3 Deadly Dating Blunders and How to Avoid Them

Falling in Love-Too Fast Too Furious

Does this ever happen to you? You are at a party and there's someone new there. A person of the opposite sex who is clearly both single and very personable/attractive/ bright/charming. By the end of the evening, you are already wondering if this could be "the one." After seeing this person maybe a couple more times, you are seriously smitten and imagining spending holidays together, having kids, living happily ever after. All very nice but TOO SOON.

It's time to put on the brakes. Falling too fast for someone could spell disaster for your relationship. If the other person feels the same way, that in itself is a red flag. Not that you are unworthy of passionate infatuation, but that is what this is likely to be. If it is to resolve itself into the love of your life, it simply needs time. What is the hurry? Why are either or both of you out of the starting gate so quick? Is there a hole to fill, a disastrous relationship to erase from memory, or a narcissistic need to be adored?

And conversely, if you are planning your first holiday card together within a few weeks and the other person is simply not there with you, it can be utterly devastating. Falling in love is pretty magical…when love is reciprocated. When it isn't, you can feel as heartbroken as you would at the end of a long-term relationship. Let's look at some ways to stop falling in love too quickly.

For starters, understand what love means to you. How do you know it's love? Consider: do you both show up for each other in the same place at the same time, realize that love is a choice and encompasses more than a feeling, and risk your hearts to form a bond of true intimacy? That isn't asking a lot, it's how it should be. You deserve that.

In order to figure out if it is love or infatuation we need to slow the love train down, define our terms, and, as always, examine what you want and need in a relationship. **Infatuation**: a strong, temporary sudden burst of emotion; the feeling of being carried away by unreasoned passion; a condition of being deprived of sound judgment while being inspired by foolish or extravagant love or admiration. These definitions, pulled from various dictionaries, all emphasize words like "temporary," "unreasoned," and "foolish." Not that you should feel like a fool to feel infatuated. Such a joyful plunge is part of what makes you a human being who is alive and feels things deeply.

But infatuation is often based on an idealized vision of what a person is like. Your vision may or may not be accurate. Infatuation comes quickly, and only time can reveal if what you think you see is what is true. The early passionate fascination of infatuation usually begins with a physical attraction (aka lust), but not always. You can also be infatuated with personality, social status and other qualities a person can offer. Sometimes your concepts of love and romance jibe with what someone seems to offer you, and infatuation can be based on that. For example, if you have long had a fantasy of coming home to a house filled by a devoted lover with roses, and one day your new love interest fills your house with roses, well… it must be love, right? At least that is how it feels in the moment.

Check out these possible warning signs that it may be infatuation:

- ✓ You want to be close to the object of your desire at any cost.
- ✓ You are making high risk choices with a reckless abandonment of what you once valued, e.g. family, friends, or productivity at work.
- ✓ You believe your new relationship is infallible.
- ✓ You go out of your way to try to impress your love interest while feeling insecure about whether s/he likes you too.
- ✓ You are jealous and possessive and don't want to let this person out of your sight for fear that s/he will leave you.
- ✓ You have unanswered questions but are unwilling to examine them too closely… if at all.
- ✓ You are in love with the idea of being in love.

Okay, what about **love**? How is it different? Although, I'm not sure that anyone understands love in its totality, let's try to look at it here. Like infatuation, love is also a strong emotion, but it has significant qualitative differences. It is a powerful emotion based on affection between two people. One theory of love states that it is a combination of intimacy, commitment, and passion; intimacy based on trust, commitment to one another, and emotional and physical passion. While physical attraction or chemistry can spark the beginning of a love relationship it is also one of many considerations for a solid partnership.

How do you know it's love? Consider the following:

- ✓ You accept that your partner is a fallible, imperfect human, just as you are.
- ✓ You feel a deep affection, contentment and confidence about your relationship.
- ✓ You support each other and your individuality and freedom.
- ✓ You communicate and negotiate appropriate expectations.
- ✓ You are both willing to risk your hearts to form a bond of true intimacy.

Love and infatuation are intense emotions that can be difficult to sort out in a new relationship. It is easy to get caught up in the excitement of being attracted to someone and all that comes with it, but balancing your head with your heart will put you on the right path for true love. Take a moment and check in with yourself. Know yourself inside and out. If a new relationship is making you do things that contravene your knowledge of yourself, take note. Sure, maybe this new love is simply helping you stretch beyond your limitations. But maybe it is causing you to engage in risky behavior because you "have the fever." Don't sell the house, quit your job or shave your head to accommodate the new relationship until you've figured out if it's fever, or love. (And if it is love, why would shaving your head be so important? A good question.)

As time goes by and your emotions reach an equilibrium you may find yourself wondering what happened to the passion. You may decide that you fell out of love, when in reality you were never truly in love.

Let's look at some ways to avoid falling too fast too furious:

1. **Know what you want and need.** Identify and write down your requirements, needs and wants in a relationship and spend some time each day picturing what that relationship would look like. By retraining your expectations, you may find you behave, think and feel differently. Using that list, examine your incipient relationship. Aside from the thrill of sexual attraction and the flutter of new feelings, do you think this relationship will meet YOUR needs and wants for the long haul?

2. **Look at your relationship history.** Thinking about a recent relationship that ended, examine how it began, how you communicated, where you were in your own development at the time, where you are now, and what it all means to you. How does that relationship compare to the one before that? What you find can show you repeating patterns, what worked and what didn't. If you see a pattern

re-emerging—one that was not very helpful in the past—now's the time to recognize that and choose not to go down that road again.

3. **Take a step back**. Objectively assess if you are really in love with this particular person or if you are just in love with the romance itself. Or if you are feeling love because of a certain familiarity with this person's personality, MO or bearing. (Think about your relationship history again—if it's familiar it's not necessarily good!)

4. **Slow things down**. Enjoy the "all new" fun and titillation while going slowly and getting to know and appreciate each other, allowing love to happen in its own due course. Seriously consider all of the factors that ensure a real and lasting love. Give this feeling time to develop. Only then, can you truly know that you are in love.

5. **Don't act impulsively.** Thinking about someone 20 times a day doesn't mean texting, calling, emailing, etc. every time he or she crosses your mind. Doing so can artificially accelerate things with a sense of urgency that is entirely manufactured.

6. **Wait to say those three magical words "I Love You."** For one thing, ask yourself if you will be crushed if you don't hear, "I love you too." And why might you not hear that…? As glorious as it is to have someone say, "I love you," the words have much more meaning when they ring true. You've heard the phrase, "Actions speak louder than words." If each of you is proving on a daily basis that you are there for each other, that you care and want what is best for one another, and in other ways you are showing with actions that this relationship is warming towards love, when those words are finally spoken, it will feel like confirmation. The thrill feel will be based on something real.

Some people like to live every day as if it were their last, in order to fully experience every moment and live the best possible day, every day. Maybe we should all love as if it were our last love, giving the weight and import to our relationship that it deserves when seen in that light. So, imagine if you could only give your gift of love once more in your life. If that were true, you would be much more discerning about who received it. That person would have to be someone very special, someone you let yourself know well, before you gave your heart.

Our second Deadly Dating Blunder is Not Knowing When to Stop Dating Someone or it can be referred to as Dead End Dating

There are times in life when we need a good exit strategy. That awkward too-intimate moment with a co-worker at the water cooler, the dinner party where a bickering couple takes center stage or the painful interview where the person applying for a job at your company spelled "university" wrong on his résumé. But in this case, when I talk about having an exit strategy, I am referring to dating. If your goal is to find your true love, stop dating the person you are dating as soon as you recognize that they are not your ideal match.

If this topic is on your mind already, you are no doubt experiencing many uncomfortable, even painful, feelings. If the butterflies in your stomach at the sight of your special someone have been replaced with heartburn when he or she walks through the door (instead of a cozy familiar feeling of a good relationship settling in), you may have a problem.

Does daily life ebb and flow with a natural rhythm, ups and downs, but a general sense of "rightness?" If so – great. Keep at it. Or, do things feel "off" so that you are constantly giving yourself the pep talk, trying to convince yourself to stay? If so, maybe you shouldn't. Stay, that is. Could be time to cut your losses. Tough as that sounds, it's better to see the expiration date on the wall, not turn a blind eye to it.

Bottom line: trust your instincts. But there are some things to think about that might help you sort out, and give words to, those instincts. Although your circumstances are unique to your dating relationship, the following are definite signs that he or she is not a match.

1. **Your values don't align**. If you enjoy the same food and or music and disagree on the big things like family, faith, and finances, you are not compatible. If you are doing things to maintain the relationship that go against your grain, you are acting in opposition of your values. Eventually you will feel resentment or a deep, uneasy feeling within yourself.

2. **You can't visualize a future together**. If you want to be married one day and yet never mention it to your partner or you can't imagine having children together, although you know you want children, there's a disconnect. If you are hesitant about booking two flights for next summer's vacation because you are unsure if you will still be two, or back to one, it's a surefire sign that you are putting your life on hold due to the uneasiness inside you. Putting your life on hold does not sound good, does it?

3. **You are contributing 99.9% to the relationship**. Remember, the word "couple" means there are two of you in it. Two equals. If you are doing virtually all the heavy lifting to make this relationship work, it sounds like your partner is not equally committed to it. If that is the case, there's no way you are getting what you want and need. Move on to find a 50/50 relationship.

4. **Uninspiring, ho-hum sex life**. If you've been in a dry spell for what feels like forever and don't particularly miss having sex, or want to rekindle intimacy on that level, it may be a sign that larger things are lacking in your relationship--more than just no longer being sexually attracted to your partner.

5. **Bickering and fighting.** Are you fighting bitterly about things that surprise you? Things that normally would be "no big deal?" Or are the very normal disagreements that come up in relationships suddenly fertile ground for angry and abusive fights? If so, consideration and thoughtfulness have disappeared from your relationship. If there is no desire to call a ceasefire then you're at a dead end.

6. **Continued infidelity.** If infidelity has become routine for one or both of you, or if there is an infidelity that you can't get over, it will be impossible to make your relationship work.

7. **Your partner wants out.** If your partner says it's over, it's over.

Let's look at some ways to avoid Dead End Dating

Even when you know it is in your best interests, it can be difficult to acknowledge the end of a dating relationship. But trust me on this—courageously facing the truth now will save even more heartache later.

The exit can be one of the toughest things to do, but not doing so is worse, and, if you know it's going nowhere, tantamount to stringing someone along. Exiting gracefully is a dating skill you can learn and that, with practice, will be increasingly easy. You will realize that you are doing nothing wrong and everything right. For everyone involved. Also realize that you can extricate yourself without being unkind or inconsiderate. Actually, having an exit strategy and using it effectively will maintain your highest integrity and, believe me, your honesty will be appreciated by the other person.

You know what you want and need in a relationship. You have identified your deal breakers. So, as soon as you recognize that the person you just met doesn't meet your criteria, it's time to disengage. You don't want to waste your time and energy, or theirs, on something that doesn't fit. Meaning: do not pass GO, do not collect $200.00… act

now. And honestly, if you are dissatisfied with a dating relationship it is highly likely you are not the only one! It takes courage to tell your personal truth that will allow both of you to move on and find your ideal match.

Resist the urge to use the vanishing strategy. Simply disappearing from the face of the earth in order to avoid having a goodbye conversation is not an option – at least not for an adult with integrity and kindness. If you have ever been "dumped" or someone you were dating just quit calling, you know how hard that can be. There is a better way.

In person or on the phone (never by email or text), be direct and use words that describe your situation. Here are some examples of what to say and why, as you exit:

1. *State your differences with "I" statements – not "you" statements, which often feel like accusations to the recipient.* "I have enjoyed the time we have spent together and getting to know you. I am dating to find my ideal match and in some ways we are not a good fit."

2. *Employ kindness (which you can do without making the other person think there is still hope).* "Thank you for the opportunity to get to know you. You are very kind and I enjoy your company, but in some ways, this isn't working very well for me and I am not going to be calling or seeing you again."

3. *State the truth while being respectful.* "I want to be honest with you and let you know how I feel about us." Speaking your truth will be appreciated. No one wants to be pitied, patronized, or strung along. Would you? Do not be pulled into a conversation where you deconstruct the dating relationship and have to point out what you felt was missing. That would be hurtful.

4. *Be crystal clear.* Sometimes when we think we are conveying information, it turns out we aren't. Why is that? We are so careful to couch the truth in "thoughtful" euphemisms, that the person we're talking to is either totally

confused, or has a choice about how to interpret what we said. When that happens, people hear what they want to hear. Do not fall into this trap. Your truth must be absolutely unmistakable. Whatever you do, do not lead him or her on and then pull a disappearing act by not answering texts, emails or phone calls.

5. *Be firm.* In addition to clarity, be firm, assertive, and immovable. Once you have set your boundary do not allow yourself to be badgered into continuing the dating relationship. Trust yourself enough to know what is best for you and move on to find your ideal match. If your he or she continues to bring up possibilities, and what ifs, and tries to bargain with you, simply repeat what you have said, word for word. This is the "broken record technique" and works well here. No means no. Eventually the message will get through.

Red flags to look out for in this situation:

- Fear—Fear often motivates us to do things we know at a gut level are wrong for us, or to fail to do things we know are right. How might that look when considering continuing the dating relationship? "What if this is my last chance to find a decent guy/gal?" would be a fear reaction. DO NOT act out of fear. It is a weak position and does not do justice to how wonderful you are.
- Insecurity—Like fear, insecurity undermines your best self. Insecurity might whisper in your ear: "What if I can't do better?" Silence that insidious whisper and know that you can and will find the right person. "Settling" does a terrible injustice to you…AND the other person!

You may be pleasantly surprised to learn that the other person is a bit relieved. Chances are, he or she had the same feelings and is grateful that you had the courage to speak up first.

Something that many eager seekers lose sight of is that dating is a *process*. As such, it has a beginning, middle and end. We tend to think about the end (finding your ideal match) without remembering the beginning (meeting and getting to know many people) and the middle (dating for awhile). But for that happy ending, you will need to engage in the *whole* process. A vital part of that is evaluating, assessing and then deciding to keep seeing someone or not. If the answer is "not," it is time to use your exit strategy. Remember to reframe the way you think about this—whether it is your exit strategy or someone else's. It is not rejection. It's called dating. Saying no to what you *don't* want frees up space for what you *do* want in your life and relationships. Don't waste another minute—go for what you want and get the love you deserve!

Our third Deadly Dating Blunder is Dating Before You Are Really Ready

No matter where you are on the dating continuum, it's always a good idea to step back and take stock of your readiness. So, if you are already in the dating pool, or if you are thinking about dipping your toe back in, or if you are worried that you may never be ready to take the plunge into the deep end again—take a close look at where you are.

This will call for a close analysis of your motives, your emotions, and your attitudes towards putting yourself out there and connecting romantically with other human beings. That's what dating is, and when you think about it, it really is a pretty big deal! No one blames you for having qualms or concerns. Even if you don't have any, I still advise you to take a deep breath and figure out what is going on inside you.

How do you feel about putting yourself out there?

Do you feel confident and optimistic or maybe a little hesitant or nervous? If the latter, how can you translate that (understandable) uneasiness into a positive, self-assured outlook?

There are some very concrete things you can do right now to build up your dating confidence. Take these tips to heart and your heart will be fortified!

1. **Make a list. Literally—on a piece of paper.** This list will enumerate all the good qualities that make you YOU. Your talents (you can cook/write/dance/tie flies!). Your accomplishments (you built a treehouse out of twigs/founded an internet business/have a pilot's license/sewed the curtains in your dining room!). Your special traits (you laugh till you cry/listen well/have an optimistic attitude!). Acknowledge the good in yourself. Why is this so hard for people to do? I don't know, but it is. Step back from yourself and look at who you are from as objective a viewpoint as you can manage. Impressive, aren't you? When you see the good in yourself, others will as well.

2. **Make another list.** On this list will be all the wonderful things you can bring to a relationship. Appreciate your hard won wisdom and patience, your excellent listening skills, and your willingness to co-create a love-filled life with someone special. Realize one very important thing: you are *quite* a catch!

3. **Trust yourself to know when to say "no."** You can and will say no to what you don't want. Being assertive is not being aggressive, it is merely saying you can't or won't do something. Assertiveness raises self-confidence and lowers anxiety and thus will empower you!

4. **Look at yourself in the mirror.** Seeing yourself is not the same as picking yourself apart. That person you see is the perfect YOU. Stop overanalyzing your physical attributes and perceived "flaws." You did an objective assessment and perhaps opted for an updated hair style and bought clothes that accentuate your assets and represent the real you. Good. Move on and walk the walk of your brilliant authentic self!

5. **Be conscious of your body language**. Practice using the unspoken to convey your intentions. Look in the mirror. (Yes. Again.) Imagine yourself impressing a date with your wit and charm. Look at your smile. The way it touches your eyes. A smile like that is the best message you can send. Seeing yourself this way will boost your confidence in a face to face conversation.

6. **Set goals**. (You might want a piece of paper for this, too.) Life goals. Dating goals. (Are they that different, in the end?) Decide what you like to do, what you want to try, and make a plan. Start small and work your way up. Tomorrow. It could be as simple as "I want to have the energy to stay up past nine." Next week. "Get more exercise so I can have the energy to stay up past ten." Next month. "Go dancing and stay up till 3:00!" And where do you want to be next year? Doing what? Small steps allow you to reach goals and feel the momentum. Rank your goals in terms of difficulty or how far outside your comfort zone they are. For some, talking to a co-worker at the water cooler may seem daunting in the extreme though they have no trouble running a board meeting. When you meet a goal, reward yourself in some meaningful way. Doing so will keep you on track. You will feel great about yourself and the places you are going.

7. **Try something new.** This relates to #6, above, in that it is also about jumping out of that box you have been caught in. Never gone sky-diving? What the heck? Give it a try. Always wanted to learn to tango? Join a class. You'll learn something new, meet a new group of people and find out even more about yourself! Too often we are so bogged down by "shoulds" that we miss our chance to try out the "coulds." Working hard is all well and good, but it is when you do something for pleasure, and set challenges for yourself, that you build a sense of who you are. Who cares if you have two left feet? That does not mean you can't get a lot out of learning how to tango!

8. **Open yourself.** Being receptive to meeting new people and having new experiences is pretty basic when you are hoping for a relationship. Being open and stretching yourself will boost your confidence even more. How to do this? Try striking up a conversation with someone who looks interesting. Go ahead and accept a date with someone who is not your "type." The more dates you go on the more confidence in dating you will have. You will overcome shyness and learn even more about yourself and what you want from life. You've heard the phrase, "Knowledge is power?" Well, self-knowledge is self-power.

True confidence is self-acceptance, self-assurance and self-love. Your wisdom, your life experiences, your goals, your special heart—these things are worth feeling good about. Your acceptance of yourself will be evident in the self-assured manner with which you present yourself to the world. That is you. That is confidence.

Are you afraid of rejection?

Whether you are already dating or just hoping to, fear of rejection could be getting in your way. No-one can make you feel rejected without your permission. Your disappointment stems from your own beliefs about why you were rejected. But there may be no why – and even if there is, the why is not about you but about the other person. What you offer simply does not fit what he or she is looking for at the moment. A person can easily decline romantic advances for logical reasons (geography or schedules), for illogical reasons (hair color or the Zodiac) or for no reason at all. The key: do not take it personally.

If you take it personally, you will create a belief about yourself as "a reject," and that label can be devastating and demoralizing. Although being turned down can be disappointing, the label is something you impose on yourself, and it that faulty belief that causes your suffering. There are about six billion people on this earth. There will always be people who are not utterly dazzled by your sparkling contribution to the world.

And there will always be someone interested in you and the many gifts and qualities you have to offer. Seek and you shall find!

Believe it or not, it is best to *expect rejection*. Doing so is a smart dating strategy. It ensures that you will not be discouraged as you seek your ideal match. It helps guarantee that you will not settle for less than you want or deserve. Think about it: not everyone you meet will like you. At least not in that way – the romantic, life-partner, ideal match way. How could they? If we each had millions of ideal matches, we'd be clones of one another and life would be so very dull.

Be thankful that not everyone you meet will want to date you. If people insisted on spending time with you, and occupying you and your attentions despite knowing that you are not the right person for them, what a waste of your time that would be. Be glad your time will be opened up for someone who *is* right. Many singles find themselves so dedicated to impressing the opposite sex that they lose touch with their personal long term relationship goal. The lesson: stay committed to the process of dating and allow better opportunities to present themselves.

Are you over your ex?

There is no formula I can offer to calculate the perfect amount of time between relationships. Everyone adjusts differently.

It doesn't matter how it happened, or what particular emotional roller coaster ride you are on. None of that changes the fact that to **get over your ex** and the break-up, and to **really move on**, there is only one way to do it. **Completely**. Here are eight concrete steps you need to take to put the past behind you.

1. **Steer clear**. That doesn't just mean move out of his or her physical sphere, it also means don't call, don't text, don't Facebook. In other words, don't

communicate, and don't see each other (even at a distance). AT ALL. For at least 30 days, preferably more. Complete separation will allow you the time you need to be more objective about the relationship.

2. **Purge.** And what I mean by that is an all-out clean sweep. Eliminate anything that might remind you of your ex. All mementoes—into the trash. That cute photo from the lake, the adorable pair of earrings he gave you or the snazzy wallet she gave you, his tee shirt you sleep in, or her little cardigan that is still hanging from the bathroom doorknob. Delete the texts and trash the emails. Oh, and don't forget to delete that last voicemail. Whatever it is, ditch it. Letting go of these things is necessary for you to move forward in your life.

3. **Practice thought control.** Yours not your ex's. Unfortunately you can't control anyone's thoughts but your own and even that is not so easy. When you find your ex wandering into your thoughts, immediately banish him or her with a replacement thought that is far more helpful. Think of someone else. Your mom. Your best friend. Your nephew who's graduating this spring. Think of the vacation you are planning or the goals and resolutions you have set for yourself this year. Anything but your ex. This will take time, practice, and lots of repetition to become automatic, but it sure is important.

4. **Be in the now**. Don't waste another second living in the past. Instead, focus on being your best, doing your best, and having what you deserve. You can also look toward the future; realizing that you *have* a bright future ahead of you is the first step. Not only is the now worth living, the future is worth having, and the past is simply not pertinent at the moment as you try to move on. Someday you can look back, when it doesn't hurt or keep you down. But for now—the past is off limits.

5. **Be realistic**. If you simply cannot help slipping into the past from time to time, get rid of those rosy glasses! Remember the **bad times**: all those negatives that led to the break up. Remember what was said, how your ex treated you or spoke to you, and how you felt. A healthy dose of realism will keep you from idolizing the relationship.

6. **Forgive**. Let me say it again: forgive. How? Realize that the best your ex was capable of was not in your best interest. Forgiveness is powerful when it comes to letting go… and moving on.

7. **Love yourself**. You are enough. At this moment and always, you are worthy of love. Your own and that of others. After a break-up is a good time to get back into the habit of loving kindness… towards your own wonderful and deserving self. Acknowledge all your gifts and talents and express all that you came into this life for. You deserve nothing but the best!

8. **No re-runs**. If you are tempted to give your ex another chance, put that thought in these terms—it would be like going to Good Will to get your old clothes back. There was a reason you got rid of them in the first place. Even if you were unceremoniously dumped and now your ex is having a change of heart, remember, as Mark Twain famously said, "The best predictor of future behavior is past behavior." You won't move on with your life if you keep one foot in that old door.

Practice each of these 8 steps every hour, day, week, until one day you realize that where you are is suddenly many miles from where you were. The magic of time, combined with setting your intentions for the best outcome, will see you through. And yes, you will get over your ex.

Are there emotional, physical or financial issues holding you back?

The key is to let go of your baggage so it doesn't keep weighing you down. You may not even be aware that you are hauling so much around inside you. Look inward and try to figure out what you need to release. Do you have scars that need to heal? Unlike physical scars, emotional scars are much more susceptible to our intentions. Look closely at the kind of hurt you feel, and use whatever method works for you to soften, loosen and finally release that hurt and heal that scar. It might be forgiveness of yourself or another. Or maybe a change in your view of yourself from unworthy to worthy. Or an attitude shift that allows the relationship glass to appear half full for a change. Do you have fears that hold you back? In addition to the fear of rejection (discussed above) you may have fears about finances, security, or change (see below). Maybe you just need to give yourself the freedom of a little time to make sure your past is firmly in the past before giving love another chance. Ask yourself what you might do differently in a new relationship? When you answer this question you can say goodbye to your baggage and hello to a wonderful new relationship.

Are you ready for change?

Change is no doubt one of the scariest things for most people. Fear of change is fear of the unknown. Whether it is a change in how you live, what you do, or what you believe about yourself, when you let fear in, it holds you back from living the life you were meant to live. To be brutally honest, if you want to date again successfully, you may have to change some of your perceptions and beliefs. Perhaps you will have to start believing that you are lovable. That you are not a victim. That you have a great deal to offer. You may have to set aside your "story"—your beliefs about why you don't have the relationship you want. Put on a new pair of glasses through which to view the world, and yourself. Remember that embracing new thoughts and attitudes and experimenting with new behaviors is the way to create the life you were meant to live and have the relationship you desire.

About Betty:

Betty is a Dating & Relationship Specialist dedicated to providing Singles with solid information, proven dating skills and an attraction plan to find the right partner. She is your guide to being a smart, savvy, effective, satisfied single while dating well, and ultimately finding true love.

After applying Betty's powerful insights and strategies her clients can attract the right partner and live a life they love with the love of their life.

Don't wait another minute to find your true love. Contact Betty today!

betty@befreetolove.com

219-246-2493

What people are saying.....

Betty helped me figure out what I wanted and needed in a relationship instead of taking what was handed to me. I feel more confident to go out on dates. I know what I am looking for and I'm not settling for less. I have been dating a wonderful woman for 3 months now. She may be the one. Thank you, Betty!

~ Rob M., Chicago

Betty's great advice has been the best! Before I worked with Betty I kept repeating the same mistakes with every woman I dated, even when I knew how it was going to end. I

could not stop myself. Betty's kind words and unwavering support helped to change my destructive dating ways and now I am able to meet new people and date without worrying. I haven't met my special someone yet, but I've had the pleasure of dating several women.

~ Jim R., California

I want to thank Betty for working with me and allowing me to be myself as I went through her program. I had a lot of challenges to get through and tons of baggage to get rid of. I can honestly say that I feel like a new woman and look forward to every day and every new date. I highly recommend working with Betty. Her passion and commitment are second to none.

~ Sylvia P., Connecticut