

# Putting FDS rules to practice in a pandemic?

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I've been following FDS principles while also committed to my personal healing journey since December 2019/January 2020. I feel I've made a lot a progress in changing how I view dating and definitely my self esteem. I do not online date and it's just me and my cat. We're content and happy. But I wonder how things will fare when things start opening back up. Does anyone else feel that way? Has anyone struggled with implementing FDS when dealing with day to day life? Does anyone else struggle with the inner fight to be less of old, PickMeisha you and new, stronger you?

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## Comments

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there doesn't seem to be anything here