Module 6: Dating As Yourself

Disclaimer: If you’ve decided you don’t want to date and think you may be a [Single Person at Heart](https://www.psychologytoday.com/us/blog/happy-singlehood/202212/7-signs-you-are-single-at-heart), you can skip this module, and your coursework is done. Great job!

If you still want to date, see below:

* Prewriting: Write up a dating philosophy. Consider questions such as: what would an ideal partnership(s)/dating situation look like for you? What do you want in a partner? What can you bring to the table in the partnership? How would you maintain your independence in your partnership?
* Exercise: Write up a dating profile you might use on a dating website or app (note: you don’t have to actually sign up for a site or app). But this will help you figure out who you are in dating, what your values are, and what’s important to you.
* Reflection: In the event that you don’t meet a significant other(s)/partner(s), how will you continue to live your best live as a singleton?