



THE COMPANION JOURNAL

He Does Exist

Yes, On This Planet!



EVA VAN ZEELAND



Dear you,

This journal belongs to **you**. It holds every question from the book, with room to answer them honestly, in your own handwriting, at your own pace.

There are no right answers here, only **honest ones**. No one else will read what you write. Take a quiet moment, maybe with a cup of tea or a glass of something nice, and let the pen go where it wants to go.

Some questions will feel light. Some will touch something you haven't looked at in a long time. Be **gentle** with yourself. You're not a fixed thing. You're already moving.

At the end, we'll come back to where you started. I can't wait for you to see how far you've come.

With love,

Eva

This journal belongs to

I started on

I

Part One: The Question

*Before we talk about where he is,
we need to talk about what you believe.*



Where Are All the Emotionally Available Men?

Take a quiet moment, maybe with a cup of tea or a glass of something nice. There are no right answers, only **honest ones**.

- 1 On a scale of 1 to 10, how much do I **truly believe** an emotionally available man exists for me?

1 2 3 4 5 6 7 8 9 10

- 2 When did I start believing he might not?

- 3 If I knew for certain he was out there, what would I **do differently**, starting this week?

Hold on to your answers. We'll come back to them at the end of the book.

Which Woman Are You?

① Which woman are you, right now, today? **Sophie, Lana, or Nina?**

② And gentler still: which one were you **five years ago?**

*If the answer is different, then you already have your proof. You're not a fixed thing. **You're already moving.***

The Biggest Lie: “There Are No Good Men Left”

- ① What is my **exact version** of the lie? Write it down word for word, the way you say it to your friends.

- ② When did I first start believing it? **Whose voice** does it sound like?

- 3 Name **three good men** in your life, in any role: father, brother, friend, colleague, neighbor. What makes them good?

- 4 Is there a "table seven" man I might have overlooked because he wasn't my type?

★ THIS WEEK'S PRACTICE

Every day this week, notice **one kind, present, decent man**. At the supermarket, at work, on the street. Just notice him. Write him down. You're not looking for a date. You're retraining your eyes.

Mon

Tue

Wed

Thu

Fri

Sat

Sun

“I’m Happy Single” and Other Protective Stories

- ① **Write your speech.** What do you say when someone asks whether you’re seeing anyone? Word for word, jokes included.

- ② **Find the two little words.** Which part is genuinely true? And where is the protective story hiding?

3

4

You're allowed to want things. Even now. Especially now.

II

Part Two: The Inner Work

This is where the real change happens.

Not out there, but inside you.



Heal First

Be very gentle with yourself as you write.

- 1 If you could name what happened in your last relationship in **one honest sentence**, what would it be?

- 2 Who do you still **explain yourself to**, in real life or in your head?

- 3 Which sign from the chapter did you recognize most?

- 4 What did the little girl in you learn she had to do to be loved? Write it down as a rule: *my worth lives in...*

- 5 Now rewrite that rule as **the truth she needed to hear**.

✦ THIS WEEK'S PRACTICE

The next time you feel the urge to explain yourself to someone who isn't really listening: write the essay if you need to. Read it once. Then **delete it**, line by line, and watch the box go empty.

You Are the Center of Your Universe

- ① Make your honest list: who and what really comes first in your life right now? **Where are you on it?**

- ② Now write your new list, with **your own name at the top**. What would change in your week if you lived by it?

3 When did you learn that being seen wasn't safe? What did you do to stay small?

4 Where in your life are you giving from **empty** instead of from **overflow**?

5 What is one thing you'd create, start or try if you truly believed your life revolved around you?

★ THIS WEEK'S PRACTICE

Receive. Accept every compliment with *thank you*, and nothing else.

Refuse. Say one *no* without a single word of explanation.

Ask. Ask for help with one thing, every day, however small.

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Close your eyes if you need to. And then dance.

Dating From Your Awakened Self, Not Your Wounded Self

- ① Think back to your last few dates, or your last relationship. Were you dating mostly from your **wounded self**, or your **awakened self**? How do you know?

- ② Which wound dates for you: the one who leaves first, the one who over-gives, or the one who performs? Or a different one entirely?

- 3 What does your little girl panic about most when it comes to men? **Write her a letter** from your awakened self.

- 4 How does your body feel around someone who is truly good for you? And around someone who isn't? Describe both.

✦ THIS WEEK'S PRACTICE

Before your next date, sit quietly for two minutes and ask yourself: *Am I going tonight to be chosen, or to **choose**?* Then go. And let the little girl ride in the back.

Becoming Water

- ① Where in your life are you mostly **fire**? Where would you like to become more **water**?

- ② Think of a time you asked *where is this going?* too soon. What were you really afraid of?

- ③ When a man offers you something, help, a plan, a compliment, what's your first reflex? **To receive it, or to take over?**

- 4 What would it feel like to simply enjoy a connection for what it is today, without needing to know what it will become?

✦ THIS WEEK'S PRACTICE

Notice the moment the fire leaps up and wants to know. Don't fight it. Just notice it. Breathe. And let one more song happen. If you'd like, take a sparkler and a little card, and write your own intention.

MY INTENTION

Let love sparkle.

Out of Your Head, Into Your Body

- ① What do you do to get out of your head? If the answer is “nothing,” be honest about that.

- ② What did you love doing as a little girl, purely **for the joy of it**? Make a list. Don't censor it.

- ③ When was the last time you **lost track of time** because you were so absorbed in something?

4 Where in your life are you still hiding instead of **letting yourself be seen**?

★ THIS WEEK'S PRACTICE

Book **one thing** that gets you into your body. A dance class. A singing lesson. A pottery workshop. A morning swim.

I booked: _____ on _____

Your head was never invited to samba anyway.

Awake in Your Body

- ① When did you last feel **truly alive** in your body? What were you doing?

- ② During intimacy, or even a massage, are you mostly in your body, or in your head? Where does your mind go?

- ③ What stimulates you in your mind? A conversation, a voice, a look, a story? Write it down **without judging it**.

4 What would help you feel **safe enough** to let go and receive?

5 How do you feel about your body after forty? What would you like to feel instead?

✦ THIS WEEK'S PRACTICE

Once a day, for five minutes, do nothing but breathe slowly into your belly and feel your body from the inside. Your feet. Your hips. Your heart. Your skin.

Mon	Tue	Wed	Thu	Fri	Sat	Sun

You're not doing it to become sexy. You're doing it to come home.

III

Part Three: Dating in Real Life

Real places, real people, real men.



Get Out There, In Real Life

- 1 Where do you currently look for love? Apps, nowhere, everywhere? **Be honest.**

- 2 Make a list of **ten real-life places** within an hour of your home where women and men might meet doing something you'd genuinely enjoy.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

- 3 Think back to the last man who chose you. Did you **choose him back**, or were you just relieved to be chosen?

4 What did your last three dates, or your last relationship, teach you about yourself?

★ THIS WEEK'S PRACTICE

Make your own pact. **Once a month, go somewhere real.** Write the date in your diary right now. Tell a friend, so she can ask you how it went. With details.

My first date with the real world: _____ Friend I told: _____

The Spark vs. the Slow Burn

- ① Think of the men who gave you the biggest spark. How did those relationships end? **Is there a pattern?**

- ② Have you ever lost yourself in falling in love? What did you give up? What would you **never give up again?**

3 Is there a man you dismissed as “boring”? Looking back now, was he boring, or was he **safe**?

4 What does **love that lets you stay standing** look like? Describe it.

✦ THIS WEEK'S PRACTICE

Before you respond to a man you like, put both feet flat on the floor and ask yourself: *Am I falling, or am I standing?* Then choose to stand.

The Field Guide: How to Spot Him

- ① Think of the last man you dated or loved. How many **green flags** did he show? And how many **red flags**?

- ② Which red flag have you most often ignored in the past? Why?

- ③ Which green flag matters most to you? Which one would you **never compromise on** again?

4 Now read the green flags as a woman. Which of them do **you** show? Which are you still working on?

✦ THIS WEEK'S PRACTICE

The next time a man disappoints you in some small, ordinary way, don't react right away. Watch what he does next. And watch what **you** do next, too.

That's where you'll find him. And that's where he'll find you.

Welcoming Him Without Forcing It

- ① Are you longing for love from **emptiness** or from **fullness**? What would need to change for it to be fullness?

- ② What did the little girl in you love to create? When did you stop? What would it take to start again?

-
-
-
-
-

Make one practical, symbolic space for him this week. A drawer. A side of the wardrobe. A second cup. Do it lightly, playfully, **with a smile**.

HE DOES EXIST · COMPANION JOURNAL · 31

When It Gets Serious: Love on Your Own Terms

- ① If you imagine your ideal relationship after forty, what does it look like **day to day**? Together every day, living apart together, long distance, a new country?

- ② What in your life are you **not willing to give up** for a relationship? Your home, your work, your city, your freedom, your Sunday mornings?

3 When you've asked *where is this going?* in the past, were you asking from **control**, or from **calm**?

4 If there are children in your life or his, what would help them feel safe as a new person joins your life?

♦ THIS WEEK'S PRACTICE

Describe, in detail, **the home you love**. Your cushions, your curtains, your morning light. Whatever happens in love, you're allowed to keep the things that make you feel at home in yourself.

Back to the Beginning

Do you remember the three questions at the start? Find what you wrote then. And then answer them once more, **here, now**.

- ① On a scale of 1 to 10, how much do I **truly believe** an emotionally available man exists for me?

THEN

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOW

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

- ② When did I start believing he might not? **Do I still believe it?**

- ③ If I knew for certain he was out there, what would I do differently, starting this week? **What am I already doing?**

4 What has changed in me since I started this journal?

Whatever has changed, even by one point, even by one sentence, is your proof.



A few gifts for you

Because this journey is not only something you read. It's something you **feel**, **hear** and **live**.



GUIDED MEDITATION

Meet Your Future Self

Close your eyes and meet the woman you are becoming, the one who is already loved. Listen before a date, or whenever you need to remember.

evavanzeeland.com/futureself



MUSIC BY EVA

Listen to the songs

Some stories ask to be sung. Listen to **Where Love Feels Like Home** and the songs I wrote for my books.

evavanzeeland.com/music



FREE LOVE BREAKTHROUGH CALL · 45 MIN

Ready to make it personal?

We look at where you are now, what keeps standing between you and the love you want, and what your next step could be. By Zoom or WhatsApp video.

evavanzeeland.com/call

*You'll meet him
as the woman you've become.*

*Because he does exist.
Yes, on this planet!*

