



EMOTIONAL SKILLS LAB

DATING MODULE 1: MIXED SIGNALS



**You ever overthink a text...
and change the whole energy?**

This interactive experience trains you to:

Choose a scenario. ✓
Make your decisión. ✓
Build your discipline in real time. ✓



I PAUSE. I THINK. I CHOOSE.

EMOTIONAL SKILLS LAB

DATING MODULE 1: MIXED SIGNALS

Interactive Pattern Breaker Lab



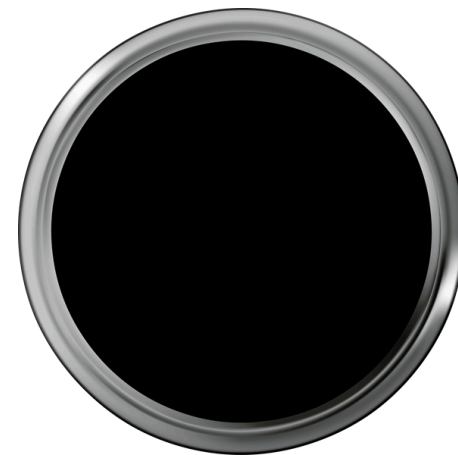
Build your emotional muscle in real time.

Choose a scenario to begin



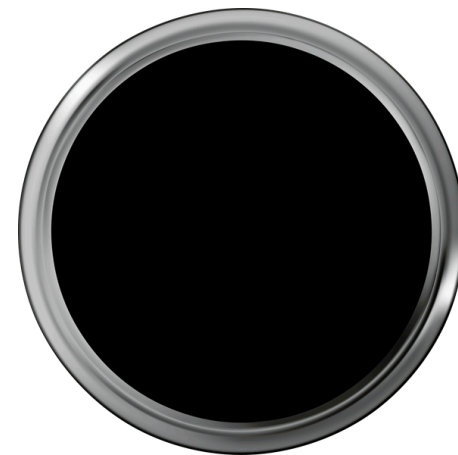
SCENARIO 1

MIXED SIGNALS



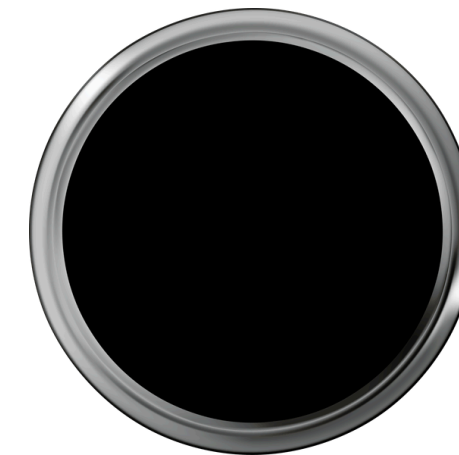
SCENARIO 2

CANCELED PLANS



SCENARIO 3

LEFT ON READ



SCENARIO 4

INCONSISTENT ENERGY



SCENARIO 5

DOING ALL THE WORK

EMOTIONAL SKILLS LAB

Interactive training

**Mixed signals**

**You've been talking to someone
consistently.**

Good conversations. Good vibe.

Feels mutual.

then suddenly...

their energy changes.

- **they take longer to respond**
- **messages feel shorter**
- **less enthusiasm**
- **no clear explanation**

you notice it.

**now you're sitting there... Feeling
something?**



WHAT ARE YOU FEELING?

PAUSE... CHECK IN WITH YOURSELF



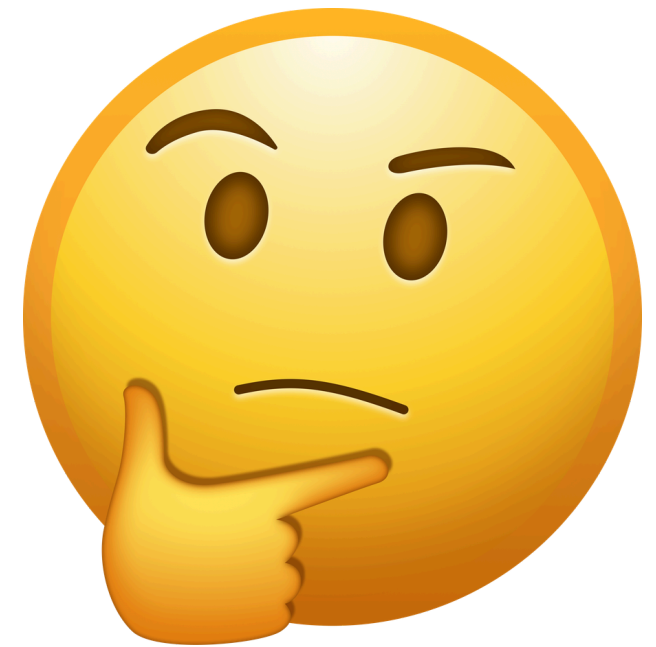
ANGRY



CONFUSED



ANXIOUS



DETACHED

EMOTIONAL SKILLS LAB

DETACH/COLD.

**Detachment in this moment, isn't clarity...
it's reaction to discomfort
you didn't like the inconsistency.**

**you didn't like the uncertainty.
So instead of staying present... You pulled away to
regaining control.**



ANXIOUS

**You don't have enough information...
so your mind fills in the blanks.
you assume something is wrong.**

this feeling is real but it's not always true



ANGRY

**Something feels off...
and you take it personal.
you're mind jumps to:
they're playing with me.**

**this feeling is real...
but it's not always true.**



EMOTIONAL SKILLS LAB

CONFUSED

**You're overthinking without new information.
Clarity comes from waiting. Not forcing answers.**

**SLOW it down.
Let clarity lead... Not the rush.**



REACT



PAUSE



EMOTIONS

EMOTIONAL SKILLS LAB

PAUSE/CHECK IT



Feeling (fast) emotion
Drawn in by attraction
Focused on how it feels



Feeling aware – choosing with intention

Noticed the misalignment
chose based on clarity
truth takes thinking



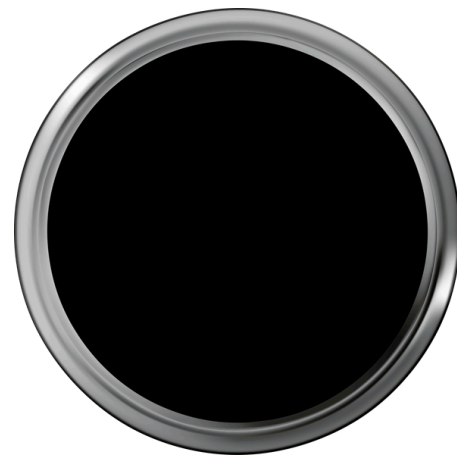
What's the pattern breaker move?

Now that you slowed it down...

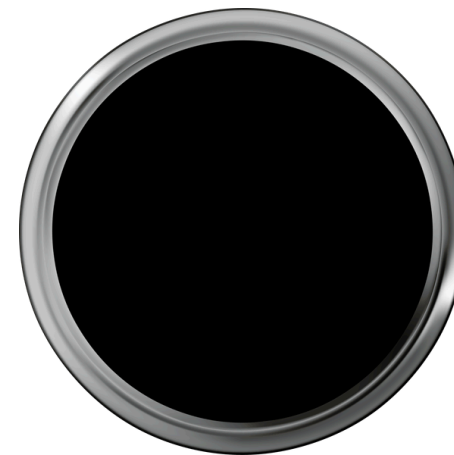
You don't react
you respond?



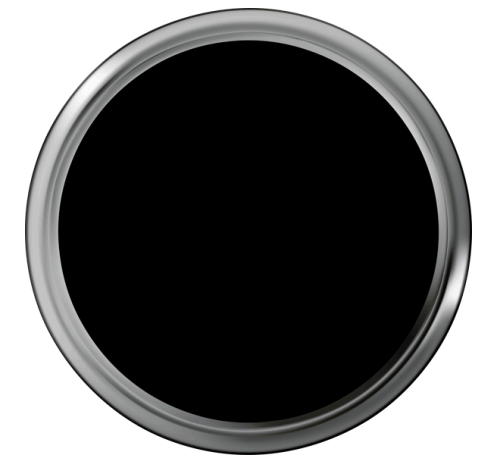
STAY GROUNDED



GIVE SPACE



CHECK IN



KEEP LIVING

S1

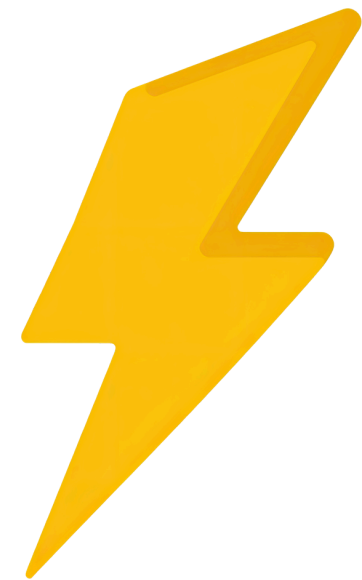


EMOTIONAL SKILLS LAB

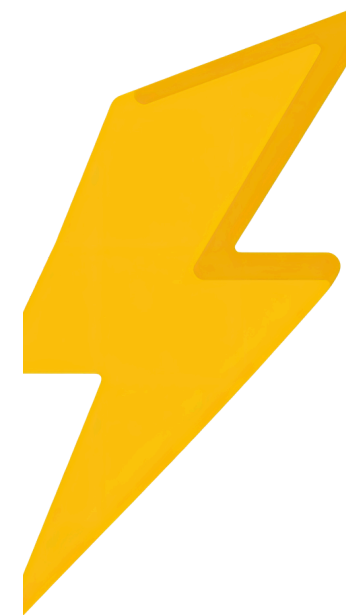
MODULE COMPLETE

IDENTITY EARNED

You felt it... but you stayed in control.



PATTERN BREAKER



I pause. I think. I choose.

That's how you become a Pattern Breaker.



RUN IT BACK

NEXT SCENARIO



Interactive training

Canceled Plans

**You've made plans
everything seemed good.**

**then last minute...
they canceled.**

**no effort to reschedule.
no real explanation.**

**Now you're sitting there...
feeling something.**



WHAT ARE YOU FEELING?

PAUSE... CHECK IN WITH YOURSELF



DISAPPOINTED



QUESTIONING



FRUSTRATED



UNBOTHERED

DISAPPOINTED

Plans fell through...

**you were looking forward to it.
that's real.**

but disappointment doesn't mean rejection.

it just means expectations didn't match reality.



QUESTIONING

Now your mind he's trying to figure it out.

**what does this mean?
are they losing interest?**

**you don't have enough information yet.
don't create a story out of a moment.**



FRUSTRATED

It feels like your time didn't matter.

**like you showed up...
and they didn't.
that feeling is valid.**

**But reacting from frustration
won't give you clarity.**



UNBOTHERED

You're choosing not to react.

You're letting it be what it is.

But make sure you're not avoiding either.

**There's a difference between being grounded...
and shutting down.**



REACT



PAUSE



EMOTIONS

EMOTIONAL SKILLS LAB

PAUSE/CHECK IT



Feeling (fast) emotion
Drone in by attraction
Focused on how it feels



Feeling aware – choosing with intention
Noticed the misalignment
chose based on clarity
truth takes thinking



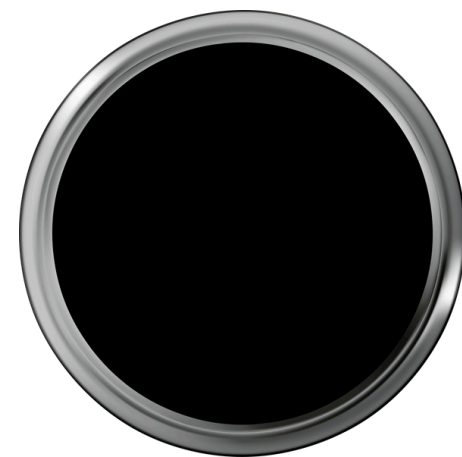
What's the pattern breaker move?

Now that you slowed it down...

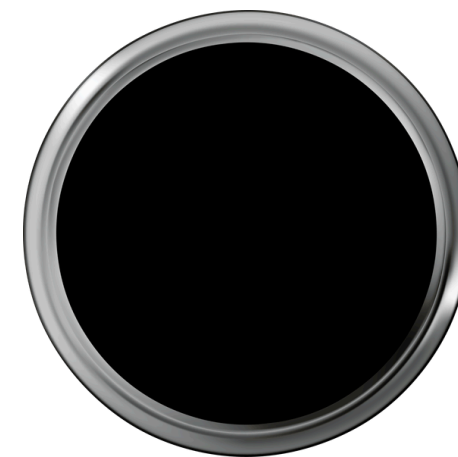
You don't react
you respond?



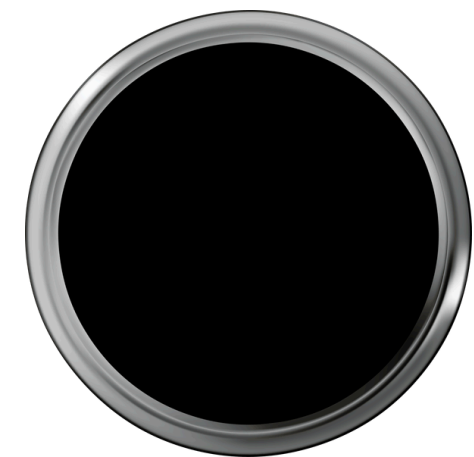
STAY CALM



LET IT BE



DON'T ASSUME



MOVE FORWARD

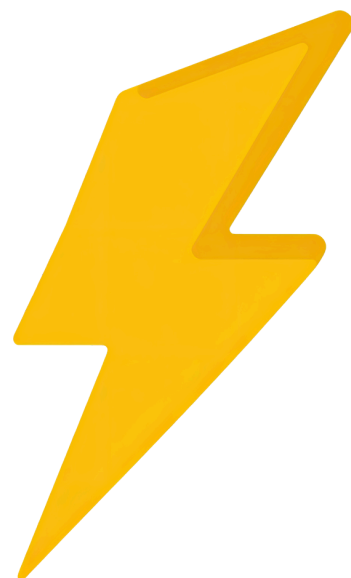


EMOTIONAL SKILLS LAB

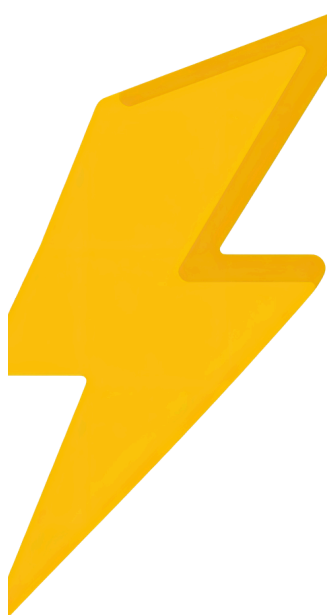
MODULE COMPLETE

IDENTITY EARNED

You felt it... but you stayed in control.



PATTERN BREAKER



I pause. I think. I choose.

That's how you become a Pattern Breaker.



RUN IT BACK

NEXT SCENARIO



Interactive training

LEFT ON READ

You sent a message.

they haven't replied

but you see them active...

posting...

online.

Now your mind is starting to go...

what's going on?



WHAT ARE YOU FEELING?

PAUSE... CHECK IN WITH YOURSELF



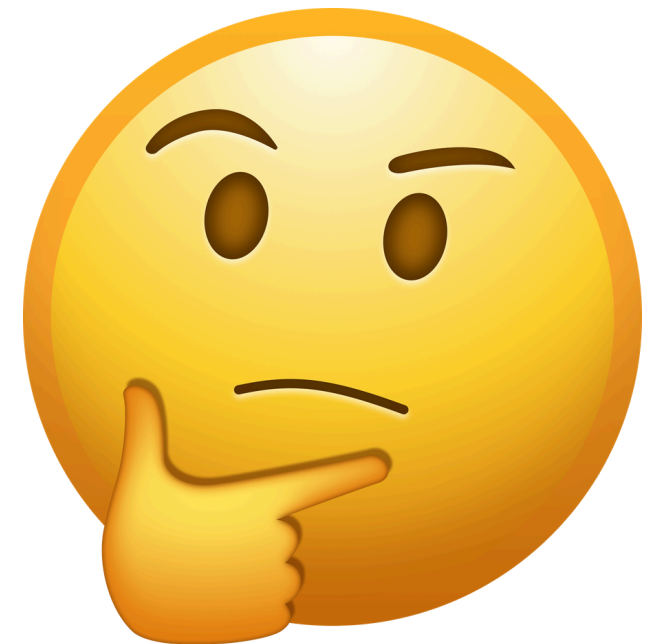
DISAPPOINTED



OVERTHINKING



IRRITATED



DETACHED

DETACHED

**Detachment in this moment, isn't clarity...
it's reaction to discomfort
you didn't like the inconsistency.**

**you didn't like the uncertainty.
So instead of staying present... You pulled away to regaining
control.**



DISAPPOINTED

You expected a response.

Now you're sitting in silence...

Watching them be active.

That feels off.

**But silence doesn't always mean rejection.
It just means you don't have clarity yet.**



EMOTIONAL SKILLS LAB

OVERTHINKING

Now your mind is spinning.

**They're online... so why not reply?
What does that say about me?**

**You're trying to solve something
you don't have enough
information for.**

Pause.

Not everything Needs a conclusión.



REACT



PAUSE



EMOTIONS

EMOTIONAL SKILLS LAB

IRRITATED

**It's starting to bother you.
Not because of the one message...
but because it feels intentional.
That irritation is real.**

**But reacting from it
won't give you the answer you're
looking for.**



REACT



PAUSE



EMOTIONS

EMOTIONAL SKILLS LAB

PAUSE/CHECK IT



FEELING (FAST) EMOTION

**Drawn in by attraction
Focused on how it feels**



Feeling aware – choosing with intention

**Noticed the misalignment
chose based on clarity
truth takes thinking**



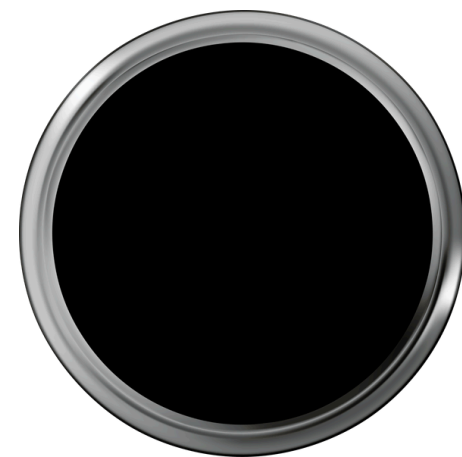
What's the pattern breaker move?

Now that you slowed it down...

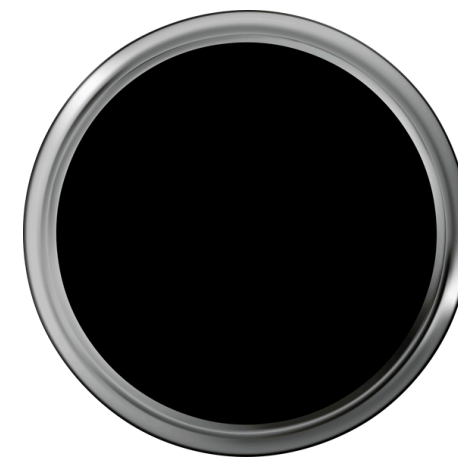
You don't react
you respond?



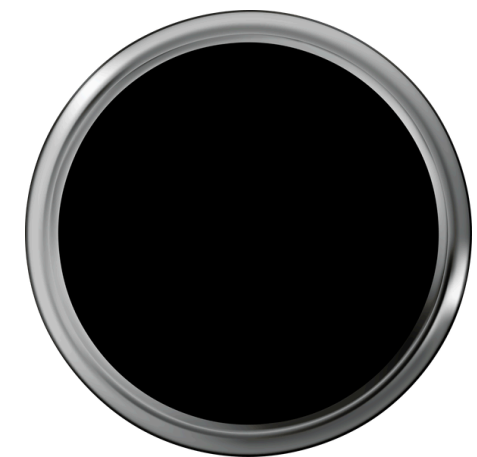
PAUSÉ THE STORY



GIVE SPACE



DON'T ASSUME



FOCUSED ON YOU

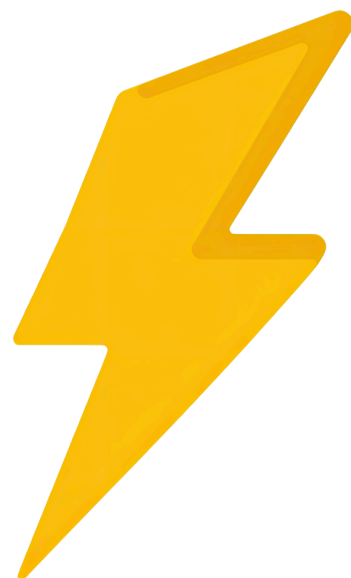


EMOTIONAL SKILLS LAB

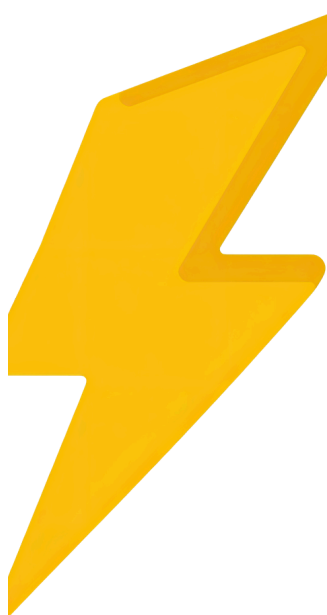
MODULE COMPLETE

IDENTITY EARNED

You felt it... but you stayed in control.



PATTERN BREAKER



I pause. I think. I choose.

That's how you become a Pattern Breaker.



RUN IT BACK



NEXT SCENARIO



EMOTIONAL SKILLS LAB

Interactive training

INCONSISTENT ENERGY

Sometimes they're all in.

Good energy.
Good conversation.
It feels easy.

Then out of nowhere...

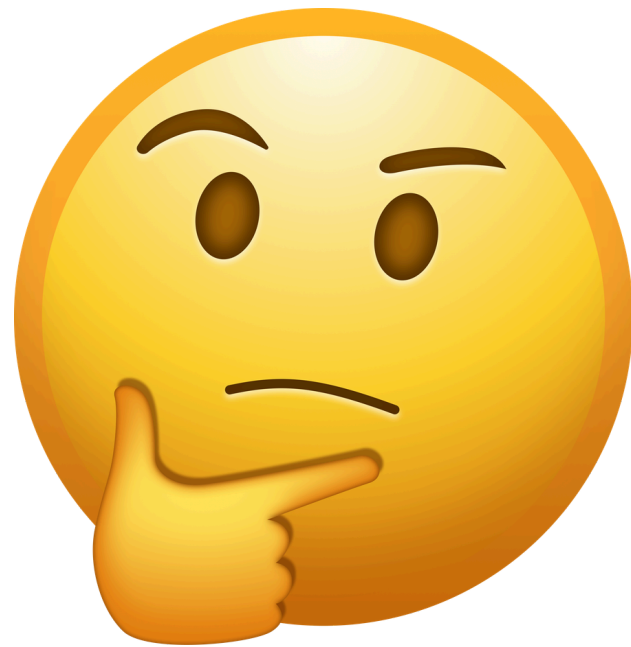
They pull back.
Go quiet.
Act Different.

Now you're trying to figure out...
What changed?



WHAT ARE YOU FEELING?

PAUSE... CHECK IN WITH YOURSELF



UNCERTAIN



CONFUSED



FRUSTRATED



GUARDED

EMOTIONAL SKILLS LAB

CONFUSED

You're getting two different versions of them.

One Moment, it feels real...

the next It feels off.

that back-and – fourth

creates confusion.

but confusion isn't something to solve...

it's something to notice.



UNCERTAIN

You don't know where to stand.

**one moment it feels real..
the next it feels distant.**

That uncertainty can pull you in.

**But you don't need to Chase clarity.
let their consistency show you.**



EMOTIONAL SKILLS LAB

FRUSTRATED

The back- and-forth is draining.

**it's not just one moment...
it's the pattern.**

That frustration makes sense.

**But reacting to it
won't change their behavior.**



EMOTIONAL SKILLS LAB

GUARDED

**You're starting to protect
your energy.**

**Not opening up as quickly.
Not investing the same way.**

That's awariness.

**Just make sure you're responding
with clarity...
not Closing off completely.**



REACT



PAUSE



EMOTIONS

EMOTIONAL SKILLS LAB

PAUSE/CHECK IT



Feeling (fast) emotion
Drawn in by attraction
Focused on how it feels



Feeling aware – choosing with intention
Noticed the misalignment
chose based on clarity
Truth takes thinking



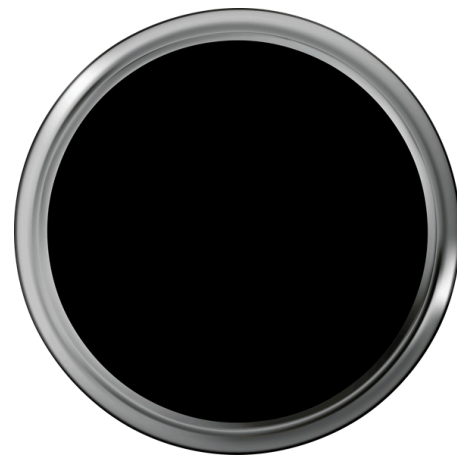
What's the pattern breaker move?

Now that you slowed it down...

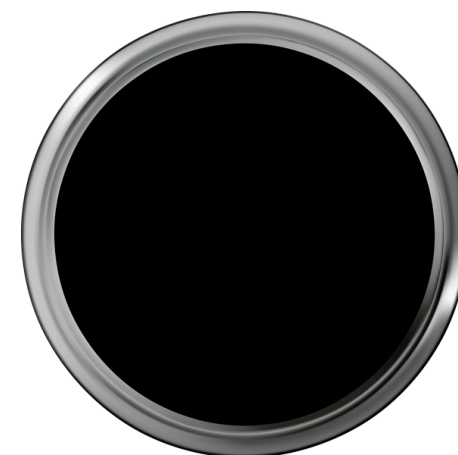
You don't react
you respond?



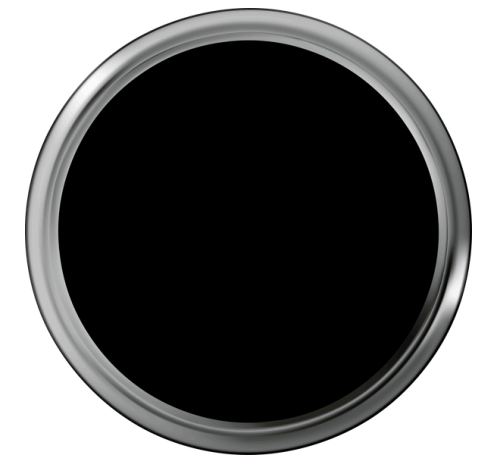
WATCH PATTERNS



DON'T CHASE



SET A STANDARD



PROTECT YOUR ENERGY

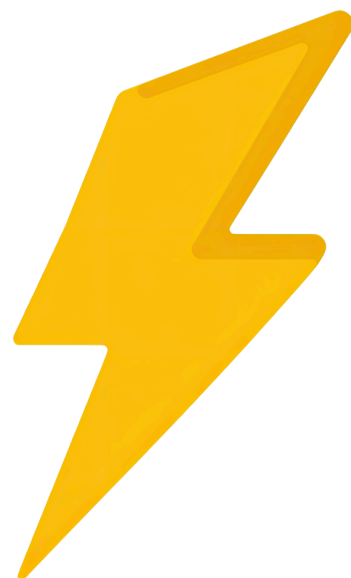


EMOTIONAL SKILLS LAB

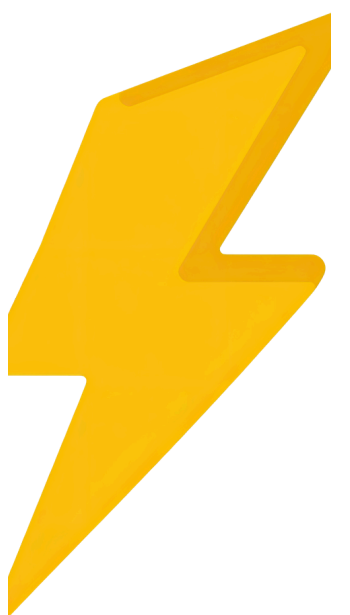
MODULE COMPLETE

IDENTITY EARNED

You felt it... but you stayed in control.



PATTERN BREAKER



I pause. I think. I choose.

That's how you become a Pattern Breaker.



RUN IT BACK

NEXT SCENARIO



Interactive training

Doing all the work

You're the one reaching out.

starting conversations.

making Plans.

keeping it going.

They respond... sometimes.

**But it feels like
you're doing most of the work.**

Now you're wondering...

Should you keep trying?





WHAT ARE YOU FEELING?

PAUSE... CHECK IN WITH YOURSELF



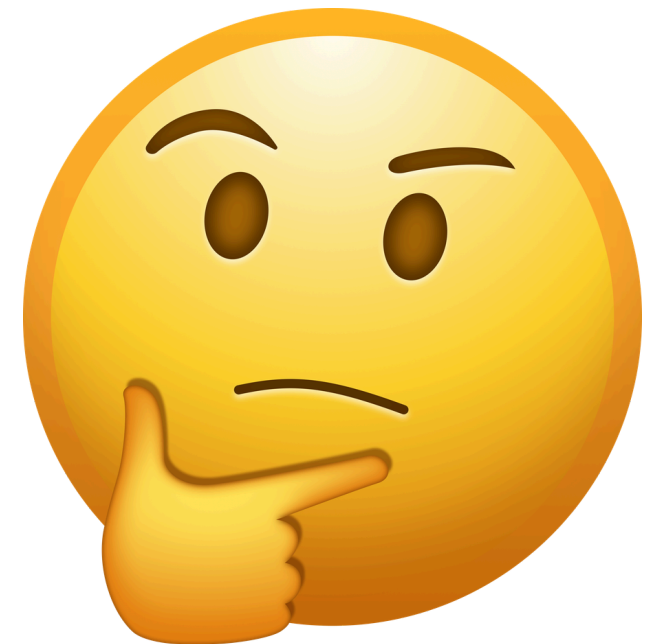
UNAPPRECIATED



QUESTIONING



DRAINED



DETACHED

Detached

**Detachment in this moment, isn't clarity...
it's reaction to discomfort
you didn't like the inconsistency.**

**you didn't like the uncertainty.
So instead of staying present... You pulled away to regain
control.**



Unappreciated

You're putting in effort.

And it doesn't feel returned.

That feeling is real.

**But someone else's lack of effort
doesn't define your value.**



EMOTIONAL SKILLS LAB

Questioning

Now you're thinking:

Should I keep trying?
Am I doing too much?

You're trying to figure it out.

But you don't need to guess.

Their effort is already showing you
something.



EMOTIONAL SKILLS LAB

Drained

**It's starting to feel heavy.
like you're carrying the connection.**

**that kind of imbalance.
Wears you down.**

**you're not meant to force something that
should flow.**

**REACT****PAUSE****EMOTIONS**

EMOTIONAL SKILLS LAB

PAUSE/CHECK IT



Feeling (fast) emotion
Drawn in by attraction
Focused on how it feels



Feeling aware – choosing with intention
Noticed the misalignment
chose based on clarity
truth takes thinking



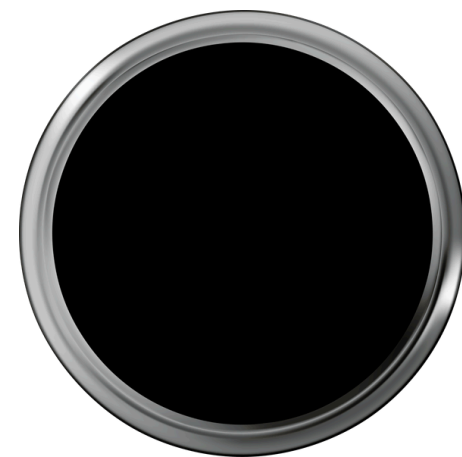
What's the pattern breaker move?

Now that you slowed it down...

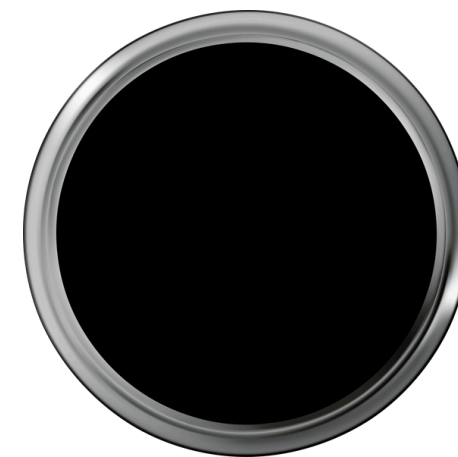
You don't react
you respond?



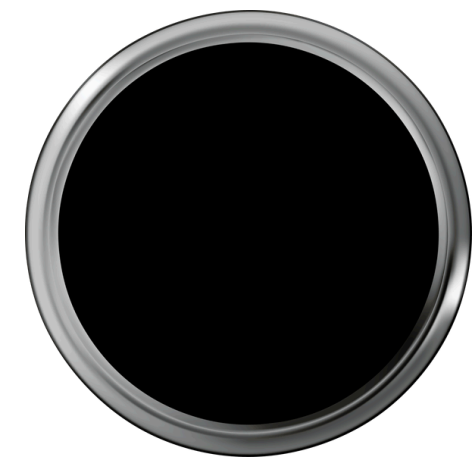
MATCH ENERGY



STOP OVER GIVING



LET IT BE



CHOOSE YOURSELF

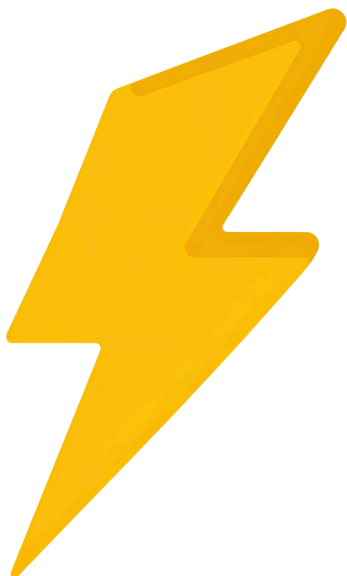


EMOTIONAL SKILLS LAB

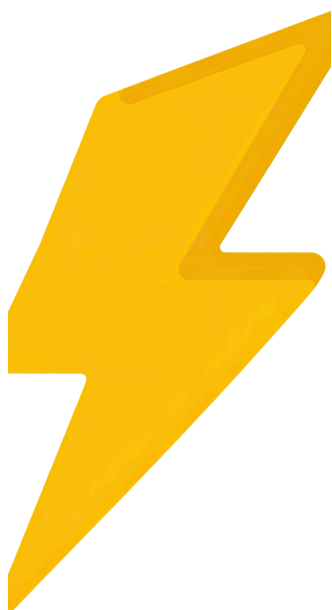
MODULE COMPLETE

IDENTITY EARNED

You felt it... but you stayed in control.



PATTERN BREAKER



I pause. I think. I choose.

That's how you become a Pattern Breaker.



RUN IT BACK



RESTART MODULE