

Testimonial from Katrina (age 36; Las Cruces, NM)

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?

“Dating seemed elusive and confusing to me. I ‘dated’ one person in my whole life and married them. I wouldn't even call it dating. Since getting a divorce I only managed to get hook-ups, no dating. It drove me crazy! [I asked myself]: ‘Why can't I navigate this? It doesn't seem that hard!’ I internalized it, I thought it was me. ‘Guys don't like me because I'm fat, unattractive, unapproachable, too easy, dress too masculine...’ whatever it was. I just knew I needed help to break through that. I knew that this [work] would change my life and I knew I needed that change.”

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?

“Dating isn't as scary. You helped me realize that I am in NO rush and I should have fun. And so what if I have some hookups? As long as I feel safe and I am being smart, I should enjoy it! However, if I want to date, make that known and SEEK THAT OUT! I do not have to compromise on what I want. There are men out there who would like to date me, men I would also like to date, and if I am in no hurry, then I can wait. I think my life is so different. I am not exactly where I want to be in regards to confidence, but I am on my way, and for the first time in a long time, I feel excited to see where I go. You forced me to look at myself and see what I have done and it gave me the clarity to see that I am capable of doing whatever I want to do.”

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

“The timeline [exercise] was amazing. I learned that I have the potential to do so much, even in times that are insanely hard. Your advice on how to curate a dating profile is *chef's kiss* impeccable! It is such a simple formula to follow and I am so amazed. Like, I can freaking do this! I think a huge thing I learned is that I have had trauma in my relationships and it has been such a weight off of me to realize that, to recognize it, but really to honor that. It was so helpful to understand my triggers but to also grasp that I am not crazy! I may not fully know how to approach certain situations, but I feel so much more equipped to recognize when I am being manipulated and to not beat myself up afterward thinking that I did something wrong!”

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

“I feel like you taught me how to ask for what I want and need. I have been so much more inclined to just ask for help or to set boundaries in regards to what I want. I think I will continue to engage and improve on that. I see the value in actually planning out my time! Like, really looking at it. It's always felt very overwhelming to me, just managing

time in general, but once we talked about it and you worked it out, I felt so much more empowered and in control!"

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?

"YES YES YES! You should work with Dana! She is amazing. She really listens to you and has an intuitive way of knowing what will help. I was so pleasantly surprised to realize that a lot of my issues, if you wanna call it that, were more derived in not being able to get control of things and not in being partnered! Which has been awesome! Dana showed me that I am powerful and capable and I deserve things in my life. People love me for a reason and it is okay to accept that. But she really showed me HOW to work through things and on things. Which was so valuable!"

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.)

"Dana, you were attentive, informative, answered emails, communicated, were insanely pleasant. Like, honestly, if I had just met you somewhere, I would want to be your friend, that is how comfortable you made things! A blessing! A FREAKING BLESSING!"