

## Testimonial from Sarah (age 38; Saskatoon, Canada)

### **1. How did you feel about dating before we started working together? What were you struggling with the most and what drew you to getting help?**

“I felt like dating was this obstacle in my life I could never move past. Either because of the fear of rejection or comfort in my single state, I hadn't dated for years. I wanted to date with a different mindset and I liked following Dana for her body positive content and humorous takes on life and sex. I envied the ease in which she navigated vulnerable situations and knew that because, like me, she'd dealt with an eating disorder and come out the other end, I could trust her with my feelings and fears about my body and past.”

### **2. How do you currently feel about dating and what has changed? Is your life different now, and if so, how? How do you feel about yourself?**

“My greatest fear going into beginning to date was facing rejection because of my body size. It took way sooner than I anticipated for that fear to drop away and not reappear. I no longer am afraid of rejection and on the contrary, see it as a necessary part of dating and making decisions in my dating life that will bring me the greatest experiences. I think that has been the biggest change, I am no longer focused on whether someone will like me or if I'm good enough for love, but whether or not allowing a certain person access to my time will add to my life or not. I'm consequently a lot less stressed about going on apps and meeting new people.”

### **3. What are the top 3 things you learned during our work together?**

1. “That my own happiness is important and I'll only achieve that by using my voice with others and being clear to myself what I want and don't want to feel.”
2. “That hot guys will often swipe right for you, too.”
3. “Why it's important to pee after sex!”

### **4. How do you see this work improving your life going forward? What are you planning to keep working on?**

“I'm still in process of not apologizing for who I am and what I want. I plan to keep practicing speaking out loud my boundaries and desires and most importantly not be outcome-dependent when I meet someone I like.”

### **5. If a friend wanted to work with me and asked you about your experience and whether or not you would recommend me, what would you say to them? (Write it as if you're talking directly to them)**

“She isn't a matchmaker, you may not end up with Mr or Ms or Mx Right, but you will get some tools on how to be a happier person and set yourself up for a really healthy and fun dating and sex life. So, go for it.”

**6. Is there anything I can do to make this experience more enjoyable? Do you have any feedback or criticism for me? (Don't worry, you won't hurt my feelings! I love client feedback; it helps me get better.)**

“I really loved hanging out with you every week. I miss our chats! Honestly, I can't think of anything off the top of my head.”