



Sexual contact is not female
empowerment; it is sexual
contact.

AMY LOFTUS

***REAL* PROGRESS DETACHED DATING STANDARDS:**

- 1.NO SEX WITHOUT A COMMITMENT
- 2.NO ALCOHOL
- 3.DATE 3 MEN AT A TIME, AND GO 3 TIMES (IF HE ASKS)

LET GO AND LET GOD. LET HIM LEAD. IF NEEDINESS OR A KNEE-JERK IMPULSE TO REJECT
(TWO SIDES OF THE SAME COIN) ARE AN ISSUE, KEEP THIS IN MIND:
IF IT'S GOING WELL, LEAVE AND IF YOU LIKE SOMEONE, FIND ANOTHER DATE

THE *REAL* PROGRESS BILL OF RIGHTS FOR DATING SINGLES

1 YOU HAVE A RIGHT TO HAVE A DREAM. LIFE IS FULL OF POSSIBILITIES. YOU HAVE CHOICES BEYOND MERE SURVIVAL.

2 YOU HAVE A RIGHT TO SAY NO TO ANYTHING WHEN YOU FEEL YOU'RE NOT READY OR IT IS UNSAFE.

3 YOU HAVE A RIGHT TO ALL YOUR FEELINGS, BUT YOU DO NOT HAVE A RIGHT TO EXPECT ANOTHER FALLIBLE ADULT TO TAKE CARE OF THEM OR REMOVE THEM.

4 YOU HAVE A RIGHT TO MAKE MISTAKES AND PIVOT AWAY FROM THE CULTURE, TOWARDS BETTER CHOICES AND HIGHER STANDARDS.

5 YOU HAVE A RIGHT TO TERMINATE CONVERSATIONS THAT DO NOT FEEL GOOD FOR YOU.

6 YOU HAVE A RIGHT TO BE HEALTHIER AND MORE OPTIMISTIC THAN OTHER SINGLES AROUND YOU.

7 IT IS OK TO LET GO, RELAX, BE PLAYFUL, AND BE FRIVOLOUS.

8 YOU HAVE A RIGHT TO CHANGE AND GROW WITHOUT HAVING TO EXPLAIN YOURSELF TO ANYONE

9 YOU HAVE A RIGHT TO SET LIMITS, PRIOROTIZE YOUR DEEPEST DESIRE AND PRACTICE HEALTHY SELFISHNESS.

10 YOU HAVE THE POWER TO TAKE CARE OF YOURSELF NO MATTER WHAT CIRCUMSTANCES YOU ARE IN.

11 YOU HAVE A RIGHT TO DEVELOP A PERSONAL RELATIONSHIP WITH GOD AS YOU UNDERSTAND GOD, ONE THAT WILL SUSTAIN AND STABILIZE YOU.

12 YOU HAVE A RIGHT TO BELIEVE THAT THE BEST IS YET TO COME