

# Asking out

Remember when you saw that shiny new toy you just had to have? Asking someone out is not like that at all. While you may be quite the catch, there are two parts to this dating equation—it's not just up to you whether you two will go out.

Ask with genuine hopefulness, invite an honest response, and see what happens. You wouldn't want to go out with someone who isn't psyched to be with you, right?

**LOVE** like **THIS**

*Approach:  
hopeful & respectful*



*Shows: respect & confidence*

*Body language:  
open & inviting*

**NOT** like **THIS**

*Body language:  
intimidating & aggressive*



*Approach:  
pushy & demanding*

*Shows: arrogance  
& disrespect*

# Making a move

Whether it's holding hands, the first kiss, or making out—when you get together it should feel good to both of you. It's a lot like a jam session where you need to check in, pay attention, and make adjustments to have fun. An enthusiastic “Yes!” from both of you is the key to making beautiful music together.

## LOVE *like* THIS



## NOT *like* THIS



# Keeping in touch vs. keeping tabs

It's annoying when people don't get back to you. You just know they've seen your texts and are deliberately ignoring you. But who knows what's really going on? (Are they stuck in an elevator? Did they drop their phone in the toilet? Are they busy?)

It's fine to express concern, but don't become controlling. Stay calm and give them some time to get back in touch.



# Jealousy

The secret is out—we all get jealous. Jealousy is a totally normal emotion but when it takes over, you can find yourself doing things you're not proud of. When jealousy creeps in, you have to deal with it.

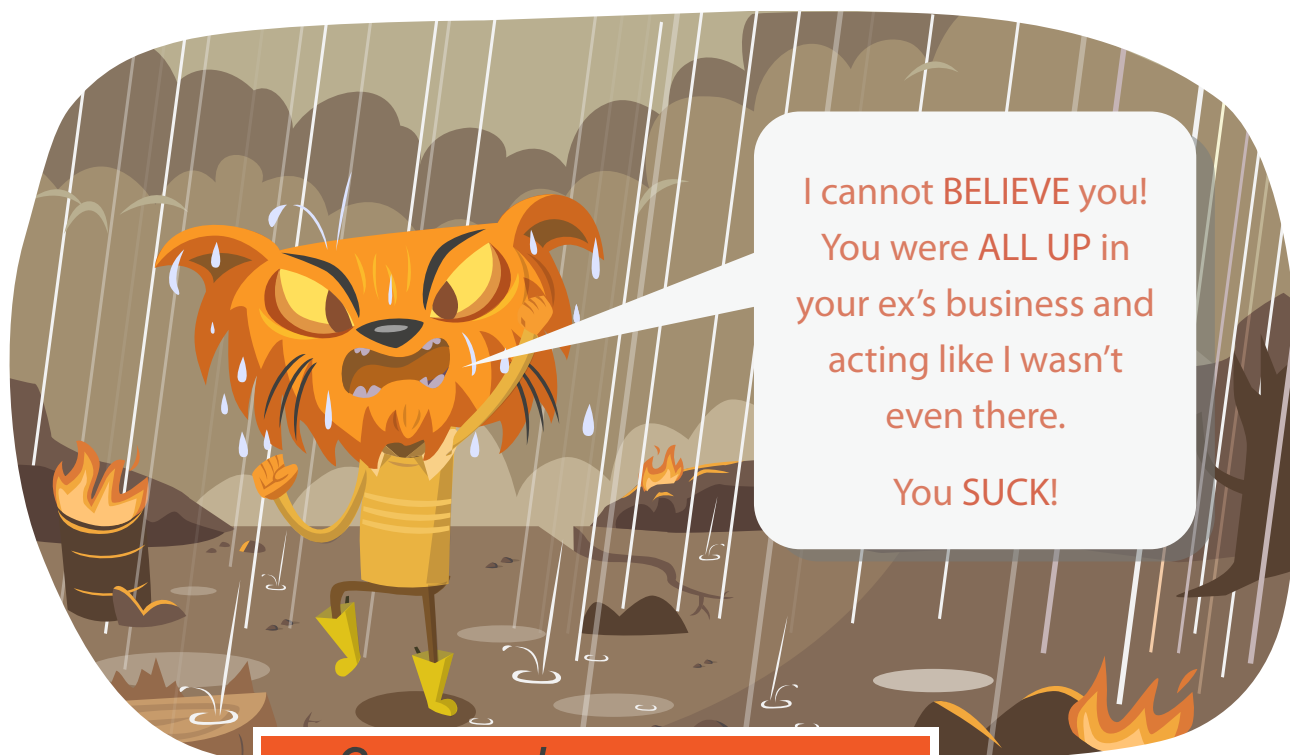
Newsflash: becoming more controlling won't actually make the jealousy go away. You have to own it (even if it doesn't feel good) and talk about your feelings. And just so we're clear—jealousy does not equal love.

## LOVE *like* THIS



- ✓ *Share how their actions make you feel*
- ✓ *Remember that you like them*
- ✓ *Maybe they aren't trying to hurt you*

## NOT *like* THIS



- ✗ *Start with accusations*
- ✗ *Make it bigger than it is*
- ✗ *Assume the worst*

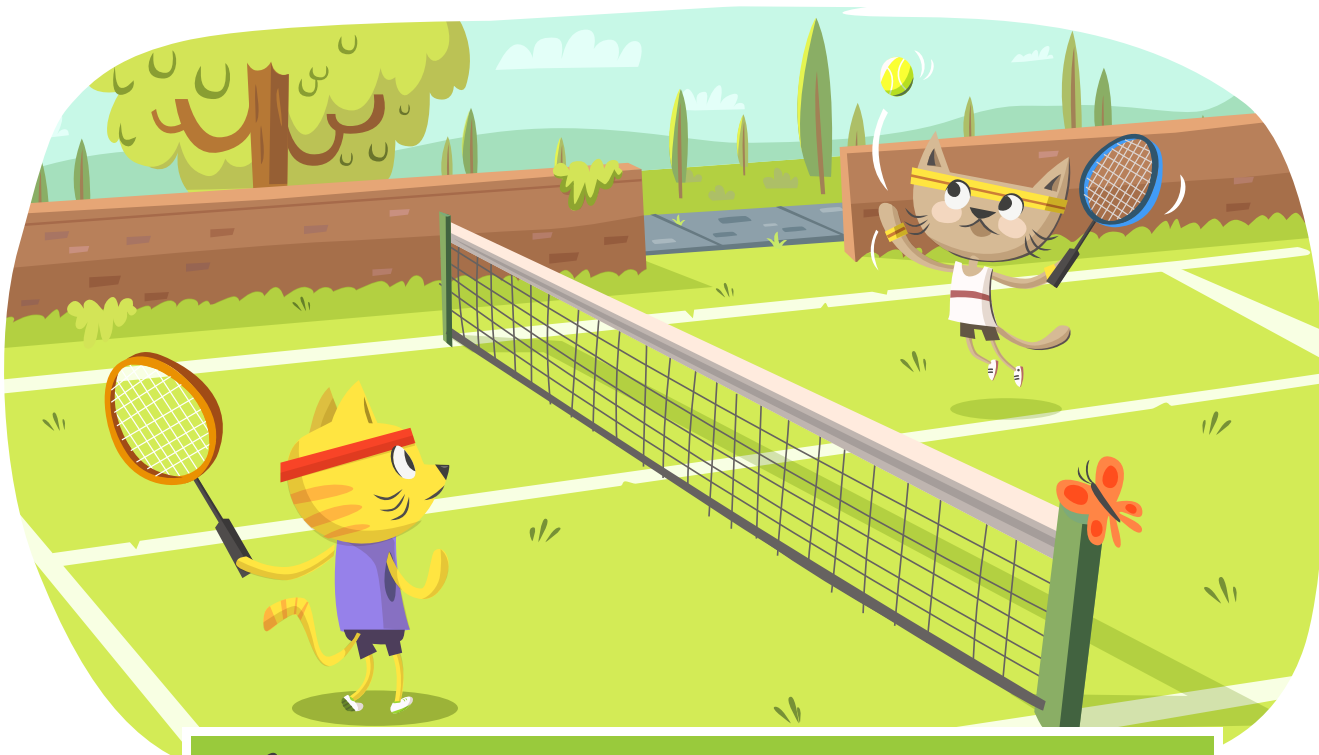


# Fighting fair

We've all been there. You're fighting about that thing you always fight about. And lately it is pushing one of you over the edge.

Fighting is part of a healthy relationship. But it shouldn't be scary or leave you feeling beat up. The key is to stay on topic, be respectful, and work towards a solution.

## LOVE *like* THIS



- ✓ Agree on what you're fighting about
- ✓ Show up and be willing to take turns
- ✓ Ask for what you want next time

## NOT *like* THIS



- ✗ Bring up everything that bothers you
- ✗ Totally dominate and don't let them talk
- ✗ Exaggerate ~ use "always" and "never"

# Breaking up

When it first started, you never dreamed you'd end up like this. But now that the magic is gone, you can't even remember what you saw in them. Nobody likes breaking up, but when you know it's time to move on, make it happen!

Focus on ending the relationship and moving forward; don't obsess about all the things that bother you about your soon-to-be ex. You may feel like being hurtful now, but once the dust settles, it won't feel as good.

## LOVE *like* THIS



## NOT *like* THIS

