



3 DATING RULES THAT PROTECT YOUR PEACE

From Dating with your whole self by
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This Is Not a Complete Dating System

If you're an AuDHD woman, you already know this:
dating advice that ignores your nervous system doesn't work.

“Go with the flow” creates dysregulation.

“Don't overthink it” dismisses how your brain processes safety.

“Just be spontaneous” ignores your need for predictability and pacing.

The rules in this guide are not about control or games.

They are about **creating enough regulation to see clearly** before attachment takes over.

These rules helped me stop spiraling in early dating.

But they are not enough on their own.

This guide is here to help you start differently, and to show you why support matters once emotions get involved.





Rule 1: One Date Per Week in the Early Stages

What this rule protects you from:

- Emotional flooding that makes everything feel urgent
- Confusing chemistry with compatibility
- Losing perspective because intensity feels like connection

When I like someone, my brain wants more — faster.
More time together. More reassurance. More certainty.

Slowing down isn't about playing it cool.
It's about giving my nervous system time to process what's actually happening.

When dates are spaced out, I can observe behavior instead of reacting to feelings.

I stay connected to my own life instead of organizing everything around one person.

⚠️ Where this rule often breaks down:

This rule is hardest to hold when attraction is high and clarity is low. Many AuDHD women abandon pacing the moment they fear losing momentum or connection.

Without tools for emotional regulation and reassurance-seeking, slowing down can feel unbearable — even when you know it's right.

The full workbook shows how to hold this rule when your nervous system is activated.

Rule 2: No Physical Intimacy Until We're Exclusive

What this rule protects you from:

- Bonding before trust is established
- Feeling attached to someone who hasn't chosen you
- Losing clarity once your body is emotionally invested

For many AuDHD women, physical closeness creates emotional closeness very quickly.

That's not a flaw — it's biology.

Once intimacy enters the picture, attachment can deepen faster than safety. And stepping back becomes exponentially harder.

Waiting for exclusivity isn't about punishment or withholding. It's about protecting your ability to choose — not cling.

⚠ Where this rule often breaks down:

This boundary usually collapses when hope is strong and uncertainty is painful. Fear of “pushing them away” can override self-protection.

Without scripts for pressure, reassurance-seeking, and inconsistency, this rule can feel impossible to maintain in real-life dating.

Rules Don't Hold Themselves

These rules protect your nervous system — until feelings intensify. Most AuDHD women don't break boundaries because they don't care. They break them when inconsistency, hope, or fear hijacks regulation.

If you've ever said, “I knew better, but I still stayed”, this isn't a willpower issue. It's a missing support system.

[Continue With the Full Framework](#)

Scripts, regulation tools, and boundaries for when attraction gets loud.



Rule 3: I Do Not Accept Last-Minute Dates

What this rule protects you from:

- Nervous system overload
- Feeling pressured to perform or scramble
- Mistaking availability for interest

Sudden plans might look casual — but for my brain, they create chaos.

I need time to prepare emotionally and mentally to feel present and safe.

Last-minute dates often leave me dysregulated before I even arrive.
And when I'm dysregulated, I make choices that don't serve me.

Predictability isn't rigidity.
It's how my nervous system stays online.

⚠ Where this rule often breaks down:

This boundary often collapses when you worry about being “too difficult” or fear that saying no will cost you the connection.

Without tools for holding boundaries through discomfort,
many AuDHD women override themselves to avoid rejection.

The full workbook shows how to hold this rule when your nervous system is activated.

Why These Rules *Aren't* Enough On Their Own

These rules help you start dating in a more regulated way. They slow things down. They reduce panic. They create clarity.

But most dating pain doesn't happen at the beginning.

It happens when someone pulls away.

When communication shifts.

When you feel attached — but unsure if you're safe.

That's where many AuDHD women abandon themselves.

Not because they don't know their rules —
but because they don't know how to hold them under stress.

The full workbook exists for the moments after clarity —
your nervous system needs structure, not more insight.

[Access the Full Dating Workbook](#)

About the Author

Like many late-diagnosed AuDHD women, I spent years trying to follow dating advice that never fit my brain.

I masked. I overgave. I stayed too long in situations that drained me —
not because I lacked insight, but because I didn't have tools that worked under emotional stress.

The rules in this guide were the beginning of that shift.
The full workbook came from everything that happened after —
when feelings were involved, boundaries were tested, and clarity wasn't enough.

I created this framework so you don't have to figure it out the hard way.
Not to tell you what to do —
but to help you stay connected to yourself while dating.

You're not behind.
You're learning how to protect your peace with support.



If this guide brought relief, that matters.
It means your nervous system responds to pacing and
boundaries.

But if you've ever felt regulated one week
and completely dysregulated the next,
that doesn't mean these rules failed.

It means they need support.

The full workbook walks you through what to do when:

- someone becomes inconsistent
- boundaries are tested
- rejection sensitivity spikes
- or staying feels easier than leaving

This isn't more dating advice.
It's a framework for staying connected to yourself when it
matters most.

[Continue With the Full Workbook](#)