



S1EP3 Transcript

## Dating patterns: Is this self-sabotage?

---

### Ariella

That person is not wasting your time because they don't need to have that value and they don't need to have that value with you. Does become you're wasting your own time because you know that you're involved with someone that doesn't want what you want.

### Yancy

Wow.

### Ariella

Like that's the...

### Yancy

Is that self-sabotage?

♪ That Sexciting Anthem ♪

### Yancy

Hello lovely humans and welcome to That Sexciting the podcast. I'm your host Yancy and today we're talking about queer dating! Queer dating is fairly new for me. Some members of the community would consider me a baby gay. So thanks to Urban Dictionary for bringing that definition: "Baby gay. Someone who has just come out of the closet recently. One to two years is the time span of when someone could be qualified as baby gay". In a sentence: My friend came out yesterday, she's a baby gay. Long story short, I kind of always knew I was queer. But life happened. And I was unable to explore that part of myself for quite some time. And I was able to go back on that self-discovery journey...

---

## Yancy

I'd say late 2019, early 2020. If my dating life had a resume card, it would have an F. No lie, the overall score of my dating life is not that great. And I have to take accountability here. Like it's really easy when you're dating to point fingers at other people when things don't work out. But have you taken that time to look in the mirror and examine your shortcomings? And if you haven't listened to last week's episode, which is "Anchor, islands and waves" where I talk about attachment theory with Lucille Shackleton, I highly recommend it because once I got familiar with what my attachment style was, I got to one understand why I'm attracted to certain type of people, which for me was not fulfilling and two, it helped me analyze my behaviour and also where self-sabotage may come into play when dating. And self-sabotage is something I talked about near the end of the episode with today's guest Ariella, aka the Queer Dating Coach.

Queer Dating Coach, Ariella Serur, is on a mission to disrupt traditional dating advice and transform the dating pool into one we enthusiastically want to jump into. In her practice, she helps kind, queer folks navigate the dating landscape so they have the courage to go after what they want in dating and in life, without feeling overwhelmed or exhausted. If you want to learn how to date, or date better, she'll help you understand what you want and how to talk about it, so dating becomes an enjoyable process and satiating part of your personal growth journey. Ariella is a Certified Life Coach, Registered Yoga Teacher, and is currently receiving a Graduate Advanced Certificate from Columbia University's School of Psychology in Sexuality, Women, and Gender with a concentration in LGBTQ Issues. And without further ado, enjoy today's episode.

So hi, Ariella super happy to have you on!

## Ariella

Hi!

## Yancy

On topic of queer dating. I think it's a topic, just dating in general, it's something that we need to talk more about and specifically catering to queer people.

## Ariella

Yeah!

## Yancy

Super to be happy to be bringing that conversation on the podcast. Question I ask all my guests is: what are your sexual green flags? For the new listeners, Sexual green flags are indicators that you'll have pleasurable, consensual and safe sex. They really vary from people to people. They can be conversational, intellectual, physical, sensorial stimulations, turn-on triggers, etc.

## Ariella

I was talking about this on my Instagram a little bit yesterday, but I am definitely someone that needs to have a sense of what someone's like before deciding to have sex with them. At least in this moment. I didn't always feel that way. And now that I'm older and wiser, I need to have a real sense of like someone's energy, how they treat people like a general sense of what they care about. So, maybe these are kind of abstract-y green flags when it comes to sex. But for me, like if we're out for a drink, like how someone treats the bartender or waiter is a sexual green flag for me. How they ask follow up questions to things I share or don't share is a sexual green flag for me. How they respect boundaries if it seems like I don't want to talk about something is a sexual green flag for me. So it's all the stuff that happens in the communication space before getting into a sexually intimate space. Does that sound like similar to what other people say? Are people like ah, the way they touched my knee?

## Yancy

There's so many different [answers], that's why I'm asking people that

### **Radio speaker 1**

Somebody that's willing to receive as much as they like to give

### **Radio speaker 2**

I need to be emotionally and intellectually stimulated. When you have this connection where you can talk about even the most random thing about have this deep curiosity

### Radio speaker 3

Being for somebody who's neurodivergent, just that sensories and yeah, boundaries. Just having this space to feel safe.

### Radio speaker 4

I think my sexual green flags will include great music, dancing or something like that. Everything that came makes me feel like this isn't a test or that I should perform. If we can let ourselves joke around, listen to some music, dance or sing, I feel like it's a way to prepare yourself to be vulnerable with the other person. And it gives you a great idea of whether or not you can enjoy the physical relationship.

### Radio speaker 5

Caring about one's body, it can be birth control, and getting tested, and having that conversation with your partner. And also someone who is communicative about their preferences and likes, and someone who asks what the other person likes, and what brings them pleasure.

### Ariella

I think feeling safe is a big one, too, actually. I talk a lot about like going into dates with a set of feelings-based standards versus like, what we've been taught about society's standards of what we should be looking for in relationships. And I think sussing out for a feeling of safety around someone is really important when it comes to sex also, so whoever said that I'll steal that one too for my answer.

### Yancy

Can you expand on what you just said on how you go about dating while defying what we've been told?

### Ariella

Yeah, I am, like... I'm just... I'm very suspicious about what media has shown us as attractive. What media has shown us is, are supposed to be standards in relationship. I think that it's very hard to kind of suss out our own feelings about things and people when we're operating with checklists that we've been taught. Instead of checklists that we're really like sensing out for ourselves. So I talk to my clients about something called feelings-based

## Ariella

standards. So it's having more of an idea about how you want to feel around the people that we're coming into contact with, and then sussing out for those feelings. On the date. And after the date. Sometimes it's hard to tell how we're feeling when we're on a date itself. But.. if that's... if that's not a practice that you have been like, oh, how am I feeling in this moment, then it's something that we can feel for after so that we're deciding how dates going based on how we're actually feeling and the experiences that we're actually having versus just thinking about: "Oh, I like this person's shirt" or you know, any other kind of societal thing that we've been taught to look for.

## Yancy

Feeling like... Oh... I'm supposed to go further because that person was nice or paid for dinner. It doesn't need to go beyond that. Everything is a bonus afterwards. But just if I feel safe, and if I feel comfortable, and just if I'm just really vibing this or not.

## Ariella

Yeah, totally. It's just kind of like how we feel around the people that we surround ourselves with is the most important thing. And it's odd to me that that's not how we're taught to suss out relationships.

## Yancy

We're taught to completely forget about our boundaries and how we feel.

## Ariella

Yeah

## Yancy

I think kids are the most intuitive and the most intuitive little humans. And whenever you're like "I don't want to give a hug to like this aunt" or "I feel uncomfortable". No, go ahead, give a hug. You're supposed to be cordial. You're supposed to be this. I think it goes back from far.

## Ariella

Totally, totally. And I've loved like... I've been on such strange TikToks last night, I don't know how I got on the TikToks I was on. I literally was like: who

## Ariella

is curating this, this is a random... but... Sometimes I'm on random parenting TikTok, and I love the conversations that are changing around parenting. Not that I was ever part of the conversations before I don't have any children. I'm just like, oh, this, you know, definitely feels different from what we were taught when I was younger. So I'm obsessed with the like giving kids their agency over their body starting at a super young age. So that when it comes time to be adults to have sex with people or anything else, we are prepared to listen more to ourselves than to anybody else.

## Yancy

Absolutely. And to advocate for your boundaries and you know, feel like you have to people please or feel like it's a societal norm... Or just a culture norm to totally negate how uncomfortable you feel in the moment... Just to give a kiss to your aunt that has a stinky breath.

## Ariella

Right, right. Yes, completely,

## Yancy

Is there types of daters?

## Ariella

Oh, that's the end of the sentence?

## Yancy

I know it sounded... \*Yancy Laughs\* I know it sounded like I was going to go further but

## Ariella

I was like: what's coming next? Okay. Are there different types of daters?

## Yancy

And what are they, if there's different types?

## Ariella

Tell me more about what you mean by that question. I categorize dater in two main types in my head, but that's something that I like made up so... Tell me more and if not, then I'll answer

## Yancy

Right so you know, how you have like personality tests to see like if you're that person that has a lot of solutions or the person that's more like you know, into tech. Is there like the player or I don't know?

## Ariella

That's interesting. Not for me like not in my... I feel like some astrology queers would be like, yes, every different chart is a different dater.

## Yancy

Are you Pisces OMG.

## Ariella

Right. So that might be the answer to this sometimes. But no, and I don't find that, like, I don't categorize people in that way, because everybody's experience is so nuanced. But I will tell you one overarching theme that I find in dating, and it's how people show up on first dates, and whether they are someone that leans in on a first date. So whether they're really focused on the other person liking them, or whether there's someone that leans back and kind of has their arms crossed above their chest being kind of like impressed me, like I've been in the dating game too long, and I'm feeling kind of jaded, you need to match up to this very specific checklist I have. Neither of those are really the best space to create relationship. Regardless of what the relationship is. Relationship can be a one night stand, but neither of them are really the best ways to show up to allow relationship to form or connection to form.

## Yancy

Is there any other things that could fall under... Now I'll label this as Dating etiquette? So you have to leaning into the... like a push-pull type thing? Right?

## Ariella

Yeah. Or conversation, like an openness and curiosity. That those kinds of feel like the things that need to be in the mix there.

## Yancy

Yeah, to make it an enjoyable time, not just a... A performance or...

## Ariella

I feel like that, to me, is the goal. And the goal for my clients. It's not there are a lot of dating coaches out there that are like, I'm going to help you find your person, I'm going to help you like, I'm preparing you for the best relationship of your life. While what I do would prepare you for a great relationship, because there's a lot about communication, I actually just want us to enjoy the process more. Because I think that's... if we enjoy the thing that we're doing, we'll be able to sustain the thing we're doing. So I'm not like, super goal-oriented in what I'm guiding you toward, because I think that what... if we're too focused on what we're being guided toward. That's also like super influenced by society, it doesn't necessarily feel applicable for a lot of people's dating goals. So I'd rather us be able to monitor how we are growing individually on our individual dating journeys, how we remain open to connection, and how we can enjoy the process of dating so that it doesn't feel like this miserable up and down roller coaster that is hopeless. That it feels like this is something that brings joy into my life. Even if I'm not finding the relationship that I'm hoping to be finding

## Yancy

Also with approaching dating with the end goal in mind and just having that escalator dating thing. I think it jades people's perception as to are you really falling in love with the person that you're getting to know or are you falling in love with the potential that hey, this is what I want and that person's gonna... like that person fits the role. Totally.

The relationship escalator or escalator relationship escalator thing as you'll hear me say throughout the episode is and now I'm quoting an article from Greatist.com. Their relationship escalator expects "valid" relationships to follow this order dating, then becoming sexually and emotionally monogamous, defining their relationship moving in together, getting married,



## Yancy

combining income, purchasing property, having children and being together happily ever after. When I say it jades people's perception, I think I should have brought more nuance there is the escalator mindset which you get to know someone and who they are and build on a communal timeline. Then there is the escalator illusion, where you have this end goal in mind and mostly see that person through the potential and are projecting your relationship goals onto that person and placing that person into that role. And guess what, putting people in roles they didn't audition for in the first place makes you feel like you wasted your time and also that you got played. But in reality, you played yourself. Yup, the tea is hot.

## Ariella

Totally I think that's where it becomes super, super important to be calibrating how you're feeling as you go. But yeah, I completely agree.

## Yancy

How do you manage expectations when dating?

## Ariella

For me personally, I've been someone that has like historically gotten into relationships when I'm not looking for them. I had never been someone that has too many expectations when it comes to dating because I do enjoy the connecting with people. So that that always felt like enough for me. Like this experience is what I'm seeking. And if it evolves into something that's longer term, so be it. But it's an I also I feel very confident in who I am and what I bring to the table: as a partner, as a sexual partner, as a single date. I don't think that my expectations of like falling for someone has ever been too tumultuous, unless they've really lost or feel out of touch with, like, my own sense of worthiness in a, you know, given season, which has happened. But overarchingly, like in my dating life, I don't operate with a whole lot of expectations. I'm like, we're here to see if this is meant to be a thing. Anything.

## Yancy

That sounds really secure. Yeah.

## Ariella

Are you talking about attachment secure?

## Yancy

Yes. I'm talking about attachment styles, yes.

## Ariella

It is secure in my sense of self. It gets a little trickier once someone, like once intimacy is actually in the mix. I skewed toward avoidant, but have been in therapy for over a year related to that, now that I'm in a relationship, but... In some ways, it's very secure. And at that phase, it's secure as intimacy gets further progressed than I can have some other tendencies creep in. But

## Yancy

I saw a meme... I saw a meme the other day saying: when people ask you to open up like, it's just been four years, like give it time! I really felt called out, I really did.

## Ariella

Yeah, that's funny. Yeah, I'm not quite that dramatic, but like, almost. I'm much more comfortable getting other people to open up and opening up myself. But that's a tendency, noticing and working on.

## Yancy

Yeah, it also shows in just the work we do.

## Ariella

Totally, totally. And I think it's also a bit of a protecting, I mean, all of its protecting mechanisms. So none of it's like wrong or bad. But I think that if you're someone that goes on a lot of dates, it's like I am, it's kind of a safer way to show up is to get to know the other person, and to not share a whole lot. Like I don't, I don't share anything deep on a first date about myself by any means. And the other person doesn't need to either. It's kind of like, I mean, it's weird to compare to first therapy session, but my take on therapy is that you should be interviewing three people at least, and that you're

## Ariella

allowed to keep your cards close, when you start therapy before you see if you trust someone. Like this is... Just because you're paying someone does not mean that you need to be unloading the depths of your experience onto someone else, because you don't know how they're going to respond to that. And you don't know if you can trust them with that information you don't know, if you like their style of communication. So I think that in general, we can have a slower, a slower process of feeling each other out to me that that feels sustainable. If I'm going to be dating a lot, I don't want to unload my things onto people. That's not what I want to bond over. And I don't feel like I'm being responsible dater if I allow you to unload too much onto me, because I don't know if I'm sticking around. So all of it is kind of like, we can go slow and feel for a connection. But this does not need to be like: "Oh, this is all of my... This is all my shit let me..." and even with when I talk to my clients about it. Like I found a first date with someone and I hear them... I hear the mentions when it might be hard or difficult in their life. I won't I just want to ask about it. I can see they're having a response to this. And that they mentioned this like really difficult thing from their childhood. And like, I don't need to ask more about that in this moment. If they keep bringing it up. And it's like, it seems like you want to talk about this thing. But beyond that, it's like we don't we don't need to do that yet.

## Yancy

That's interesting, very responsible because I've heard a lot through my friends that... because I'm fairly new to the queer dating scene, that is kind of a queer signature move to just...

## Ariella

To trauma bond is what they...

## Yancy

It's trauma bonding.

## Ariella

Well, that's what people call it like casually

## Yancy

Okay, okay, cause I thought like trauma bonding is when you go through like trauma with someone like in toxic relationship, you go through trauma with that person, and then it solidifies the bond because you had that experience.

## Ariella

Okay, that might be the real definition. I think this is like the casual like what people call this casually. But that's probably, that sounds very real. This is like the... kinda like "ah we were trauma bonding" like

## Yancy

We shared our traumas.

## Ariella

Yeah, we shared our traumas. So sometimes we think that what we're sharing is vulnerable and it's actually not or sometimes the other person can think that what we're sharing is vulnerable when it's not. So I think that we're like... the more colloquial "trauma bonding", I'm putting my hands in quotes, Version can come up on dates is like: when people are talking like a very natural thing to talk about on Queer Dating is like your coming out story or your queer journey.

## Yancy

Hmm hmm

## Ariella

Where, if someone else were hearing the conversation, they might be like: "Wow, this sounds like a really intense conversation." If you're a queer person, and this was like in the past or whatever, like, we're all at varying stages of like how emotional this feels. Like my parents were weird when I came out, it doesn't feel vulnerable to share that. Right. Like so...

## Yancy

Hmm hmm

## Ariella

If other people are listening in might be like, "oh, that sounds you know", whatever it is. For me at this point, I'm like, that's fine. Like this feels like I'm telling you my name. This doesn't feel like something vulnerable. So I think that like in sussing out this like trauma bonding, It's like: okay, what's actually... if you're sharing hard shit from your past, that doesn't feel hard, it feels like "yeah, this is part of my makeup" and you hearing this about me doesn't just make me feel vulnerable. It's just like having permission, which I think that a lot of times, not all the time, obviously, but a lot of times, coming out journeys can be part of that conversation topic where it's like, this doesn't actually feel vulnerable to share anymore, maybe, depending on, you know, healing and how far in the past it was. But it's not, it feels safer to share, even if it's serious, even though it's on a first date. So that's kind of like an exception to the, like, what actually feels vulnerable and what feels like, meeh, it's just part of my past.

## Yancy

I'm really curious about being a dating coach. So when people hear like dating coach, what did they think? And what... Is their vision of what it is different from what actually your work is?

## Ariella

Yeah, actually, I think people think that I'm like Hitch. So what I do is not related to pickup, it's not related to like: "Okay, you're going on a date, this is what you should be doing when your date walks in". Like, no, I don't do any of that. This is about like, how do you show up as you, how do you communicate who you are. Like, how do you find people to date? How do you put yourself out there on your dating profile, so it reflects you, so you can have the greatest success at initiating conversation in spaces like that. It's not like: "Okay, let me examine, like, what pictures you're choosing, and how you're dressing on your first dates". That's too like, as if I'm the painter of your dating journey. You're the... you're the painter, I'm just like, here use this brush!

## Yancy

Would you go over their profile?

## Ariella

Yes, I'll go over the profile with them. But I won't be like, take a picture in a red shirt. because red is scientifically what... No, all that shit makes me so mad. I am just like, why are you? I mean, there are dating coaches that are like: being a photo with someone who's less attractive than you. So that you seem more attractive. Like, like, that's some of the dating coaching industries, really, it really rubs me the wrong way. What I do is like, how can we let you shine? How can we let you communicate the way that's most natural to you, help you find people that are aligned for you and what you're looking for. Not, how can I teach you psychology tricks to get people into your sphere... More... It's not about that. And I think that that's like, where the dating coaching industry can be really messed up

## Yancy

Because it's not dating authentically.

## Ariella

Yes, and it's also not taking any critical look at where these things came from. And I think that that's really important. And I think it's easier as a queer person to see all the holes in, like heteronormative dating coaches, or straight dating coaches. I mean, there are things that are heteronormative. But it's, it's really easy to see the plot holes of this and to be like, okay, obviously you're saying that because you think everybody's supposed to get married. Where like, as a queer person, or non-monogamous person, it's like, none of that is applicable to a lot of people. And that's why I got into this because it's like, what I do can be applicable to anybody. Hopefully, right? That's my goal. And I am doing a lot of work around like, inclusion. What a lot of straight dating coaches do is not applicable to queer people or trans people, so or non-monogamous people. So it's, it's like the square is a rectangle, a rectangle is not a square, whatever it is, you know.

## Yancy

Hmm hmm

## Ariella

So my hope is that, what I do can really work for anybody that it's more universal and that we can change the dating pool by dating more authentically and not having like: "Okay, this is the one line that you need to say to this person". It's like no, what do you want to say? What do you like when people say to you?

## Yancy

Because it feels very scripted, when you think about it

## Ariella

Yeah! And then you're going to get rejected because of a version of me, instead of a version of you. And then what's the point? Then you don't know if you would have clicked with this person or not because you're taking my words. I'd rather you find your own words. And then I'll tell you how I think that might land and we can craft it together. But you have to be the start of that, you have to be the centerpiece. That has to be led from you and your values.

## Yancy

That's beautiful.

## Ariella

Glad you like it.

## Yancy

You mentioned non-monogamous people.

## Ariella

Yeah

## Yancy

That sounded weird. Ha ha, It sounded weird the way I said it, but you've mentioned people that are in non-monogamous lifestyles. I'm wondering, have you ever coached people that are non-monogamous and were they already in relationships, but we're looking to date?

## Ariella

Yeah, I have! And people sign up for my program and they know that they're not monogamous. Yeah, I am non-monogamous. So I have a big space in my heart and my brain for other non-monogamous folks, and I really value that part of like... That relationship orientation or dating orientation. So I want to make sure that those folks also feel equipped with the tools that they need. That's not pushing them toward a particular outcome that doesn't resonate with them. And to also like, you know, when I'm talking about, like, I don't have any expectations on dates, I'm really confident in myself and all that kind of stuff. Like, that sounds all great in theory, and like, cool pitch for me. But like, it's also about understanding like that the ups and downs and that individual journey and the like, I'm scared shitless if I'm going to approach a stranger to I just do it. It's figuring out how to do things, even if you don't feel like you have the courage to do them. So it's also about like the humanity of it and the imperfection of it, and the perseverance and the sustainability of it.

## Yancy

It makes you grow so much also. As you said earlier, when you do something authentically, you know, "okay, maybe that didn't learn, what can I improve? What can I work on?" But if you're putting on the show, and it's not truly yourself, how do you evaluate?

## Ariella

How do you evaluate? I think I'm so obsessed with dating, because it's such a growth journey and relationships, too. I mean, if I weren't in a relationship, I wouldn't be in therapy. Like, I mean, not to... \*Ariella Laughs\* my therapy. Well, my partner ... wow that came off very interesting.

## Yancy

But I understood what you mean

## Ariella

Yeah like in my own personal growth journey is really powerful. And I need support in sorting that out, you know. But I wouldn't be tasked with that, if I weren't in such a great relationship.



## Yancy

When you're with someone that makes you feel like you're the best version of yourself.

## Ariella

Hmm hmm

## Yancy

It's so much fun, because you see: "OMG, I have so much to learn" and it just... it leads with curiosity rather than scarcity. You know

## Ariella

Yeah, totally. And also, like, I mean, I'm definitely with someone that makes me feel like the best version of myself. But I'm also with someone who makes me realize when I'm not the best version of myself, not because they're calling me out or anything like that. It's just that I'm able to recognize my own okay, like, I would rather be able to respond to a situation like this. So I can be the best version of myself for this person. So it's illuminating in the... My own knowledge gaps, as well. What about your dating life? Do you talk about your dating life on this show?

## Yancy

\*Yancy laughs\* Put you on the spot, hmm... What about your dating life Yancy.

## Ariella

I'm obsessed with that!

## Yancy

To truly answer your question. My dating life right now is non-existent. Because I'm not putting effort into it. Also, because I'll be honest, I associate dating with the escalator visions, so I'm like, I don't want to be in a relationship right now. I'm not looking for that. So I'm not opening myself up to know people.

## Ariella

I mean, that's also a really valid place to be in your dating life, right? Like, especially if you're someone who people really easily connect to someone that can so easily find yourself in relationship and you're not feeling ready. Sometimes the only option feels like, Okay, I have to close this, I have to shut the whole operation down, or it's gonna move too fast. So...

## Yancy

Something that I'd like to try is just, you know, put myself out there and just to embrace connections, without having an ending point without we're going to be in a relationship. Just enjoying people's company, but I feel comes with a tremendous amount of guilt on my end. Cuz I'm like, what if that person gets attached? What if you know, I'm responsible for a heartbreak? Or...

## Ariella

How do you mitigate that?

## Yancy

I just shut myself off... I don't want to be responsible of hurting people.

## Ariella

Sure. Can I offer an alternative?

## Yancy

Yeah, absolutely.

## Ariella

I totally hear what you're saying. And these are really normal questions to have as it relates to dating. The what-ifs that you're mentioning, are also like 100 yards ahead of where you are, right? Like, what if I break someone's heart? What if I'm responsible in this way... Where first date these things are not on the table? Like this is like we're projecting pretty far into the future for these what has to happen. Really normal. Also, what anxiety sounds like.

## Yancy

Yessssss

## Ariella

But I mean, me too, but it's that's kind of like the definition of getting caught in the questions of the future instead of the realities or opportunities of the present. So one thought but the other thing I would say, I too have dated when I felt, I mean, I've dated a lot when I've felt unavailable for relationship. Um, so my own way of mitigating that is to be really clear about what I'm available for or not available for either before meeting up with someone or when I'm meeting up with someone so that they're not having the false sense of a trajectory that I don't feel like I'm able to step on to in this moment.

## Yancy

Right. Also, I guess I've heard a lot of my friends mentioned... disclosing that "disclaimer, hey, I'm unavailable for dating" but then again, there's always someone that ends up falling or you know, having more interest than what the initial thing was.

## Ariella

Yeah, totally. I mean, that my relationship, my current relationship came out of a situation like that, where I was like, I'm not available for relationship, I just got out of something. It was just like, I have to trust that you're going to be responsible for you. If you realize at a given point in time that this arrangement is not working for you, or there's something else that you need, and I'm not able to satiate that, then you need to take accountability here and dip. And that's kind of like where we need to trust other people to be able to take care of themselves in that way. And I can't, if I'm being clear about my own limitations, that's all I can really do. If they choose to still engage with me, that's not on me. That's it, they're getting something out of this. And I know that and that might be enough for them. So it's not on me to monitor how they're doing unless I'm really noticing a huge discrepancy between like, what they're saying and how they're acting.

## Yancy

Right, and then it's time to have the conversation, probably reassess.

## Ariella

Yeah. And we had that to my partner and I, when we were dating. I was just kind of like, I feel like you want this to move faster, I'm not ready for that. And they would just be like, I am okay with where we're at. What I did tell them in that case, though, since we had dated for a chunk of time, I was like: if I ever feel like I don't like... if I ever have the information that I know, I don't want to be in a relationship with you, I'll tell you. So that was kind of the agreement we had. But I was just kind of like this might lead to a relationship, but it will take me a while. And it did.

## Yancy

I might not put that in the episode. But that's, what I'm hearing is the same thing that happened to me with the person I dated. And I'm like, oh,

## Ariella

Which part is making you like that?

## Yancy

Just that we might not end up in a relationship because I think I have the... The elevator mindsets so much instilled. That I'm like, why are you wasting your time with me then? And I've said that numerous times with people I dated, you're wasting my time.

## Ariella

Hmm hmm

## Yancy

Which is not true. Because I'm learning and we're just exchanging and we're connecting. I mean, it might have something to do with me and just my perception with... I think it is actually like, why are you staying? If you feel like you know, I'm waiting. Little precision, that part was me talking to myself: "why Yancy are you staying if you feel like you're waiting?"

## Ariella

Yes, because then it becomes... There's two things here, your idea of the relationship escalator that you're kind of clinging to, for better or for worse, like, if you can cling to that, like this is... a lot of people do. And cling feels

## Ariella

dramatic. Like, that's a very valid life, goal, and dream. So if that's what's interesting to you, and important to you, that's great that that's your priority. The other thing is, is staying in a relationship with someone who does not share that value, and who or who might not share that value with you. So then that's really mismatches. But then it becomes that person is not wasting your time. Because they don't need to have that value. And they don't need to have that value with you.

## Yancy

True

## Ariella

It does become you're wasting your own time. Because you know that you're involved with someone that doesn't want what you want.

## Yancy

Wow.

## Ariella

Like that's the...

## Yancy

Is that self-sabotage? Because it sounds like it a little bit.

## Ariella

Well, I think a really interesting thing about avoidance, if you do skew toward an avoidant attachment, sometimes we'll stay with the people who we know we won't end up with, because it's easier than getting attached to someone where we might actually feel vulnerable, and end up with them. Mind blown, right?

## Yancy

Aaaaaah

## Ariella

I fucking know, I fucking know. When I read that I was really like... I have never felt so deeply caught out in my whole life than I do in this moment. So passing it on to you.

## Yancy

That's a very good example of an uncomfortable conversation that we need to have with ourselves. And you know, with our therapist, our friends. First off to understand how we function and then analyzing it, processing it and see what do we want? And how can we improve the situation where we feel unfulfilled. We need accountability for our journey. We need accountability for our unfulfillment. And we're as much a part of the equation so that really goes hand in hand with having a look at yourself in the mirror and examining where your shortcomings are, how you contribute to your own unfulfillment and also knowing what you can bring to the table, right? So I still stand with what I said in regards to dating. I'd love to learn just to connect and take away this pressure, the escalator illusion, pressure, right? I just want to learn how to connect with people with no expectations and we'll see how it goes. And Ariella said it best. Dating is such a growth journey. Sometimes it triggers wounds that you thought were healed up but apparently, they're not. Humans are fascinating. Honestly, like self-sabotage is fascinating. We believe that we're being played, but we're actually playing ourselves. So that's a journey and I'm happy to take you with me.

## Yancy

Do you have any book recommendations or resources for people that want to learn more about dating or like books on dating

## Ariella

[Deeper Dating](#) by Ken page is an interesting dating book. I really like a lot of what he says [Unlonely Planet](#) by Jillian Richardson is about like more creating connection and I'm about to Kat Vellos' book about creating connection and friendship as well. I don't love a lot of other dating books. To be honest. I think it upholds too much of what I'm trying to dismantle. Oh, two other books that, take it for what it's worth, when I told my partner that if they wanted to be in a relationship with me, they had to read two books and

## Ariella

that those two books are the [Ethical Slut](#) and [Mating in Captivity](#) by Esther Perel.

## Yancy

Awesome. Can you tell us more about the queer dating bootcamp?

## Ariella

So it's six week program and it goes over everything that you need to know in order to learn how to date or date better. And whatever is not covered in the modules is covered in the group coaching where you can just ask me anything. Or work through your specific situation as it relates to the modules. Anything that feels tricky I'm here to help you in that process and also a community of people are also there to help you. So I just finished another round of it. Oh, yeah. And I also had a guest lecture on called Beyond Body Image, which is about like the intersections of racism and fatphobia, and how that... it needs to be a conversation as it relates to our dating lives. And also I had a panel called Dating While Disabled to help disabled folks in program, answer theirs to specific questions and also help the non-disabled folks in the program be better daters, to the disabled folks in program. So that's kind of like the package of what Date Better Bootcamp is. And if anybody wants to get on a waitlist for that, or a priority invite list for that, then they can shoot me a DM on Instagram. But I'll also be starting a membership, which will be I think, \$15 a month starting in the new year. So if you're hearing this, it's probably already started. It might not be publicly launched, it might just be private invites. So if you're curious to be part of a community, where we have these conversations, it'll be more of a community-led thing and then I'll happen to answer questions once a week and have a live-in there once a month. So if you want to be more part of the conversation of these things, also send me a DM about that if you want to have more access to me and the Bootcamp is not available right now or not on the table for you for whatever reason.

## Yancy

So that's it for today's episode on Queer dating or self-sabotage whichever angle you prefer. Make sure to follow Ariella [@queerdatingcoach](#) on Instagram. Also, you know what? It's almost my birthday. Yep, my birthday is

---

## Yancy

in February and you know what will be awesome is if you could go wherever you listen to your podcast and rate this podcast five stars. This will really help my podcast have more conversations like these and more opportunities, which is what we want. So please go wherever you listen to your podcast, rate it five stars and leave a review. Nah I really like right now it takes two seconds and it's for my birthday.

Before we leave on production team recording, editing and sound designed by yours truly myself Yancy. Big shoutouts to Lawrence from [TGV Productions](#) for the help on content editing. Special thanks to Jenn P for her assistance on production. The official That Sexciting anthem by Caulder Nash. The amazing vocals on the track by Mel Pacifico. Some instrumentals in loops you hear throughout the episodes from Jude, aka JudExperience. That's all for today's episode. I'm your host Yancy and until next week, stay curious because That Sexciting.

♪ That Sexciting Anthem ♪

---

Don't forget to tag #thatsexcingpod or @ us to let us know what you think of this week's episode.

### **Let's keep in touch on social media!**

Follow your host [@yancy.chery](#)

Instagram: [@thatsexcing](#)

Twitter: [@thatsexcing](#)

Email: [contact@thatsexcing.co](mailto:contact@thatsexcing.co)

### **Follow today's guest Ariella Serur!**

Instagram: [@queerdatingcoach](#)

Website: [www.queerdatingcoach.com](http://www.queerdatingcoach.com)