

## Testimonial from Kimberly (age 30; New York, NY)

### **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?**

“Dating was incredibly overwhelming to me. My experiences on the apps previously felt like playing defense, and totally inauthentic for who I really am. I second-guessed everything about what I was putting out there - which is completely different from every other aspect of my life.”

### **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?**

“What’s changed the most are my thought patterns and my optimism. I’ve been swiping while I’ve been upstate for the holidays—you know, just to practice what we worked on—and it’s been interesting to see how the responses I’ve get have differed from what I’ve experienced in NYC. Long story short, I realized the problem has never been me; NYC is just weird & wonderful.”

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

1. “I’ve spent my whole adolescent/adult life thinking that I was just bad at dating. My biggest ‘a-ha moment’ was realizing that there’s nothing wrong with me—men are totally shit at communicating.”
2. “Understanding how to recognize negative thoughts that aren’t grounded in reality and coming up with ways to reframe those thoughts. I listen to that affirmation script daily and have used that same tactic to reframe other thought spirals that have come up recently that have nothing to do with dating.”
3. “I’ve gained confidence in taking charge even in smaller ways—in the past I would have tried my hardest to resuscitate a conversation with a mediocre dude. Now I just send them on their merry way.”

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

“In all aspects of my life, I’ve cleaned out my capacity for bullshit from men. You’re either on board with Team Kim or you’re not.”

One of the biggest mental shifts for me related to time/age. I used to get really wrapped up in thought spirals on how old I am vs all of the big plans I have for my life. One of the things you said to me that was such an a-ha! moment: ‘If you had a friend who got divorced at 35, would you tell her to pack it up? That she’ll never meet anyone ever again?’ And the answer is of course not!”

### **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?**

“Legit - I’ve shared your posts with so many of my friends and talked about what we’ve worked on, so this is genuinely how I explain it: ‘Dana’s a dating coach, but it’s not millionaire matchmaker. She’s not going to find you a husband from a stack of dudes. She approaches dating with the intention to weed out folks that aren’t right for you. It’s not about appealing to everyone. It’s about nailing down what matters to you and what feels authentic and broadcasting that to the world.’”

**6. Is there anything I can do to make this experience more enjoyable? Do you have any feedback or criticism for me?**

“Honestly, I wish you’d forced me to read the books as we were working on the themes from them. Although, I very much appreciated the flexibility with the homework.”