

Early Dating Worksheet (First 90 Days)

The useful decisions in dating get made in the first three months, and they get made by whoever you are at the time. If your pattern is anxious that is someone already attached to a person they barely know; if avoidant, someone about to find a reason at exactly the point things become real; if fearful-avoidant, both of those in rotation.

Who this is for: You keep ending up in the same kind of situation and would like to notice it happening this time, rather than in hindsight.

The four sections

1. Non-negotiables, written cold

Five things, decided when nobody is in front of you.

Five non-negotiables, written today:

Which two are about how I am treated rather than who they are?

Which one have I abandoned before, and what was the reasoning at the time?

What would I need to see to know a non-negotiable had been breached?

2. The observation log, weeks 1–12

Events with dates. Four lines a week, no more.

Week __: something they did that I liked:

Something I did not like, stated as an event:

Plans made and kept, made and changed, not made:

How the week felt, 1–10, same scale each time:

3. Your pattern's early-dating trap

The mistake you specifically are likely to make.

My trap, in one sentence:

What it looked like in the last two situations I was in:

The earliest observable sign of it, from those examples:

What I want to do differently at that sign, specifically:

4. The three-month checkpoint

Read the log before you answer anything.

Non-negotiables — intact, bent, or breached?

Consistency across twelve weeks, from the log rather than from memory:

Calmer or more vigilant than week 4?

What have I stopped doing since this started?

5. What I am not going to do

Two lines that save the next three months.

Behaviour one I am not going to do:

Behaviour two:

What I will do instead when the urge shows up:

Who I can send a message to that is not them:

This worksheet is free to print, photocopy and share, including with clients. It is self-reflection material, not a diagnosis, an assessment or a substitute for professional support. If a relationship involves fear, control or coercion, or if working through this raises more than feels manageable, please speak to a doctor, a therapist or a domestic abuse service.