

SOCIAL ANXIETY AND DATING

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AGENDA

- 1 Social Anxiety vs Dating Anxiety
- 2 Stage 1: Putting yourself out there
- 3 Stage 2: Preparing for the date
- 4 Stage 3: During the actual date
- 5 Stage 4: After the date
- 5 Some Things To Consider At Any Stage

SOCIAL ANXIETY VS DATING ANXIETY

Social Anxiety

- Characterized by nervousness, discomfort and fear of being judged in social situations
- Excessive worry about embarrassment, rejection or humiliation
- Can be debilitating

Dating Anxiety

- Situation Specific
- Occurs when someone has worries or fears around dating
- Most people experience some degree of dating anxiety
- Doesn't interfere with their life or stop them from dating



DATING WITH SOCIAL ANXIETY

- Can be hard to initiate dates due to fear of rejection or negative judgment.
- Excessive worry about the relationship being shut down/being rejected before they even meet
- Negative self talk and intrusive thoughts can prevent them from being their genuine self
- Feedback loop reinforces negative self talk



FOUR INITIAL STAGES OF DATING

Talk to your clients about what's to come and how to navigate the beginning stages of dating. This discussion can create a framework for numerous CBT interventions, behavioral experiments and mindful activities.

Stage 1: Putting yourself out there

Stage 2: Preparing for the date

Stage 3: During the actual date

Stage 4: After the date

"I DON'T KNOW HOW TO START OR WHERE TO GO OR WHAT TO DO!"

STAGE 1: PUTTING YOURSELF OUT THERE ANXIETY

- Identify Negative Reoccurring Skewed Beliefs
- Use an integrative strategy
- Why are apps helpful for those with SAD?

***"WHAT IF I ACTUALLY MAKE A MATCH?!
WHAT DO I SAY?!!!"***

- Get off of the app ASAP!
- In-person or app? Try NOT asking them on a date
- Make is simple
- Keep it casual and low stakes

***DATA SUPPORTS
MOVING TO IN-PERSON
1-2 WEEKS AFTER
MATCHING***



STAGE 2: PREPARING FOR THE DATE ANXIETY

- Have a Game Plan
 - a. Points of conversation
 - b. Build on similarities
 - c. Remember less is more
- Set a time limit
- Opt for an experiential date
- Taildating Self-Compassion
- Assume the best, not the worse

**“TAILDATING” IS AN
UPLIFTING EXERCISE
TO BE DONE BEFORE
YOU GO ON A DATE.
-SEEKING SOULMATE**



STAGE 3: DURING THE DATE ANXIETY

- Focus on Being Present
 - a. Mindful Hydrating
- Own your anxiety
 - a. Roll Play “Owning It” with clients
- Lean Into Self-Disclosure
 - a. Talk about what is important to you
 - b. Role Playing this can be effective
 - c. While creating behavioral experiments make sure to highlight appropriate sharing vs inappropriate sharing

“BEING AT PEACE WITH WHO YOU ARE—INCLUDING YOUR FLAWS, MISTAKES, FEARS, AND SO ON—MAKES YOU PERSONABLE AND ENGAGING. AND IF YOU ARE NOT AT PEACE WITH THESE QUALITIES, JUST ACCEPTING THAT FACT—AND OWNING IT—IS MORE APPEALING THAN HIDING YOUR TRUE SELF.”
-SEEKING SOULMATE



*“In dating scenarios, enhancing self-disclosure may result in both increased anxiety and more positive relationship outcomes (e.g., greater desire for future interaction.)”
(Hope, Heimberg, & Turk, 2006)*

STAGE 4: AFTER THE DATE ANXIETY

- Be Direct
- Be Timely
- Role Play Alert: How to be direct
- What if the worst happens and they reject me?
 - a. Feel your feelings
 - b. Accept the truth
 - c. Be realistic
 - d. Seek your supports
 - e. Forge ahead



SOME THINGS TO CONSIDER AT ANY STAGE



01.

Dating Fatigue



02.

Reality Testing



03.

Setting Boundaries

Dating Fatigue= Dating Burnout



DATING FATIGUE

- 1 Thoughts of dating exhaust you
- 2 You've had one bad date after another
- 3 Every date annoys you
- 4 You predict your dates will go badly
- 5 Just thinking of going on apps turns your mood
- 6 You are way too picky
- 7 Your friends are tired of listening to you complain
- 8 Dating just ain't fun

-Seeking Soulmate

Try Self-Compassion!

REALITY TESTING



Nearly half of Americans think dating is harder now than it was 10 years ago

- 1 Rejection is built-in to the process
- 2 It may be hurtful from time to time and...
- 3 Dating is a numbers game
- 4 Nothing brings people together like a common enemy





SETTING BOUNDARIES

- 1 What is ok and what is not?
- 2 Helps to reinforce that your needs are important
- 3 Takes focus off of you solely
- 4 Helps you get a sense of if this person is a good fit
- 5 Shows your date how you like to be treated




CONTACT US!

WE'RE HERE TO HELP YOU!

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