels alert or slightly unsettled
- Moves into overthinking or self-doubt

4. Early in dating, you notice yourself:

- Staying present and curious
- Wanting clarity or reassurance early
- Adjusting yourself to keep things going

5. Right now, dating feels more like:

- Exploration
- Evaluation
- Emotional labour

6. If you're honest, dating has recently left you feeling:

- Mostly intact
 - A little anxious or unsettled
 - Smaller, heavier, or more self-questioning
- 



Reflection

(As promised, there is no scoring)

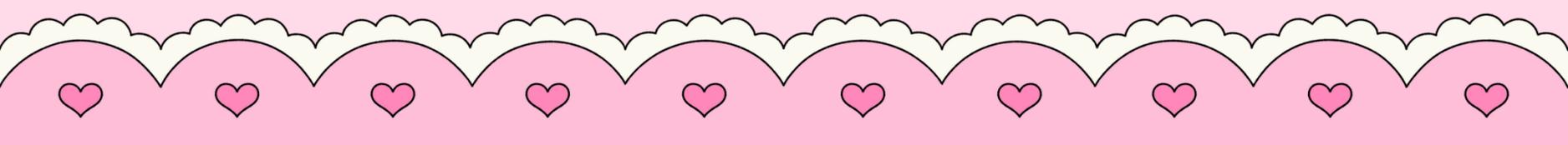
As you moved through the questions, you might have noticed certain answers standing out more than others.

→ **If many of your responses leaned toward the first options,** your dating energy is likely relatively open and regulated right now.

→ **If they leaned more toward the middle,** your energy may be carrying a mix of hope and pressure : a sense of wanting connection, while also staying alert and cautious.

→ **If they leaned toward the last options,** your energy is probably depleted or bracing, which can make dating feel far more exhausting than it needs to.

And if you found yourself thinking “it depends”, or felt like your answers were a mix of everything, that’s actually very common.





Reflection

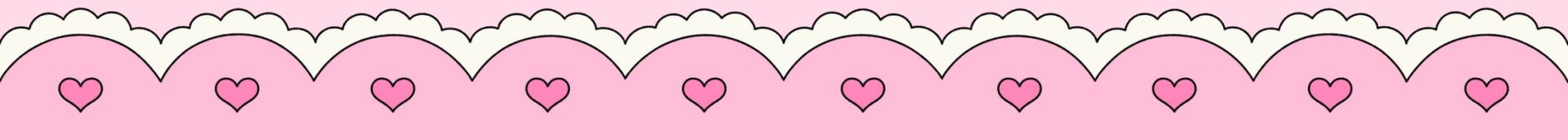
Most people aren't in one fixed place when it comes to dating. They're not fully open, and they're not completely burnt out either. They're somewhere in between... curious on some days, guarded on others, hopeful and tired at the same time.

If your answers felt inconsistent, or you weren't sure how to place yourself, that doesn't mean you did this wrong. It usually just means your dating energy shifts depending on context, mood, and what you've experienced recently.

And that's okay. Dating energy isn't a personality trait. It's not something you either have or don't have. It moves. It responds. It changes based on how much you're carrying.

Most dating advice focuses on what to do, what to say, or how to position yourself.

But very little attention is paid to the internal posture we bring into dating.. the expectations, the self-protection, the emotional weight that quietly accumulates over time.





Now that you've completed the Dating Energy Check, you can slowly move into **Seven Ways to Refresh Your Dating Energy**.

This is a simple guide that works in a quiet, surprisingly powerful way.

It isn't here to fix you or completely change how you date. Instead, it offers seven small re-orientations - gentle shifts in how you enter dating, so there is less emotional leakage and a little more steadiness each time you show up.

There's nothing you need to rush through. Just let the next few pages meet you where you are, and allow the shifts to unfold at their own pace.

And whenever dating begins to feel unclear or heavy again, you can always return to this energy check, as a quiet way to read the emotional room of your dating life and reconnect with what you truly need in that moment.

Let's begin. ☒

Kasturi

