RYBL PODCAST COMPANION
EPISODE 328

How does society's narrative about aging and the perceived value of women impact their experiences with dating after divorce or in their 40s and 50s?

What are some of the common struggles women face regarding body image when re-entering the dating scene?

How does the metaphor of dating as a "market" affect individuals' perceptions and experiences of dating?

How might reframing the idea of dating as a numbers game influence your approach to finding a compatible partner?

How does Sade's approach to online dating challenge traditional methods of evaluating potential partners based on appearance or initial attraction?

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Sade mentions the importance of gathering information at the right time during the dating process. How can this approach help you make more informed decisions about potential matches?

What are the advantages and disadvantages of using dating apps compared to traditional methods of meeting potential partners?

What strategies can you employ to avoid feeling overwhelmed or discouraged while using dating apps?

Sade talks about reframing the concept of failure in dating. How can you redefine success in the context of dating to alleviate feelings of failure or rejection?

What role do biases and assumptions play in shaping your perceptions of potential partners, both online and in-person?

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