

Transcripts for CDs #1 through #6
from

The
“I am Petrified
to Date Again”
Dating Package

- Another Original Love-Advice-Coach Package by

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Disc #1: Dating Readiness and What is a Conscious Partnership?

Intro Quiz and Conscious Relationship

Lori Rubenstein: Hi, this is Lori Rubenstein, your love advice coach. I want to welcome you to the *I am Petrified to Date Again* dating package.

If you want to date again but feel some trepidation the best thing you can do is to make sure you are ready emotionally to date again. Whether you've been hurt before, lost the love of your life, or just plain gave up on the dating scene, but yet, you really miss having another person in your life, there is some important work that you need to do. And this dating package will give you the confidence that you need to get back out there in the dating world and find the right partner for you.

In addition to really learning about what a Conscious Relationship is, you will first learn whether or not *you* are ready to go out there in the dating world. There will be a quiz on the first CD, I'm going to ask you to take the quiz and then listen to the example given, using a real live person going through the dating quiz and figuring out whether or not they're ready to get out there in the dating world.

So again, I thank you for purchasing this package and I'm very excited to hear about your successes.

The "I am Petrified to Date Again" Dating Package

Lori Rubenstein: Okay here we go! Here's the first CD that you're going to listen to. And you're going to do this quiz on whether or not you are ready to date.

(Music)

Before we get started, this is so funny because I went to Neale Donald Walsch's first book, *Conversations With God*. And I opened it up and I was trying to find the relationship parts that I remembered being in there from years and years ago.

And I opened the book directly to the *Relationship* section and I had all of these underlines. And then the next day I went to write out what I wanted to tell people about relationships from Neale Donald Walsch. And I got on the internet and there was an e-mail from him, all about relationships. And I thought that was just so perfect (laughter).

So here's what he says. He says:

"On this day of your life, dear friend, I believe God wants you to know that the purpose of Relationship may not be what you think. If you are excited about forming a relationship based on what it looks like you can get, rather than what you can give, you have started off on the wrong foot entirely. And you could be heading for a big disappointment.

The purpose of all relationships is to create a sacred context within which, you can express the fullness of who are you are, and who you are is an experience you have before you enter a relationship, not because you did."

Isn't that great?

Speaker: I love it because so many people say *I want a relationship* and then that's gonna complete me and someday, someday, someday, someday --

Lori Rubenstein: A happy single person is going to create a happy relationship. If you're looking for someone else outside of you to complete you and make you happy it is never going to happen.

And that is really the whole purpose of this class, too, is to teach you to figure out what areas of your life do you need to work on so that you can be ready to date and ready to attract the person that you want into your life?

Because it's all the love/attraction stuff, are you gonna be the person who's gonna attract the person that you want? Or are you living in Lala Land thinking this amazing person's gonna come into your life, but you're still angry, you're still resentful, you're still carrying baggage from past relationships you won't forgive, you know that kinda thing.

Disc #1: Dating Readiness and What is a Conscious Partnership?

So the purpose of this is going to be to help give you some clarity so you know. And then you can do the work once you know it's not that hard to do the work. But you gotta know.

I developed this little test. It's a 10-step test for you to answer to figure out whether or not you're really ready to receive a new partner in your life. So you answer each question True or False. And what I'll do is I'll read each question and then you can just keep track of "yes" or "no". And we'll add them up and figure out whether or not you are actually ready to date.

Number 1: I have been divorced at least six months, or separated more than one year.

Number 2: Any victimization feeling I had during my divorce has subsided.

Number 3: I have taken responsibility for my divorce, and I have taken the appropriate steps to recognize my part in the divorce. And I did the necessary work to make sure those particular behaviors, beliefs, or actions, do not recur in my next relationship?

Now obviously if you haven't been divorced but you've been in a long-term relationship and there was a break-up, just substitute my relationship for my divorce when I use that language.

Number 4: I have dealt with the loss of dreams and future visions that I had in my last relationship?

Number 5: I now feel neutral towards my ex-partner.

Number 6: I can put my children's needs ahead of my own feelings towards my ex.

Number 7: I have forgiven my previous partner.

Number 8: I have forgiven myself for my part in the creation of our problems.

Number 9: I know what my values and beliefs are and I feel confident in myself.

And finally:

Number 10: I like myself. I just feel that my life would be even more fulfilled if I had someone to share it with.

So if you answered true to 8 or more questions then you are ready to date and seek your spiritual partner. If you honestly answered false to three or more questions then it's time to work on yourself. Hire a coach or a counselor, or attend a self-help group, or just really even start going through forgiveness processes. I have an MP3 online

The "I am Petrified to Date Again" Dating Package

that you can get to help you go through forgiveness. Another great website is Colin Tipping's *Radical Forgiveness*. That really helps people to forgive themselves also, and to forgive the other person and thus, really move on in their lives.

(Music)

Okay so for example what did you come up with in the testing?

Speaker: Eight yeses.

Lori Rubenstein: Okay so that's great so that is saying that you are definitely ready to date. And then, what you can do is really look at those other two areas and choose to work on them, so that you feel like 100% clear that you get the gold star, 'cause you are ready to date.

Speaker: And I think it's just personal things to work through prior to that.

Lori Rubenstein: What's an example of something that you came up with as I was going through this test that, you thought *Um-m-m-m I could probably tweak this or work on this a little bit more?*

Speaker: Self.

Lori Rubenstein: What about yourself?

Speaker: Not thinking I'm skinny enough, or smart enough.

Lori Rubenstein: So it's a confidence thing. And it is so interesting because we think that men want us to look, or be, a certain way. But the truth is the thing that men will always say attracts them to someone is confidence.

So if we let our bodies take our confidence away from us that's what's not attracting them to us, not our bodies.

Speaker: And that's where I think I've been at the last couple of years. I haven't had that confidence level in myself and had someone else take my power away. And I want to regain that back.

Lori Rubenstein: And that especially happens when you're in an abusive relationship, where somebody is putting you down, or isn't really supportive of you. And it's especially hard I think, after you've had a baby and you have to lose that weight, you have that going on. And at the same time, a partner who isn't really supportive. It's so painful.

And you should have been loved and cherished, and adored.

Disc #1: Dating Readiness and What is a Conscious Partnership?

Speaker: Oh, yeah. I think in a relationship you forget to give that to yourself. Because you're taking care of other people. So I figured out that I needed to come first and then my son, and then a relationship. And I put myself aside.

Lori Rubenstein: Yeah, which is exactly what people do. And it's so interesting because after you have a baby you put the baby first. So the spouse or partner always feels like they're second, and then they get jealous. And then you are so last. I mean you're sleek, you're physical, exercising, and eating healthy and just taking time like for girlfriend laughing time together, that always goes in last place.

Speaker: I realized I haven't taken a bath in over a year. I haven't taken the time to pamper myself and lotion up my body and just enjoy that. Friday night!

Lori Rubenstein: Yeah (laugh)! But you know I really think that when you have your first baby you're scared to leave them alone all the time. You know especially when you're a single mom.

So, it's like you never even get to pee alone! (Laugh) You never get to go to the bathroom alone.

Speaker: You just turn on the water and create the bath and light some candles and everything and music, he would wake up and then I wouldn't get a bath. Or, I would get in the bath and he would wake up and I'd have to get outta the bath. It just went -- (inaudible) done not ever gonna do it again.

Lori Rubenstein: By the time you have your second or third child you're like *oh go ahead roam around the house. As long as the doors are locked I don't care, I'm going to take a bath!*

Okay well let's move on. Now that you know that you're ready to date, let's talk about how to create conscious relationships.

(Music)

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Conscious Relationships

Lori Rubenstein: Now we're going to talk about what a conscious relationship, or a spiritual partnership looks like. Because I think most people today do not wanna have the old-fashioned kind of relationship that their parent or grandparent had.

They really wanna connect on a more intimate/spiritual/passionate level.

There are five qualities to a conscious relationship. There are many more qualities to a conscious relationship, but these are five that, you can be sort of clicking off in your head when you're getting involved with somebody and know whether or not this looks like a conscious.

So at the very least you have to have these five.

So, I love this, I think this came from David Deida's (PH) work. And it's what's called a *Level Three Relationship*

So there's three levels of relationship. The first level is what can you do for me? You know what can I get out of this relationship? And unfortunately it really is where most of us live our lives. Because we get in this place where we -- when you hear and you talk to people who have broken up, it's almost always *I never got anything out of the relationship. I gave and I gave, and I never got anything back.* It's that whole martyr thing.

And what people are usually shooting for, their goal, their real goal is what's called a *Level Two Relationship*. And that's an equal partnership. So that, it's been for many years the goal that people talk about is *I want an equal partnership.* You know, *I work, and he works, and we have kids, and we come home --* here's the woman talking right? *And I cook dinner, I do the grocery shopping, I take care of the kids --* you know, *sometimes he helps out around the house, but most of the time he doesn't. Sometimes he'll do the dishes, most of the time he doesn't.*

Sometimes he'll work outside, but most of the time he doesn't. It's a constant complaint I hear from women that, *I'm doing as much as he does during the day; we both come home at night. But my second job starts and his doesn't.*

And so the goal is like *oh, if I could only get him to do as much as I do at home...* so what happens in these relationships is that the passion goes away. And they end up becoming friends, so if you get to a *Level II*, you're more friendships. You're business partners in running the household together. You're friends. But the intimacy goes away.

And it dies. And these kind of relationships, when I was a divorce attorney I would hear people say, *I love him but I'm just not in-love with him anymore.* And it's *what happened*

Disc #1: Dating Readiness and What is a Conscious Partnership?

to us, what happened to the passion? You know, what happened to the reasons we got together and the dreams that we had?

In a *Level III* relationship those dreams disappear. So in a *Level III* relationship it's sorta tricky, and it's sort of like a paradox. Because you get to keep your own boundaries, and have your needs met, but your goal is to meet the other person's needs. Is to fulfill them, because you love and you adore them so much that you get so much pleasure out of doing stuff for them. And *they* get so much pleasure out of doing stuff for you. They love you, they adore you, and they're constantly giving to you.

You could imagine like a fight between the two of you because it's like *no I wanna give this to you... no, no, no, I wanna give this to you, no I wanna give this to you...* And so neither of you are ever doing the martyr thing. Neither of you are saying *I'm not getting enough, my needs aren't getting met.*

You have the pleasure and the joy of giving, but you're also having the pleasure and joy of receiving.

And once you're doing that, you know the energy level stays in that relationship. Like you're still enthused and there's still joy, and there's passion. And -- you just love pleasing the other person. So just imagine if you're pleasing the other person, you're both pleasing the other person, you're getting pleased all the time, well you're gonna have more sex. There's definitely more intimacy, there's gonna be more passion.

So who wants more of that (laughter)?

And I think one of the best ways to get that is to give it. And so we have to watch out, if you have the tendency to be like co-dependent and to be so giving that you lose yourself. So you wanna (tape skips) but you wanna check in with yourself so you wanna make sure you haven't lost yourself.

And that's what we do we lose ourselves. And then we get very resentful and angry. It's not a pretty place to be.

Speaker: I (UI) Dr. Phil the other night and I clicked on the show and this really controlling wife -- what time her husband woke up, what clothes he wore. And really had to think back in relationships -- not that I would be like *you have to get up at this time*, but I think when you start getting resentful you become more controlling, which is not a nice place to be, because you're just not happy.

Lori Rubenstein: And I think the control really comes from not getting your own needs met. So you're trying to force them to love you the way you wanna be loved. And give what you need to give.

Speaker: I have a great story about that, too. When I went through my first

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relationship with my first husband, I think I was really, really controlling. Well, I don't think I was really controlling, I *know* I was very controlling.

And I realized when we broke up and how he had been cheating on me during that relationship, how much of that break up was really my fault. Because if you're being so controlling with somebody they have to *breathe*. You know not that what he did was okay, but I understand at the break up of my marriage that, I created a lot of that.

It's like his cry for help.

Speaker: It's very interesting.

Speaker: That it takes this after-the-fact to realize what went wrong.

Speaker: Right. And the whole gist of that is, do not create that again. So when you're in-between relationships that's when you work on control issues, things like that. So that you don't bring it into the next relationship.

Speaker: (UI) well this woman's crazy. Why is she treating him like that? And I'm like hm-m-m-m-m.

Speaker: Dang I hate that (laughter).

Speaker: That's extreme but knowing that I've taken on that part before and gone *oh that was not nice* and now I get to learn from it.

Lori Rubenstein: Number two is to see the relationship as an avenue for personal growth. To see the relationship as an avenue for personal growth. To understand that spiritual partners are there for our soul's benefit, to learn and grow.

Number three is to practice being a partner. While you're a single person you can actually start practicing being a partner with other people. So you can be like a teammate. And you can do this -- women you can do this with girlfriends, guys you can do this with friends, you can do this with business associates, you can do this with co-workers. Where you start practicing finding solutions to problems rather than complaining about problems.

Do you see the difference? You know when you're really on the same side as a team member your goal is really more to solve problems than to wallow in them. So if you're doing that as a single person, well then when you move into a relationship you're gonna be ready to be that really good team member that's going to be part of the solution, not part of the problem.

It's interesting; I tell people in personal growth workshops and one-on-one coaching with people that the word "no" is probably the greatest word you can use. But in

Disc #1: Dating Readiness and What is a Conscious Partnership?

relationships the word "no" is actually pretty destructive. If a partner asks you to do something, instead of saying "no", remember you know you have to keep your own boundaries, you say *how about this* -- you come back with a way that maybe tweaks what it is they're asking for where you can get both of your needs met.

So you try to, in relationships with other people, not say "no", but say *well how about if we do* -- blah, blah, blah? When you ask for something and someone says no, what does it do?

Speaker: You put your guard up.

Lori Rubenstein: Your guard goes right up. And is that being in a good relationship? No. So you start building that wall back up -- it's not fun.

Number four in developing a conscious, spiritual relationship is to have your choices start coming from the place of love rather than fear. And this is another thing that you can really do as a single person. You know how you have this intuition about something and you wanna make a choice to do something? Is this choice coming from love or fear? Where is this choice coming from? And start practicing not doing what it is you were going to do if it's coming from a place of fear.

Like I'll have that, especially nowadays, with the recession, people are getting jobs that they just *hate*. You know they're signing up for positions that they never would've signed up for before because they're so fearful about money. Is that really serving their higher self? No. Are people marrying or dating, or living together, as a result of fear? They don't wanna be alone, they don't know if they can make it financially, I don't wanna be a bag lady, -- you know you go from your parent's house to being with someone else.

There is so much wonderful growth in relationship with someone else, but boy, it really is nice when two whole people come together rather than two half people.

And so the fifth quality of being in a spiritual partnership is taking responsibility for your own life, just what we were talking about. So this means taking responsibility for your own feelings, your choices, your actions. It helps to be a person who can really like set an intention, you know somebody who can have goals and dreams, and know how to get there.

Because if you can do that as a single person then you know you're really valuable in a relationship.

So get really clear right now about what you want five years from now, 10 years from now. You know sit down, spend five minutes a day envisioning it, feeling it, getting it into your body. You know where do I wanna be and what do I look like five years from now? What does my partner look like five years from now? What're we doing? How're

The "I am Petrified to Date Again" Dating Package

we feeling together?

Is there passion, is there love, is there fun?

I just saw my friend Laura on Facebook. Had the most amazing wonderful picture, now I think she's been married for like 10 years. And there's a picture of her and her husband running down the beach together. And the wind is in their hair, and their clothes, and it is the most beautiful gorgeous picture. And I was like that's it that represents the beautiful, spiritual partnership that I know my clients are seeking.

So there are many ways to have a conscious, spiritual partnership. There are, like I said, other factors that go into it, also. But at least look for these. My recommendation is always that you start being that person now. You don't have to wait 'til you're in a relationship. But if you're that person now, what're you gonna do? You're going to attract someone else who is also doing the same kinda work that you do!

(Music)

Disc #2: Manifesting Your Special Partner

Dating Strategies

Lori Rubenstein: Welcome to Audio #2 of the *I Am Petrified to Date Again* dating package. I am Lori Rubenstein, your love advice coach and your guide on this journey.

I wanted to let you know that, the references that I've made to the *Dare to Transcend* website have been changed and the new website is www.loveadvicecoach.com that's all one word. And you can go to that love advice website for any of the references I make in this recording.

This next segment that you're going to listen to on dating strategies; I will give you six dating traps to avoid and 10 different ways, or 10 different strategies, to avoid getting hurt in the future.

Obviously getting hurt is a very emotional subject and the more information you have about how to avoid it, the better job you're going to do in getting yourself prepared and out there on the dating scene.

Have a great time dating and if you have any questions feel free to contact me. Again that's www.loveadvicecoach.com.

(Music)

The "I am Petrified to Date Again" Dating Package

Lori Rubenstein: Now before I really talk about dating strategies, first I wanted to talk about some dating mistakes to watch out for. And I think these really help people go a long way if you start, just even looking at -- you know, mistakes, errors that you've made in the past and you really don't wanna make them again in the future.

So the first one is called the *Marketing Mistake*. And this Marketing Mistake is when you believe that you need to make more of yourself; you need to make yourself more appealing to the opposite sex. Just try to sort of sell yourself with attractive packaging, sort of like an attractive presentation. That's when you've really fallen into the marketing trap. You fear that nobody will want you as you really are.

So what are you doing? I mean at that point you're selling yourself; you're selling someone that you're not. And that's going to fall right into place with the next error, the next mistake, which is the *Scarcity Mistake*.

The reason you market yourself is because you believe that there is a limited supply of people to date, you know people of the opposite sex. So you think that, either you have to *get* someone, you know *catch* someone or you're going to end up being alone.

What happens is when you're in that *Scarcity* frame of mind; you start really believing that there's not enough to go around. And you'll hear people say this all the time, *there's not enough good men around, there's not enough good women around. Well, I live in a place where there are no good blah, blah, blah...*

And it's so interesting because I've heard women say that here in the Sedona area. And I meet great guys all the time. But I'll hear both men and women complain that there's no good people of the opposite sex to date. But I meet them all the time because I have a belief system that there's tons of people out there. I mean really there a six billion people in the world, right? Certainly, there's more than one for you!

And that one goes right to that belief set, there's only one. And there's not. I mean I look at my life and I've had, let's see 1, 2, 3, 4, 5 pretty decent relationships where I've been in love. And I've been in love with all of them. And one time was really (UI) with all of them.

And I think that, once you're a person who's able to love and show love, you attract that to you. You know you're not gonna be in that *Scarcity* mode because you know that there are others out there.

The third mistake that people make is called *The Fairytale Mistake*. And that is sort of passively expecting your ideal partner to just appear and you're going to live happily ever after without any effort on your part. So you believe that finding your should mate will just happen.

And what typically happens in these kind of cases is that, your princes, the people that

Disc #2: Manifesting Your Special Partner

And here's one of the problems with attraction, I mean attraction's great right, we all wanna be attractive. We all want that certain amount of chemistry. But what happens oftentimes, with women especially I know it sounds like I'm picking on women right now, and I guess I am. But there'll be plenty of time to pick on men I'm sure.

But what happens is you're so attracted to someone you change you act differently. You go back to that *Marketing* technique, you know where you try to sort of sell yourself and you giggle, and you act foolish, and you're not you anymore.

So you need to watch and see if that is a pattern in your life that you're only going for people who look a certain way or you might be very unhappy for quite a while.

I've had a client who, I just love her, she (UI) has unrealistic expectation in terms of, she wants a guy to look a certain way before she's willing to even date him. So she might be letting a lot of really great guys go by that she could *become* attracted to.

A lot of you have had that situation where you've been friends with somebody and all of a sudden one day you start to wake up and you see them in a totally new light. And you're attracted to them, and you don't know what happened, and they look really good to you. And you realize that *hm-m-m, maybe this is the one!*

And you've never seen it. You know you've been friends with him for one year, five years, but all of a sudden you really get that? Well, if you have these expectations of the prince charming walking into your life, and that he's gonna be the right one for you, that's not necessarily true.

Look at qualities of people. Think about compatibility issues; think about -- maybe what might compliment you in a different way you know? If you are a real linear, logical thinker you might want somebody who really comes from the heart space, in your life, to really compliment you and help you sort of fill out (UI). Which is what a committed relationship really is.

Okay so number five and that is the *Sex Equals Love Trap*. And I know you know what I mean. So in this area we often interpret infatuation, attraction, good sex, and/or attachment as love. *If it feels really good it must be love, Love is all you need, Love conquers all, blah, blah, blah, blah.*

So, you feel like this must be a great relationship. You're again, focusing more on chemistry than you are focusing on are you two compatible, is there a real compatibility there?

And number six, which is the final mistake or trap that I'm going to talk about today is, the *Giving Too Much Mistake*. (UI) co-dependency mistake. And that's when you expect someone to love you and give you what you want, by giving them everything that they want and need, or that you *think* that they want or need. And you're trying

you look at as a prince, turn into frogs. It's called frog farming, Allison Armstrong (ph) taught that to me. She does a workshop in L.A. on men/women relationships.

And she taught me this great concept that I would love to share with you and it's called Frog Farming. And it's for those, especially women, who you've had these guys come into your life and you've been head over heels for these people. You know you think they're the greatest thing ever.

And then after six months you were like *what happened to him, he's such a jerk! I can't believe this. You know he was so great. And guys always do this; guys always turn out this way. I don't know what's wrong with them.* So you're blaming the guy but what's the common denominator? The common denominator with all these men who turn into jerks in your life is *you!*

And have you ever seen where you had one particular man, you know it could be like a brother, or a cousin, or a friend, where with some women they're really great, and with some women they're really terrible? Men respond to how they're treated. And if you're not treating the men in your life really well then they're going to respond negatively.

I know this doesn't sound like rocket science, but it's really true. And I'm thinking that some of you out there are going *"Oh, my God, oh my God, oh my God this is so true, this is me."* And never ever put those pieces together. You know that common denominator with all these men in my life is me.

So start really looking at how you are treating the men in your life and I bet that these princes will not turn into frogs, they will stay princes, which would be a really good thing.

But of course you have to work at it. You know relationships take work, they don't happen magically. (UI) looking for your soul mate, a lotta people talk that way you know they say, *"I'm looking for my soul mate."* As though there's just one. And you think it's going to be great, but I'll often say to people *"Oh, my gosh watch out if he is your soul mate because that could be a very difficult relationship."*

That's not necessarily an easy relationship. That might mean somebody who's really going to be challenging you on who you are. You're really gonna be challenged to grow, to learn, to change, which is of course you know I think a great thing, but it's not always easy.

Okay so number four is the *Attraction* mistake. And when we think about attraction what do we think about? We usually think about somebody who's really gorgeous, well, he's gorgeous to you. And the (UI) and you think *if I am this attracted to someone it must be MEANT TO BE.*

Disc #2: Manifesting Your Special Partner

to earn their love by doing/giving/helping, you know you wanna be in a relationship so bad but you're just not feeling like you're really worthy enough. Like you have to do something or be something for them to love you.

It's one of these lowest common denominator kind of relationship where you believe that each other is so needy and that only you can help and fulfill their needs. It's just not very healthy.

Okay so those are some dating mistakes that you might or might not have made in the past. And if you have that's okay, you just *oh man that's what I've done*. You understand what it is and then you decide okay, *I'm not going to do that anymore*.

The next section that I'm going to talk about is how to really avoid hurt in the future. That's really one of the steps, is to be very clear about your past so that you don't go and repeat it again in the future.

So let's talk about hurt. Everybody's had hurt to some extent. And there are 10 steps that are very important to avoiding the kind of hurt in the future that you wanna avoid, you just don't wanna go through it again.

Here's the thing you can't always avoid hurt. And the very most important thing to know about hurt is that, you need to be able to handle whatever comes your way. So if you're afraid of being hurt you have to do some inner work so that you can absolutely handle it, you know you can handle it. You don't avoid love because you're afraid of getting hurt.

That's not who you are anymore.

Okay so number one:

Safety: Being safe. It's really important to, either meet in a public place for your first meeting -- I know a lot of people are doing internet dating and you know I tell people I think internet dating is absolutely fine. I just think you need to be smart.

And it's a little different than when a friend matches you up with somebody else. When a friend is matching you up, you already have sort of a good reference for this person. You don't think that they're gonna be a rapist, or an axe murderer kinda person right? Well, in internet dating you don't know who is on the other side. So your first date is always in a public place. And another part of safety is not jumping in too fast.

So we're talking about -- there's physical safety and then there's emotional safety. And I have a lot of friends and clients that I've worked with over the years, who have fallen in love; I mean they're ready to give up their life for someone they haven't even met yet. So those are people I love to work with because it makes a big difference in their life when they can see what it is they're doing.

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But you could actually fall in love with people's words. You know you have that whole anonymity thing going on on the internet. And people are very poetic, they're very manipulative, they're very convincing, with their words.

So you just need to give you. You just have to be safe, and give it time, and not fall in love with someone you don't know.

Okay which leads us right in to number two, which is:

Making Wise Choices: And that is doing research, not rushing in, being what I call "the chooser". Instead of like, *oh, oh, oh, he likes me so much he must be the one!* No, no, no, no, no. You get to choose. You don't decide to be with somebody just because they wanna be with you. That's not enough.

One of the ways to do this is to get to know their friends, even their exes. And I always recommend to people -- okay this is the lawyer part in me, is to get online and do some research. I mean if this person's in the same town as you are, go down to the courthouse and see if there are any cases against them. If they've been through a divorce you can go down and look at all that paperwork and see how much they were fighting, how reasonable or unreasonable they are.

I mean you can tell a lot about a person who's going through a horrible situation like a divorce. I mean that really is the worst time in somebody's life, is going through a divorce.

So you want to do all your research. I love the idea of asking their exes about them. I know a lot of people don't do that, but I've done that before. I actually think it's a really good thing to do. Because you're just getting one person's side of it and sometimes the exes have a lot of insight into who this person is.

Now, if it's been more than 10 years I wouldn't necessarily ask because everybody has changed. You know everybody's grown and changed, and hopefully has modified their behavior. But when you see a red flag especially, so a red flag is like you see them getting angry for no reason, or if they get explosive, or they drink too much, or they treat the waitresses bad in a restaurant that's a red flag. And you need to not ignore it, but you need to tell someone about it. Tell a friend about it and then try to find their exes and find out if there's something about that red flag you need to know about.

So if you're seeing for example, and anger problem on the first few dates with someone, you need to find out if there's been any abuse in that person's life, if they've been an abuser.

So again, do your research. In some cases you can find out legal research online, (UI)

Disc #2: Manifesting Your Special Partner

the investigator, it is your life! You are allowed to do that, you have every right to do that and anyone who would be mad at you for doing that, again, is not *the one*.

If you're worried what they're gonna think of you then you're back in that *Scarcity* mode. Right? You're back in that, *oh my God; he's the one, what if he gets mad at me for doing this research?*

Uh-unh. If that's the case he's not the one.

Okay number three is:

Really Knowing What it is You Want: Being really clear. I have my clients work on what's called "deal breakers". This is one of the best things you can ever do *before* you start dating. Not after you date someone, but before.

So for example, for me a deal breaker would be being with a smoker. I don't wanna be with a smoker so why start. Don't even bother starting a relationship with a smoker. In fact, I was at one point, with somebody who said they were quitting smoking. And I was like (sigh), *okay, this is my absolute deal breaker I don't wanna be with a smoker*. But they were quitting so I was like okay give 'em the benefit of the doubt, give 'em the benefit of the doubt.

So they're quitting and of course like a month into the relationship he's back smoking again. And he smells, and he stinks, and I don't wanna kiss him. It's like -- it's really the deal breaker for me. *So listen to your deal breaker.*

You know if it's somebody who drinks too much, who's an alcoholic, (UI) drugs, someone who has maybe ADD and its not treated, bi-polar that's not treated, that kinda stuff. Know what it is; know what your deal breakers are. If you don't wanna move from where you live that's a deal breaker. Don't date anybody that has one of your deal breakers where you're going to have to deal with it later on. Just decide that you're not gonna get involved at that point.

Number four is:

Creating Strong Boundaries: And again, staying clear and true to yourself. So, that's what we were just talking about with deal breakers. But there may be some other things. Like around strong boundaries. I love telling my clients that you teach people how to treat you right from the very beginning.

So if you are not a person who cooks meals for other people, you know you just like hate cooking for example, don't cook at the beginning. If you hate camping don't go camping with them at the beginning. I mean you have to tell someone, you have to be *honest* about who you *are*. There's so many people who aren't honest about who they are. They don't even realize they're doin' it. They're selling themselves short right from

The "I am Petrified to Date Again" Dating Package

the very beginning.

Have you heard your friends, or have you said before, things like *I lost myself*. You know I'm going through a divorce or a break-up and they say something like, *I lost myself*?

Well, that's what happens right at the very beginning of a relationship. You start actually losing yourself.

So we're number five. So number five is:

That you believe what your friends or family tell you, even if you did not see it. So as a divorce attorney I used to ask people, because I thought it was very interesting to know, whether their mothers or friends, family members, told them at the beginning that this person was not good for them. Didn't like them, didn't trust them for some reason? And I tell you, I think 80 to 90% of people said to me "yes".

You know when you get back into the dating world again, after you've already been hurt pretty bad, you do have a tendency to not trust yourself, to not trust your own judgment. And I always tell people your own intuition is best, you should trust your own judgment, and that's a good thing.

However, in this case, it's really good to get a second opinion. I *love* the idea of getting a second opinion. Of asking a friend to tell you honestly, right at the very beginning, because if you decide to ignore them and stay in that relationship, your friends aren't going to tell you anything later on down the road. Because they can see you're already with them, why cause trouble?

So believe. People who really love you believe what they have to say about this person that you're dating. Remember, at the very beginning when you're dating someone you have those rose-colored glasses on so you're not seeing them for what they really are.

Okay number six is:

Make sure that you have really, really forgiven your past partner and yourself for what you've done in past relationships that, really, you're not very proud of.

That was part of the test that I gave at the very beginning. And the reason to do that is so that you're not taking the baggage, which is actually the next part of this, you're not taking the baggage from your past relationship and using it as evidence to fight, or destroy, the person that you're with now.

So, this is one that I see over and over again. If you've had a partner in the past who has cheated on you and you haven't forgiven them, and you haven't forgiven yourself because you feel like a fool, you feel really stupid, you should've known better.

Disc #2: Manifesting Your Special Partner

And you're holding onto resentment and anger and hurt then you get into another relationship. You're going to be suspicious all the time, of that person. You're gonna be questioning them, you know *where were you, where did you go?* When they look at somebody else you're gonna be like *what are they looking at, why are they looking that way?* You're gonna be really obnoxious.

So you really wanna do the work that you need to do so that you can move on with your life in a really healthy way. So if you have *not* done the forgiveness work, go to my website, daretotranscend.com. I have a great 28-day Forgiveness Program on that website that we can start sending you. And also, in the transcending divorce book there's a very good forgiveness process that you can go through. And I think you'll really like it and it's just too useful.

Number seven is to:

Stop dumping on each other. Especially you know, on the new one who comes along and blaming them for the past, which is really what we were just talking about.

If you didn't do your forgiveness and you're still holding onto anger it feels *terrible* when somebody doesn't trust you and you've done absolutely nothing wrong, nothing to deserve that lack of trust. So you start feeling like a crazy person sometimes asking yourself, *what's going on here, why are they treating me like that?*

Well, the reason that they're treating you like that is because they haven't dealt with their past. So is that a red flag? Yes that is a red flag. So if that person hasn't done their work you need to not be with that person.

Okay number eight is to:

Not be a frog farmer. And we did talk about that earlier and being a frog farmer is somebody who has princes, they have great people coming into their life and all of a sudden their relationships turn bad. They get sour. After about six months or so it's just not working, it's not a good relationship and they're asking the question, *what is going on, why is this not a good relationship?*

The common denominator is you. So you have to look at what are you doing. Women, for example -- are you emasculating men? And then you turn around you don't like them anymore, or they're angry, or they're hurt, or they become weak and you can't respect 'em anymore because you've made them that way? So look at that.

Number nine:

Really working on avoiding the mistakes above that we were talking about in the very beginning. Making sure that you're not in that place of marketing yourself, selling yourself short, pretending to be something you're not. Thinking he's the only one and

The "I am Petrified to Date Again" Dating Package

that, if you don't get this person, or if you're not with this person, your life is going to end. It will not end.

And number 10 is really:

Using your support system. I'm always recommending that people really do have a very clear support system that you can use to ask questions. To see if you're seeing things the way other people see it.

It's funny; I don't know how many of you have seen the movie, *He's Just Not That Into You*. It was a book that had been written by I think, one of the producers or directors, or writers, of *Sex In The City*.

And, it was a great book. But the movie was fantastic and the movie really showed how women are I think women's worst enemies by not knowing that, what is right there, right in front of you, is the truth. So if somebody doesn't call, for example, you ask your girlfriend *is he gonna call?* And your girlfriend says *oh yes, of course, you're so great of course he's gonna call.*

But if he hasn't called he's not calling. He's not that into you. But you'll be waiting for him to call because you really think that he's going to call, for example. Or you'll start making excuses for why he didn't call and decide that you're gonna call him, because he must've lost your number, or something. And guys will tell you over and over again, if they *really, really, really, really* wanna go out with you there's nothing you can do to stop them from *trying* to call you, and to find you, and to go out with you. So, stop making excuses. And start seeing what is really, right there in front of you.

So, those are some things to help you to avoid hurt in the future. And feel pretty sure, pretty safe inside of yourself that, you can handle whatever comes your way.

I also wanted to let you know I've designed two different dating packages for people on the website, daretotranscend.com. You go to the link under "Relationship Coaching". And there's two different packages. There's one called *Partner for Life* package. Now it's only \$395.00 and its three full hours of one-on-one coaching, designed to help you really find the perfect mate for you, which is not the perfect mate for everybody, right?

So the coaching is specifically designed to help you gain the clarity of who you are, who you want, and the testing that we do in there is really whether you're ready for dating, identifying any of the gaps you have in being ready to date. We wanna fill those gaps, get you ready and then, once you're ready, there are eight laser-coaching sessions available. They're 15-minutes long, that's what a laser coaching session is. It's a short session.

And it'll help you, either before or after your date, to see -- you know the red flags and *I'm doing all these things and I'm getting ready for my date, should I be doing this or not?*

Disc #2: Manifesting Your Special Partner

So that I can help you sort of be calm before the date, get ready for the date not sell yourself short. Keep the boundaries up that you've developed. And I will even look at your dating ads for you; help you identify red flags after the date. And when you get home from your date, you can call me and then we can look at your deal breakers and look at what you discovered on your date. And see, if it fits or not. So that's one package.

And the *Dating Support* package, which is \$180.00, is when you already know, you're really clear, you already date. You've done all your personal growth work, you have that kind of clarity in the relationship world that you're seeking, but you need just some additional support.

So in that package it is the eight laser-coaching sessions, which are again, 15-minutes long that, you can use any time when you're going out there on a date. And additionally, for two months you can participate in half hour weekly group calls about dating. So we have that available and if you just want feedback on your ad, if you're a man or a woman, there's very different for men and women, what the feedback is that I give you on your ad that you placed.

We can talk about various sites, about dating sites, how much information to put on, what should you put on to attract somebody. I will charge \$75.00 an hour to help you do that.

So that is what is available to you. Again you go to www.daretotranscend.com. So under "Relationship Coaching" and I would be thrilled to help you find a new love in your life. You know somebody who is really good for you, not just somebody, but more of a spiritual partner kind of person.

I'm also a great ear obviously, for you, to help you deal with past hurt. You know if you just want regular one-on-one coaching so that you can do the forgiveness work, we can really talk about your past hurt. Vent them, get them out of your system so that, I can help you move on, I would be very glad to do that for you.

So I hope you enjoyed the show today. Again, this was *Dating Strategy: Don't Let Past Hurts Interfere with Your Future Happiness*.

The "I am Petrified to Date Again" Dating Package

(Music)

Lori Rubenstein: Hello this is Lori Rubenstein your Love Advice Coach. On this MP3 or CD, we're going to talk about creating the special partner list, which is a fabulous tool for manifesting the special partner that you want in your life.

After we talk about the list a little bit, what we're going to do is listen in on a couple classes that I taught where people were actually struggling with the issues on their list. You know they were trying to decide, do I put, for example, a good kisser as a requirement, or a need, or a want, on my list?

And you may be able to relate to some of the issues that they bring up. So listen closely to the class and have a great time creating your own special partner list.

So why do you do a list, why is that important? Well, it's very important because once you're finished with that list you need to actually use it. It is a wonderful tool for you to evaluate your current partner, or the person that you are dating.

So what you do is you come home after a date and you look at your list, and you look at the person that you just dated, because remember this is going to be the time that you're the most objective about that person in your entire relationship. So you'll get very clear about the list. I'm going to ask you, once you've done your list, to then share it with a friend of yours to see if you left anything out.

One of the best ways to actually start creating your list is to think about your past partners and get clear about what you liked about them. I mean it's really easy to go back and figure out what you didn't like about them, but I'm going to ask you to get clear about what you liked about 'em. From one man you might have liked that they were really generous. Another man might've been really fun. Another man might have been a really good listener. Someone else might've been really good at fixing things. In another relationship with someone else they might've been really honest and you liked the sense of self-responsibility that they took for their own actions. So those are the things you're going to get clear about.

In developing this list I used information from Barbara D'Angelis (ph) book *Are You The One For Me?* And information from the Relationship Coach Institute, and of course from my own experience.

So let's start out with the physical. What attracts you to him physically? Does he work out? Talk about maybe addictions that he has, how he dresses, how he looks, how he takes care of himself. I'm using *him* of course, men, how *she* looks, how she takes care of herself. And come up with a list of everything possible. See this is just brainstorming right now; you don't have to evaluate everything at this point, just brainstorm.

Disc #3: Dating Strategies and Traps You Want to Avoid

The second area you'll talk about is the emotional area. Feelings about that person, touching, commitment, are they sensitive, do they like to discuss things? Do they feel their feelings? Do you want a person who really likes talking about feelings? Put all that down.

The third area is social and hobbies. So are they fun, are they reliable, are they considerate, are they respectful? Do they like dancing, sports, you know really put down the things that you like. Are they into music?

The fourth area is intelligence and communication. Do you have like an education level that's important to you? Are they worldly? Do they need to have traveled? Do they speak their opinion?

The fifth area is professional and financial. Are they financially responsible? Do you have similar ways that you spend money? Are they honest about money, is there integrity, are they a spendthrift? Can they deal with you being a spendthrift?

The sixth area to concentrate on is the spiritual or personal growth area. So if that's important to you put that down. Is religion important, spirituality? Do they work on themselves?

Okay so those are the main areas. So I'd like you to put at least five items in each area. If you can put 10, put 10 that would be great.

Okay so obviously you're going to have to keep stopping this CD if you're listening to the CD alone. But if you have the workbook this is also in the workbook. So you can go to the list, there's a place for you to write right there, and you can list everything out.

So next, the thing that you're going to do is you're going to divide your list. You're going to divide it into requirements, needs, and wants. So absolutely this part is essential is to put an "r" next to each item that's an absolute requirement.

So, a requirement is a deal breaker. So for me, smoking or alcohol, or drug addictions are an absolute deal breaker. So if Brad Pitt came up to me and said *Oh, my God Lori, you are the love of my life I so wanna be with you*, but he smokes? I'm gonna have to say *nope I can't do it*. It's an absolute deal breaker.

And that's what you're going to look at when you come home from your first date. Does that person meet your requirements? If there's anything on your list that they don't meet and you know for sure they don't meet it, do not go out on another date. So I want you to do this list.

The next thing that you can do is look at the need. So a need is something that's like an issue comes up every time this issue comes up. So for example, you like to sleep

The "I am Petrified to Date Again" Dating Package

in in the morning and your partner is up at 5:00. It probably isn't a deal breaker, but if they wake you up when they wake up, it becomes an issue. So you might need somebody who is not a morning person for example.

And then there are the wants. The wants are sort of like the cherry on top. An example of a want is his kiss makes my heart melt, or it makes me go m-m-m-m. A want could be I want someone who's tall, or who can pick me up, who can lift me up. Those are examples of wants. It's not a deal breaker, it's not a need, but it's a want.

One of the questions people have often is, okay when I meet somebody how do I know that it's a deal, according to my list? And I like to say if you're 75 to 80% or more compatible according to your list then that is a very good sign and you should go forward with dating that person, or getting very involved with that person.

Now what I'd like you to do is leave your list alone for a day or so. Show it to a friend, come back to it, and add anything that you might have forgotten. You really want to work on this list. I actually, honestly, when I met my ex-husband, I worked on my list for about three months before I knew it was ready. And I put that list in, I knew it was ready, and the very next month I went to Israel and we were both volunteering together on an Army base. And fell in love, and we were married three months later -- not what I'm recommending to everybody. You know we tend to teach the things that we've needed to learn in the past.

Anyway, I would not not have that relationship for anything in the world. It was a wonderful relationship for me at the time and he met almost, my entire list. I'm telling you I had three pages and he met everything except for like two or three things. So I clearly got what I needed at the time, what the universe was sending me.

Okay so now that you're done with your list, please take the time to listen to the next section of the CD, or MP3 and hear what some people had to say in a classroom kinda situation, when they were talking about creating their special partner.

(Music)

Lori Rubenstein: Class just finished a discussion about why it's important to be a happy single person before you go looking for your special relationship.

So we were talking about how to figure out your life purpose, who you are, whadda you wanna do in your life, what kind of steps are you going to take to do that right now? So listen in and here's the rest of the class.

(Previously recorded)

Speaker: ... is being a happy single person right now, not waiting 'til *some day*. Or not saying you know I'm gonna wait until I have a man in my life, a love in my life, until I'm

Disc #3: Dating Strategies and Traps You Want to Avoid

happy. I just love the strength that comes out of that.

Now, who *are* you, who are you? What is your purpose? Know it, live it. And then it's like know it, live it and what are you gonna do about it? Yeah, what are you gonna do about it? Because we can write really fancy things. We can be in this class and we can get really clear about our list and not do anything about it. We can get clear about who we are, what is our vision, what is our mission, all those things and not do anything about it.

And, I mean it's nice, you know it's nice to sort of put that out there, it's nice to put that energy out there, but the action is where you're gonna really see the results. So, today we're gonna finish up by talking about your list, what you have on the list, what to do on the list.

So who did their homework, who has their list? Yay! Okay so let's talk 'em out -- you don't have to like memorize everything. What I love about doing it the way I designed it is that you not only come up with a list, but you come up with your deal breakers. And that's what's so important because this is where we get very confused when we see somebody who has a lot of the qualities we want, and he might just be so perfect in so many ways, except for one little area, like if you're a non-smoker, he smokes. Or let's say you're really clear that you don't want an alcoholic -- or what?

Good feet? (Laugh) You know I had good teeth on mine 'cause that's important to me. Yeah, some of men's feet are nasty, nasty.

So what I like again is that you get clear about your requirements and you get clear about your needs, and you get clear about your wants. So I wanna go over each one of those so that you're clear about what that is.

What do you want a man for, what do you want a man for?

(UI)

Lori Rubenstein: Right, sex once a week. (Unintelligible) three or four times a week (laugh). When you're in your 70's you're really happy.

Speaker: That's a deal breaker.

Lori Rubenstein: Yeah. Okay so we'll go back to the requirements and the needs and the wants. So the requirements are the absolute deal breakers. Like I was saying last week, if you have a deal breaker of he should not be an alcoholic, but he looks exactly like Brad Pitt and he has the money of Brad Pitt, that means you have to say *sorry, you're an alcoholic I don't wanna be with you.*

That's how strong a deal breaker is. There might only be one deal breaker, there may

The "I am Petrified to Date Again" Dating Package

be five, there might be 10. But certainly there shouldn't be a whole huge giant list of deal breakers.

A need is something that, it becomes an issue when it comes up. So for example a need might be something like generosity, or somebody who helps around the house. That might be a need, it's not a deal breaker but it becomes an issue when it shows up or doesn't show up. That's a need.

And then a want is like the cherry on the cake. And like a want would be something like *he's a great kisser* or *his kisses make me sigh*. That would be a want. Or *he earned at least \$80,000 a year*. That might be a want. He likes to travel that would be maybe a want.

It could be for some people a deal breaker. If he doesn't like to travel but you love to travel then you know that's a deal breaker. Or, it could be a need. So the same thing, let's say travel for one person could be a want, for one person could be a need, and for someone else it could be a deal breaker. So you have to know yourself well enough to be clear about what that is for you.

So let's talk about some of the areas that you came up with. So let's say physical, what do you want in a man, or a partner, physically?

Speaker: (UI) about three times a week and doesn't get overly passionate about working out not addicted to working out. And that he enjoys the process of it, and not (UI) the outcome.

Lori Rubenstein: Right so like he's not sort of egotistical about his muscles, but he takes good care of himself.

Speaker: Right.

Lori Rubenstein: And he's proud of it, but he's not like *ooh, ooh look at me*.

Speaker: But I have to catch myself, because I've gone through this process before. And now I'm really becoming aware and I said wait a minute, I'm not working out three times a week right now. And I don't have any muscle and I'm not taking proper care of myself to (UI). So I am (UI).

Speaker: Right and that is a perfect example of what we're talking about with the *Law of Attraction*. You know are you the person who will attract the person you want in your life? So if the *Law of Attraction* says like attracts like and you're never in the gym, it's unlikely you're gonna really meet somebody who's in the gym (laugh). If that's a big priority for you, where do you need to go to meet 'em? Go to a gym.

Lori Rubenstein: That's such a great example thank you. What's another example of a

Disc #3: Dating Strategies and Traps You Want to Avoid

physical want or desire?

Speaker: Awesome looking, masculine and big, not fat, works with his hands, a creator, has good hair, nice teeth, and smiles not (UI). Great voice, a cuteness, and sweetness. No slobs, slouch, or alcoholics. Rugged good looks. Just (UI) self-care but not vain.

So, I mean all that's important to me I have "r's" next to everything.

Lori Rubenstein: You have "r's" next to everything?

Speaker: I didn't write anything down that wasn't a positive asset and they're all requirements (UI).

Lori Rubenstein: They're all requirements for you, okay those were your requirements, too, and then we're gonna talk about these two together. Just the physical.

Speaker: Handsome with dimples, trim body, broad shoulders, physically, mentally, and emotionally healthy. Equal to or greater than, six foot tall, with a full set of his own white teeth. Good hygiene, well-groomed, dresses well, sexy, virile, good lover, wants to please me, 40 to 50 years old. Full head of his own hair, clean-shaven, physically active, energetic...

Lori Rubenstein: I'm so pleased that the two of you went, because I'm gonna say something that's gonna sound harsh.

Now in the universe you can look at it and say *okay well the universe can bring me whatever I want and this is what I want so this is what I'm putting out there*. What I can say is my real strong gut reaction is this is why you're not with anybody.

I don't like when someone says you're too picky. You should be able to be picky but it's just beyond, like saying dimples, they must have dimples. Well, what percentage of the population has dimples to begin with? And a really great guy could come along who doesn't have dimples. And is that really a requirement that's really a deal breaker?

I could see these all being wants and desires, but is that really a deal breaker? And then here's another harsh thing, when you're nearing 60 there aren't a whole lot of men out there who are even over 50, who have a full head of hair. So you can have that be a requirement but to know that, you're just making it harder and harder on yourself to do that.

And I know I mean it's perfectly plain, you'll say *this is what I want so I'm gonna get what I want*. And this one here is like such a manifestor you would not believe it. But if anyone's gonna manifest it she's gonna do it (laughter). So I'll be eating my words one of these days.

The "I am Petrified to Date Again" Dating Package

Speaker: I'm trying to think about really what I would like to manifest and the perfect kind of a person. Is it blocking my energy if I'm going out with people who are not like this, but are like -- not Mr. Right but Mr. Right now? Does that block the energy to get the right person if I'm with other people?

Lori Rubenstein: My belief is yes it does. Where's the proof or the science behind it, I don't really have that. But if you're spending your time with one person then your focus is really not meeting the person that you wanna meet. And it's perfectly fine to say *I'm taking six months off from my search for Mr. Right and I'm just gonna fool around.* That is perfectly legitimate to do, just know that you're doing it. Don't kid yourself and say *I'm gonna be with him right now and when Mr. Right comes along I'll move over to Mr. Right.*

Speaker: Well, then the other thing are you (UI) on your list?

Speaker: You mean love and attraction and the way I am to what I wanna manifest? I am in other qualities which I have.

Speaker: Well, I could say sexy, ruddy good looks but that doesn't mean that I have sexy, ruddy good looks.

Lori Rubenstein: But you do. I mean it's not real rugged, but you know you're an outdoor girl. You work hard, you know you do the horses, you do the animals, you are, you're in really good shape.

Speaker: Yep and that's on my list, I need someone who works with their hands, someone really creative, someone who (UI) someone adventurous and all the things that I am.

Lori Rubenstein: I agree I totally think you are.

Speaker: So (UI) your opinion because (UI) I didn't write one physical type like they did. But I didn't say like height, or hair, or --

Lori Rubenstein: That's probably good, what did you say?

Speaker: Well, I just had I guess the other things like a social drinker but not a heavy drinker and fairly neat and clean person, and non-smoker, and no drugs except maybe occasional (UI).

Lori Rubenstein: Yes and I don't recommend getting too specific. What I do recommend is sort of like somehow the qualities and how it makes you feel. And so like for me -- first of all I know teeth are important to me, really important to me. And so I had that on my list, nice teeth.

Disc #3: Dating Strategies and Traps You Want to Avoid

What is most important to me is that they are good looking to me. I don't care about height, hair, body shape, I don't care about any of that, as long as to me, I like it. And that's where chemistry comes in right? You know my boyfriend can walk into the room, a lot of you know him, and you're not gonna look at him and go *oooh --ah-h-h-h*. You know he's a nerdy engineer. I look at him and I adore him and I think he is so handsome and so gorgeous and has the best body. I mean all that stuff but like it's to me.

You know that's how that works is what is it gonna be like for you.

Okay so let's move from physical. Emotional, feelings, touching, commitment, sensitivity, what kind of emotional state? Like some women like a guy who shows emotions, some women don't. What do you like?

Speaker: An excellent communicator and someone that likes to touch and be touched. Understands that feelings just are and (UI) to talk about. And then of course as I said (UI).

Speaker: (UI).

Lori Rubenstein: It's a good thing (laughter).

Speaker: My late husband we had such a wonderful relationship in being able to talk about (UI). (UI) I offered he turned it down. I offered, I really didn't like that. (UI). But it wasn't much fun for me.

Lori Rubenstein: (Laughter) that's right we want fun.

Speaker: Everything is important. A man who values me and what a committed relationship means. A partner in daily life, a man who has integrity, compassion, sensitive, with a sense of adventure, who is very respectful, helpful, and motivated. Easy to talk to, complimentary, generous and (UI).

Lori Rubenstein: Those are great things and they can be important. Maybe thinking about moving some of them more to the area of needs rather than the area of requirements.

Let's say he had all these things, but he just wasn't that helpful. Would you toss him aside?

Speaker: Well, if he wasn't helpful he would be what lazy maybe?

Lori Rubenstein: He could be lazy, but he could also just be like I did all my work all day long, I can't come home and do... blah, blah, blah. Does it become an issue or is it

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a "we can't be together"?

Speaker: It's doing stuff together that we can get done. That's what (UI) a partner in my life, and I have lots of stuff I do all day. So someone could be doing some of those things and being helpful instead of saying *I don't wanna do it, I'm tired, I've been working all day.*

Lori Rubenstein: Doesn't work.

Speaker: Doesn't work.

Lori Rubenstein: Okay.

Speaker: Well, are you looking for a business partner?

Speaker: Nope cowboy. Yeah, didn't put cowboy down, didn't put boots, I wasn't that specific.

Speaker: Okay whatever's (UI) hair.

Lori Rubenstein: (Laughter).

Speaker: (UI) Their picture's on their profiles on these match sites if they're bald I won't even continue reading.

Lori Rubenstein: I mean I'm just gonna say you might be missing out on someone really terrific.

Speaker: There's a lot of (UI) out there with good personalities, but I look at the picture.

Speaker: But I was on match.com and I was on (UI) and I don't think guys know how to take photos that really compliment them. They don't really know how to make themselves look good on those (UI).

Speaker: (UI) can go click, click, click, then do a (UI).

Speaker: (UI) in the sunglasses.

Speaker: Right like a Wanted poster.

Lori Rubenstein: Yeah, I know, you'll see them with sunglasses on and it's like the first thing women are looking at is your eyes come on.

Speaker: Those photos and stuff don't really compliment that. I've been there (UI)

Disc #3: Dating Strategies and Traps You Want to Avoid

and it's one solid chunk of words with no basis. And a lot of men do that. And they think if you want to (UI) you know you need a better picture, you need (UI) words.

Lori Rubenstein: I did actually give a man feedback on his site once.

Speaker: (UI) on the patio. And it wasn't a Blu tooth 'cause they weren't around then, but he had his cell phone rang. He said, not even, excuse me and (UI) and he walked around the courtyard like he was (UI). And he came back and I was (UI) it ain't gonna work like this. That's a deal breaker.

Speaker: It is!

Speaker: It's impolite and rude.

Speaker: Yeah and I can see where you're coming from. But what I would like to propose is that guys are needing to be and wanting to be, trained how to act. They have no clue --

Lori Rubenstein: If they don't know how to act by age 50, next. We're not their mothers and we don't wanna be training them.

Speaker: (UI).

Speaker: (UI) problem and I always wanna take care and help them.

Lori Rubenstein: I see my 18-year old daughter doing the exact same thing. You know she has someone that she's in love with their potential and she sees what they can be. And a lot of them could be way better with a woman like us behind them. No, it doesn't ever work that way.

I think above age 30 they are who they are.

Speaker: I had to do the same thing with my son's (UI) which was really cute. But it had a comentation on (UI). He's 23 and I wrote him back and I said to him I find this offensive, it (UI) the *Law of Attraction*. If you're going to attract a woman in your life that you wan (UI) you gotta knock that off. That is not acceptable.

Lori Rubenstein: Which is the perfect thing for a mother to say to her son, but not for a girlfriend to have to say to her boyfriend.

Speaker: No, but the mom's need to say it.

Lori Rubenstein: Yeah we need to teach our sons. Okay social and hobbies. Social and hobbies are like you know that they're fun, are they reliable, are they considerate, respectful? Do they like dancing, sports, what are you looking for?

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Speaker: Dancing.

Speaker: Someone that can hold their own if we go to a party. (UI) totally comfortable and talk to people and me feel comfortable the times we're both just workin' the party.

Lori Rubenstein: Yeah so they're not jealous and hanging onto you, but they can socially be out there?

Speaker: Yeah and I put likes to be around other people and has his own friends and hobbies.

Speaker: Absolutely.

Lori Rubenstein: That is so good though this is such a great learning tool.

Speaker: A creator, artist, woodworker, builder, who's fun and reliable. Honorable, respectful, motivated, exciting. Who enjoys and is a good dancer, likes to see bands, is able to relax, enjoys cooking and dinners, loves the outdoors and animals.

Lori Rubenstein: And all they all requirements?

Speaker: Something similar to what I like, and do, and can admire, or someone I can learn something from.

Speaker: Lori, what (UI) think about the idea of (UI)?

Lori Rubenstein: There's two views on it, one is opposites attract and the compliment each other. So together, because you have such differences, you make a really great strong team. The trick is do you respect each other's differences?

That's where you get into trouble, that's where divorces happen, that's where issues over money comes up, sex -- those are two big deal breakers. So do you respect each other even though you're so different? Can you really look at it and admire the other person? And together, as a team, you know just do anything because you have all the bases covered?

The other way to look at it is you know we're so much alike, for people who are really alike, so you're looking for someone who's a lot like you in that way, as a team, we see the world the same. The problem with that way of looking at it, too, is that there are expectations that they're going to think like you do, because you're so much alike.

Let's say you're so sure you're so much alike and you get to election time. And you know you're a Democrat and he's a Republican but you never even talked about that, because you have so much in common you just assume that, he's gonna be a Democrat

Disc #3: Dating Strategies and Traps You Want to Avoid

like you are. And you get into this huge fight because like *how can he even think that way?* Because he thinks like I do in all these other ways, how can that be?

So there are pros and cons with both ways, with both kinds of relationships. There's no right and there's no wrong, and there's no rules about it. It really is -- what is your experience going to be? You know what is your personal growth gonna be like with this person?

And then you're with someone that you think is just like you and you change, or they change, you grow in a different way. And then the relationship goes like, *oh my God, oh my God, you know I thought you were gonna do this your whole life. And what do you mean you wanna quit your job and become a writer? What's gonna happen to us? You said you were gonna support me forever?*

So there's no sure things right? Okay let's continue with intellectual communication. Like education, worldliness, again, talking about feelings, opinions, what did you put for that?

Speaker: The first (UI) husband was all the things I wasn't getting in a relationship. So I did the opposite of all that, because I couldn't think what did I want, what did I want. But I realized what I wasn't getting. And he had everything on my list, except he didn't like to talk on the phone.

Speaker: (UI) giving me ideas like well what do I really want? And (UI) that guy

Lori Rubenstein: And sometimes it is good to get really clear about what you don't want. That's the class that I'm gonna do in June, is writing your emotional want ad for all the losers you've always gotten in your life. And it's a really fun way of looking at, what did you always get, what did you always attract? And then you can start looking, like you said, at the opposites.

Another really good way though, to come up with this list is to write out your favorite things about all the men in your life. Like I can look at both my husbands who are so different and really go through and say *what did I really like about each one?* You know what did I really appreciate about each one?

Speaker: I (UI) attracting your next mate 'cause then you can pick and choose what you like from each person and combine.

Lori Rubenstein: And combine it that's right. 'Cause I would like the best out of all my exes together you know that would be a good thing.

Okay so what else for the intellectual communication part.

Speaker: I don't care about education that much and worldliness. I'm simple, is true

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to his word, smart, sense of humor, does his best. Friendly, charismatic, smart and helpful.

Lori Rubenstein: That's good and all requirements right?

Speaker: Yes (UI).

Speaker: Have you ever done like personality testing or anything 'cause everybody's like different in their personality, too? That everybody's got a different personality type and that's what she's looking for.

Lori Rubenstein: Yeah you can look at the Anagram, too, and go that way and try to figure out like who would be best to go with you.

Speaker: I think the biggest difference is the visual/auditory kinesthetic. Because it was so interesting, with my late husband he was totally visual and auditory was his lowest. And I'm totally auditory and visual was my lowest. And because I understood this, we got into a fight one night when I asked him to do something on the computer that I thought was simple. Like change the heading from xyz, to pqr. Couldn't understand what I wanted.

And we got into this big fight and he walked out of the room. And then I said oh this is that visual/auditory thing going on. That's all this is.

Wrote down what I wanted, brought it in and he could do it. So then I knew if it was something that I really needed him to understand I needed to write it down for him. And that's one of the biggest places where you could just --

Speaker: Totally bypass --

Lori Rubenstein: Yes, yes and I totally agree I'm so glad you brought that up, because as we're doing this e-Harmony stuff that is such a -- is it a visual thing? It's not tactile --

Speaker: No.

Lori Rubenstein: -- and it's not auditory so it's a little bit of visual but it's not the way I usually operate. I'm a very tactile, kinesthetic --

Speaker: Kinesthetic is tactile.

Lori Rubenstein: Okay.

Speaker: Visual, auditory and kinesthetic are the three styles and the kinesthetic is the tactile one. Now you (UI) that can give (UI).

Disc #3: Dating Strategies and Traps You Want to Avoid

Lori Rubenstein: Oh, that would be a neat thing to pass around.

(Music)

Lori Rubenstein: Well, I really hope that you enjoyed listening to the class and listening to participants struggle and go through the analysis that it takes to decide whether something should be a requirement, a need, or a want.

I want to point out a few things about the class and about the discussion. So it's my opinion, it's only an opinion again that, the requirements on your list should be fairly short. And by short I mean under 15 requirements. And remember those requirements are deal breakers.

So for example, there was someone in the class who was nearing 60. And she had full head of hair; you know very virile, dimples, handsome, six foot four, whatever those kind of requirements are, may be unrealistic.

Now, on the other hand, you really want that don't you? It may be something that might be a real deal breaker for you if you don't get it. So what do you do about that? I don't wanna discourage you from putting that down on your list because I know that that is something that's really important to you. Put it on your list put it under wants. You know say to the universe, *you know I really want this*. But as you know -- I mean I talked about this a little bit in the class, too, what is really important is that, they are attractive to you that you find them attractive.

So if you really have never found a man attractive in your whole entire life, who did not have a dimple okay fine, put the dimple there. But I'm asking you to be realistic, at the same time being clear about what your wants really are.

I wanted to share with you some of the requirements, needs, and wants, from my own personal list. The reason I'm doing this is because I worked a long time on the list. I'm not saying at all that these things are items that should be on *your* list, because as I said earlier everyone is different. But I wanted to give you a clearer sense of what should be in each particular area of the list.

So for example, under Requirements, in addition to talking about the partner that I want, I talked more in my own list, about the characteristics of the relationship. So for example, under Requirements I have trust. Now, trust is really broad, trust can mean different things to different people. But for me, trust meant, and I wrote this down, "I can be vulnerable with him; I trust him and myself to be lovingly present in the relationship."

I wrote under confidence, "We both feel confident in the relationship". And yes, as you heard through the class, I wrote, "He has nice looking teeth and deep, soulful eyes." For me, I wrote in parenthesis (this means chemistry). So I wanna look into his eyes and

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absolutely melt into his eyes. That doesn't mean his eyes need to be a particular color, or particular shape. I have down, "He does not smoke, he has no serious addiction". I have, "We make each other laugh, there is lightheartedness in the relationship."

I think that's really important. So I'm not saying 'he has a great sense of humor' or, 'I find him hysterical', what I mean by that is that it's a lighthearted relationship. So it's not real heavy duty, he's not depressed, I'm not depressed, we're not worrying about things all the time. We're both really pretty happy people. That's so important to me.

I also have, "He's clean and has good hygiene" that's important to me. And that we both want a committed lifelong partnership that's important to me.

So what is a need? Again, I said a need is an issue that comes up when it's not met. So I have, for example, "He is generous with me", so you know if he's not generous with me it may become an issue, we might have a discussion about it, we might have an argument about it, I don't know. But it will be an issue when I feel like someone's not being generous with me.

Another need is that he loves self-growth and we both support each other's personal growth. That's important to me, but is not a deal breaker.

Another example of a need is we respect each other's need to be left alone, for time alone. So for example, if I say *I need an hour or two to get some work done*. And he pouts every time I say that, or he tries to talk me out of it on a regular basis that is going to be an issue and we're probably going to have an important discussion about that issue. Okay so that's what a need is.

And then wants, as I discussed earlier are you know "his kiss makes me sigh, lovemaking is (UI), spiritual, exciting, passionate. He's a smart, creative, businessperson. He loves to travel. He has common sense. He likes to dance. He knows how to fix things." So those are examples for me, of wants.

So, I wanted to share that with you just so that you can get clear about your own requirements, your own needs, and your own wants. So in the *Conscious Relationship* book you have plenty of room to write, you have good suggestions in there. So, come up with your list and I am so looking forward to hearing about your successes as you create your list.

(Music)

Disc #4: Watch Out for those Red Flags!

Watch Out For Red Flags

(Music)

Lori Rubenstein: Hi, this is Lori Rubenstein your Love Advice Coach. And we're back to talk about red flags.

I wanted to give you an example of a red flag and something that, wow, it just really sticks out in my life. And it's such a lifelong lesson so I just wanted to share a personal experience with you.

When I was 25 I started dating my first husband. And he was still married and he had two children. And we ended up all living in the same house together. It's a long story how that happened, but I basically had the basement to this house and he and his wife, and his kids had the upstairs. And after about six months or so we really were falling in love with each other and we started getting together. And he said to me *well, we're separating, we're not gonna stay together*, talking about his ex-wife.

Now, I actually wrote in my journal *once a cheater always a cheater*, but then I wrote all the stuff about how he would never have done that if he didn't love me so much. And we're so meant to be together, and we're so much better together than he is with his now, ex-wife, also.

And you know I started making all those excuses in my head and even on paper, about why he was acting out of integrity, why he was not the person I thought he was.

So fast-forward to 10 years later. And now, I mean of course at 25 I was sort of in la-la land, I mean I didn't really know about red flags. But I certainly knew enough to say things like *once a cheater always a cheater* in my journal and it's there for posterity.

So 10 years later he cheats on me, or I find out that he's been cheating on me. And I'm like out of my mind shocked. You know like *how could this have happened?* And what I have to say to you is DUH! Really, I knew it when I went into that relationship and I ignored it.

I made excuses for it. I shut my eyes, I looked the other way, I did all the things that all of us have done it from time to time.

So here's the deal at the time I did not know about red flags, I didn't even know what that term was. But I did know that what was happening was wrong. Yet, I thought that I knew better.

Well, what is a red flag? A red flag is something that someone does or says that sends a signal to you that something is not quite right. You know sort of like the flag sends the signal for the race to begin, or for the bull to come forward? That red flag is out there.

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These dating red flags may suggest that there are issues that are worth your consideration before. And I want you to note that word *before* for pursuing any kind of meaningful relationship.

And what this means is before you sleep with him, especially for those of you who are in your 30's, 40's, 50's, 60's, and 70's, because you know that you get hooked when you sleep with somebody. And the rose-colored glasses come on and all of a sudden you're madly in love and you don't even know the person.

So, you'll requirements, your absolute deal breakers and with getting clarity about the red flags before you sleep with him, before you move in with him, before you make a baby with him, and before you get married. And I have to say you know, I might be sounding a little bit sexist, I can hear myself talking about him, him, him, him, him, but I'm a woman so I relate to this when I'm looking at the men in my life.

You cannot find your soul mate or your spiritual partner if you're busy with the wrong partner. I wanna make sure you heard that okay? If you're with someone who really doesn't work for you and you're with them because you're lonely, you don't wanna be alone then know that the real Conscious Partnership that you want, will not come your way.

You now it's like clearing out the clutter, you have to get rid of the wrong partner in order to find the right partner.

One of the most important things you can do is notice if there's any inconsistency in what they say and what they do. That's really important to note. And if you keep picking the wrong person over and over again, like you keep picking somebody who cheats on you, or you keep picking somebody who's abusive, then you know that you need the help of a professional. Like a relationship coach so that, you can become the person who you wanna be, who will attract the person that you want in your life.

The best time for somebody to really work on their issues is outside of a relationship. So then you know that you're really doing it for you, you're not doing it for somebody else.

Expecting a partner to change is a deadly desire it is really a no-win situation. So don't enter the relationship where you say, *okay well they smoke now but they say that they're gonna quit. And I'm sure he's gonna quit for me so I'll stay with him, because he'll quit eventually anyways because he'll wanna do that for me.* Un-unh. That's just not going to work.

If he does change and he's only doing it for you chances are he'll revert back the moment you let up on him. And he'll only resent you the whole time that you're trying to get him to change so it's not worth it. If he wanted to change a particular behavior

Disc #4: Watch Out for those Red Flags!

he would have done it already.

And you know I wanna say this especially for women in their 40's and 50's, primarily because that's the age group I work with most frequently. So I know the most about this age group.

Men who are in their 40's, 50's and 60's have already been with other women who have tried to change them. They've already been with other women who have given them the litany of all the things that are wrong with them and all the reasons that they should change. So if they haven't made those changes there's a reason for that.

I went out with this guy a few weeks ago and we were eating dinner. And I was watching him eat. And every single bite he took his mouth was wide open, he was chewing -- and it was like an entire half an hour of watching the food in his mouth.

And I remember being so amazed like didn't anybody tell him that he should chew with his mouth closed? Well, you know he's in his mid-40's I know that there are people who have tried to tell him not to eat like that.

So it was one of those annoying habits that I knew would not be fun to be with on a regular basis.

Okay so, are you ready for red flags? Here is a list of my top 20 red flags.

Number one, this may not be a red flag for everybody, might be a red flag for only some people. But number one: *The person smells like liquor, drugs or tobacco and you have a requirement not to date someone who is on those substances?*

Here's what I would recommend for that. So you go out with somebody and you know the scent, you probably have smelled this before. Like that old beer smell on their breath. And sometimes people have that because they drank the day before and they still sort of smell like that the next day. You know it could be just somebody had a beer the night before and it's not a big deal.

So you can ask questions about it, but don't rely on their description of their drinking habits or any other addictive substance. Remember if your date is an addict their judgment may be impaired and they're probably in denial about how much they drink or use drugs.

First of all when you love somebody who has an addiction you're basically in what's called like a love triangle. It's you, your partner, and whatever the addiction is. It's impossible to feel truly loved by your partner when they put an addiction above you. And I'm assuming that you want a love in a big way, not in a small way.

So you might be with somebody who has had chemical dependencies in the past and

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if that's the case, some addicts replace one addiction with another. For example, might be alcohol yesterday, but today now it's porn. So I do wanna know that this is really different than the person who has been clean and sober for the last 8 or 10+ years. You know the person who has worked the program. The person who had been actively involved in their recovery for many years.

I'm not talking about that kind of person, I'm talking about the person that you see in front of you who says that they don't drink and they're taking a drink. I had this good girlfriend who kept attracting alcoholics in her life. And she would tell me that she's not gonna go out with anyone who's a drinker. And then she would go to bars to meet men. And now she's living with somebody who is a drinker. And he was supposed to be quitting, I don't know if he quit or not, maybe he did. But it was sort of the same pattern over and over again of being attractive to alcoholics.

So there's something attractive about that for some people. You know it might be that they're fun. A lot of alcoholics are fun, some are dangerous, and mean, and grouchy, but some are really fun, and the life of the party. And it's easy to laugh with them and they're sort of free spirits and they dance. So you know you might be attracted to that part of an alcoholic.

Just get clear you know, if this is a requirement of yours that you don't want someone with a drinking problem and Brad Pitt or George Clooney walks into your life and they're drinking a number of beers, or any drink, at dinner, say no thank you and say next. Don't act desperate by ignoring your own requirements.

Number two: *The person is disrespectful or abusive to others.* In the early stages of dating your partner may treat you like a queen, or for men your partner may treat you like a king. Well, he or she is trying to impress you. But not their behaviors to others. This is what I said earlier about how do they treat the waiter, or waitress in the restaurant? Are they rude, do they describe other people in derogatory terms? You will certainly be their target once they let their guard down, so get out before you become the target.

Number three the *person that you're going out with acts like he's victimized by all of his past partners.* He may say awful things about his ex, complains about her, talks about her constantly, maybe he's obsessed with her. You might even get the idea that he stalks her, keeps track of her, tries to control her.

Does he ask his kids question about her, or does she ask questions about him? Is there still resentment and sort of a sense of wanting to retaliate against the ex? Does he refer to her in derogatory terms like "that bitch". If you're with somebody who has like a litany of stories about their ex and how they were screwed over by them, you know that this is a major red flag.

Which actually leads us into the fourth red flag. And that is *the person blames other*

Disc #4: Watch Out for those Red Flags!

people for their problems. These are individuals who can't take ownership of their problems and they're really entrenched in the victim's status. They'll eventually start blaming you for their problems, too.

Worse yet, there's like no hope at all of improving the situation since they won't acknowledge their part in a problem or a conflict. They might refuse to take responsibility for their part of a problem. And that is a pretty unattractive trait to have in a partner. It makes it really hard to work on a relationship when one person thinks that they're absolutely perfect and nothing that they can or want to do, to change, even if it is to help the relationship.

These people might also show other signs so this might click it off for you. They might be sarcastic, there might be a lot of anger, or sort of a lot of put downs, talking poorly about other people. Just notice that.

Number five, a big red flag, *a person cheats, lies or manipulates.* What they say and what they do are not consistent. So look for that. Honesty is really a foundation of trust. And trust is the real key to intimacy. So my advice is run as fast as you can from somebody who lies and cheats, even if you know that they're doing it with other people and you think *oh they won't do it with me.* Un-uh, you will eventually become the person who is lied to, or cheated upon, or manipulated.

Of course there are some people who are psychopathic liars. They're very good at this, they're very charming and very manipulative so be aware and be smart. I once worked with some clients going through mediation. The husband was incredibly, incredibly handsome and charming, and funny, and just a great guy. I mean everybody would wanna be around this kinda guy.

It turned out; you can only find out from the credit report what he was really doing with his life. So he was taking money and he was buying homes, he was just spending a ton of money without telling the wife about it. And she never would've know if I didn't say, "Go get a credit report, something sounds fishy here."

Number six, *the person has a history of many sexual partners and relationships.* Now, of course you know, when you get older, you know you have a history. You've been through having many relationships, and many partners. But it can also spell trouble on a number of different fronts.

And so it's not like *oh you slept with 20 people I'm out of here.* I'm not saying that at all. But I am saying you need to be aware of this. So one thing is you might be increasing your odds of acquiring an STD or an STI, so you wanna find that out. Another thing is be aware people with many short-term relationships like those one to two years, because you could get really hooked into it, think that a marriage proposal is coming, but it never comes. Because your date, remember they're only a date at this point, has demonstrated their inability to commit to one person, especially through difficult times

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and over the long haul.

Here's another one, number seven *the person has a white ring line or an indentation about the ring finger area*. So you wanna sort of be on alert for people who are married, who are maybe pretending that they're not married. That's an obvious one, right? The other ones might be they don't let you come to their house or their home, or they can only be reached by cell phone or beeper. They don't like to be seen in very public places with you, and you never get to meet their family. Those are big red flags to look for.

Another red flag is *the person gets attached, or they fall in love way too quickly*. So people who really jump quickly into a relationship, with both feet, before their brain kicks in, may be looking for someone to rescue them from their problems. Be sure to assess their motivation for rushing into a relationship. For example are they a single parent, who are desperately looking for another parent to help them deal with their problem child?

Are they heavily in debt and looking for a sugar daddy or a sugar mommy? Are they depressed and sad and they're looking for someone else to make them happy? It could also mean that they are an obsessive, or jealous, person and you need to watch out for that. See if they're trying to manipulate too much of your time at the very beginning in an unhealthy kind of way.

And we all wanna be with somebody that we're falling in love with all the time, especially at the beginning of a relationship. If they don't respect your need to be with your kids, or your family, or friends.

Number nine is that *the person does not want to help with simple chores*. So somebody who pouts when you ask them to do something for you like help clear the table, or take out the trash, is likely to view you as a maid, or hired help, rather than as a partner. So in the long run you may end up resenting that person.

Also, if you stay with that person, you may become like a parent to their child and you don't want another child.

So number 10 is *the person avoids discussing his or her past*. Sometimes a person who doesn't talk about their past is actually hiding something, like a criminal background, a wife or a husband they never got around to divorcing, children they gave up for adoption, etcetera. This is definitely the attorney part coming out in me.

But I do a criminal background check before I get too involved with somebody because you really never know what you might find.

Number 11, *the person has money issues that are very different from your own money style and that makes you uncomfortable*. So just notice whether the person you're dating

Disc #4: Watch Out for those Red Flags!

complains about money, are they generous with money, are they cheap with money, do they throw money around? It's not to say that any one way of handling money is good or bad, but you have to know your own style and whether or not their style fits with your style.

Remember, no matter how much you love somebody, there are still 50% of those people who are in love and getting married today, getting divorced. And the number one issue is what, money? It's not necessarily about how much money someone has, it has a lot more to do with again, what we call the money style and how they spend or not spend.

And I'm gonna give you an example of that. My last boyfriend had a lot of money. He did not spend it. He would say he is extremely frugal. So everything in his house he bought in 1983, when he graduated from college and went out on his own. He has not bought anything basically since 1983, because everything is still functional.

We have in our society what's called perceived obsolescence, you know that something is out of style or out-of-date so we need new things. And I will tell you, you know, as a woman I have totally fallen into that. I mean how many pairs of shoes does somebody really need?

Well, it's something that would make him crazy. You know what do you mean you're gonna buy shoes? You have 30 pairs of shoes in your closet, that doesn't make any sense to somebody like that. So you can see, even though I'm not a spendthrift at all type of person, just spending money on something I like for the sake of getting it because I like it, is not a good reason for him. And that really caused a lot of problems in our relationship.

I'm always gonna let you know stories about my own life, again, whenever they're instructive. Again, with him, absolutely no issues, not mad about anything. Just used the example as instruction.

Number 12, *the person still lives with their parents*. So adults living with their parents, except for a very temporary or extenuating circumstances, could show a lack of responsibility and lack of maturity to live on their own. There is nothing that is going to take the love and romance out of a relationship faster than you feeling like you are your partner's mother or father.

You know are they looking for someone else to take care of them and then they will leave mom or dad's house. If that's your situation run away fast. I will tell you that, with my second husband, he was living at home on his mother's property; he wasn't living in the house he was living basically in a little tiny outbuilding on her property. And I absolutely felt like his mother during a big part of the relationship.

It was very frustrating for me. I guess I told myself, instead of seeing this as a huge

The "I am Petrified to Date Again" Dating Package

red flag, I told myself *well it make financial sense. Why go out and pay money for a place when there's a perfectly good place sitting right here?* And that, he was so sweet and generous that he was there to really help his mom out. And he did help his mom but anyway I didn't see the reality of the situation so I'm hoping that you do.

Number 13, *passive aggressive or confusing behavior*. The person that you're with might engage and disengage without any warning. You might have a great time, a lot of fun, but they might not return your call, or it takes several days to return your call. You end up calling first, because you had so much fun together and then you find yourself in the sort of chase mode, with no indication of whether or not that person's willing to be caught.

So this is not courting, this is a game of control. And there's some dysfunctional interaction that's usually going on. And somebody could have mental health issues. I mean they might they might not. But certainly you feel like they're using your emotions sort of as a yo-yo. And you start questioning yourself. The bottom line is that they might be a game player and they might not be able to commit to a real relationship.

Okay number 14, *boundary issues*. So there are a number of different kind of boundary issues. When you say you need space they get mad and they might say something like *well I thought we had a relationship, don't you wanna be with me?* When you try to assert the healthy boundary he might say something like, or she might say something like, *well you know you make me feel bad about myself. Why don't you love me? If you loved me you would...blah, blah, blah.* You know you would wanna be with me more, you would wanna not be with your friends and be with me.

They may be really controlling about your time, your friends, your clothes. They may question you in an interrogatory way, or an inappropriate way about where you've been, who you've been with, who you've been talking to, what were you talking about, trying to tell you what to wear in a demanding kind of way. Those are all boundary issues.

Number 15, *there is something about him or her that just plain old, creeps out or unnerves, your friends or family members*. If you have a best friend or your mother, or your sister, or your brother that says there is something really creepy about him, or her, listen to them. That means that there is something creepy and you just might not be noticing it.

Number 16, *the person has sexual intimacy problems*. Unless he really starts demanding sex on the first date, you probably won't know this red flag by the first or second date. And it might take a while to learn about this.

There are people who are very domineering and selfish in bed. I'm not saying that there are absolute signs out of bed that you would know this. What can I say you know

Disc #4: Watch Out for those Red Flags!

you sort of fool around with people beforehand right? Before you end up going to bed with them?

If he starts giving you orders, *touch me here! Look at me! Tell me what you want!* You know like in a bossy or mean kind of way, he probably won't really be satisfied. And sex is probably not a sensual experience for him. He might not really understand how important it is for you to share feelings, to be treated gently. Sex might be just another method of proving manhood or their greatness.

These are people who are also, very upset when you don't have an orgasm. They take it personally. You're actually sort of hurting their ego by you not having an orgasm. There's other things like let's say you have an issue that you don't wanna have sex when you have your period, but they force you to have sex. They say *oh well it doesn't bother me let's just have sex*; well they're not respecting your needs and your desires. That's a big sign.

If you're sick you know you don't feel well and you say *no I don't feel well* and they still force you to have sex, this is like get out you don't need that!

Number 17 *there might be some manipulation of you through your friends*. So he might start really sucking up to your friend and trying to become buddies with them. I'm not saying like being nice to them, I mean trying to really establish his own close relationship with them, which would look like a really great, neat, nice thing to do at the beginning of a relationship.

And it may be, just watch out for is that a sign of him trying to control you. Later on he may start to alienate you from your friends and actually prevent you from having someone to talk to about problems with him. Because then the friends are like well I don't wanna get caught in the middle. So people who are really manipulative may try to get close to your friends in order to feed mis-information behind the scenes so that they come off looking like the martyr's or the good guys, when they in fact, pulled the rug out of the relationship.

Another red flag that could be a read flag and could not, I've actually gone out with, and married, these men, it just really depends.

Number 18 is *he has no other friends*. So he might say that he has some friends but he doesn't really call them or see them, or go out with them. Or he really might not have any friends and it's always been that the woman in his life is his best friend, period, end of story.

I really like when guys have men and women friends separate from me because it shows that they have their own life and they're not totally dependent on me for everything. I say that, yet the truth is I've gone out with many men who I've been their only friend, their best friend. They have acquaintances I would say.

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Meet their friends. Are their friends like total flakes, or crackpots, or emotionally disturbed people you know? Also notice if they abandon their friends at the beginning of the relationship and don't see them anymore. You know it's always been the big complaint that women have about other women is that, as soon as you get into a relationship you know you don't call them anymore, you don't do things with your girlfriends.

Number 19 is *the person has no spine*. They let you do whatever you want and they never say the word "no". They might say things like *whatever you do is up to you that's fine*. They also, are people who don't take responsibility for their own behavior and usually things are someone else's fault. They may blame what happens in their life now on their parents. The person is probably too wimpy for you and you end up dumping them.

Because what happens is when someone's trying so hard to please someone else, especially for men you know, the number one thing men wanna do is make women happy, Which is awesome, it's great, but what some men end up doing is they sell out, women do the same thing of course. They're trying so hard to make her happy that they're not really taking care of their own needs, they're not getting their own needs met. And then they have no spine, they have no backbone and the woman looks at them and says you know *what happened to you you're not strong?* And if a man doesn't have a backbone a woman can't feel vulnerable that, they could feel safe with that man that that man will provide for them. Because he's too mushy.

So watch out for that. You can start telling that pretty quickly in a relationship.

At first it may seem like *ooh I get to have everything I want*, but it really isn't fun after a while.

Okay number 20 is *the person tells you many, or all, of his deep dark secrets in the first date*. So this could also be a boundary issue for somebody who has no boundaries. You know sort of like the wimp factor. It might seem like he's very sensitive and in touch with his feminine side and he's opening up to you, but sometimes it's also a manipulative trait to get you to think that you are so special that they can only open up like that to you.

It could just be a technique because they really might do it to everybody. They also might use it as a cover for previous bad behavior. So like if they tell you about it, so they say to you something really embarrassing happened to me. I had this burglary in the past, and you know I have this felony criminal record and that's why I can't get a good job. And blah, blah, blah, blah, blah. And I really made a mistake when I was younger... well they're looking at you to sort of educate them and say *oh that's okay I understand*.

Disc #4: Watch Out for those Red Flags!

Don't understand! Hold them responsible for their actions. I mean yes you know people make mistakes obviously in the past. I am totally not the same person I was in any of my past relationships. So we all grow, we all change, we know that. But I'm just saying it could be a red flag. So just notice it.

Their goal might be to like cover their tracks in case you hear something from someone else. And then when you find out about their past bad behavior they can sell *well I told you about it*. They can even use the fact that they were a manipulator in the past, *well I told you that I manipulated other people in the past, but I'm really not gonna do that anymore and that's not what I'm about now*.

Just be aware.

So all of this is to say that, people are human, people have issues. We have issues with each other, how we interrelate to each other. We all have these issues. When you go out on dates don't ignore them, don't talk yourself out of them, just notice, be aware, and again, don't go forward with the relationship until the red flags are taken care of that you really have a handle on it and you really understand what's going on.

(Music)

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(Music)

Lori Rubenstein: Hi, this is Lori Rubenstein your Love Advice coach. I am so thrilled that you made it here because that means you're really taking the creation of a special partnership in your life, seriously. This CD is called *From Conflict to Compassionate Communication, Understanding Why Men and Women Don't Speak the Same Language*.

So, we know that it is essential to really learn how to communicate well if you want to create that really great conscious, spiritual relationship that we've been talking about in the last few CD's.

In fact, a really great idea for you would be to sit with your current or your future partner, listen to this recording, and discuss it. Really see if the both of you can get on the same page when it comes to communication issues and really understanding why men and women are so different.

I think you're going to get a lot of insight from the CD. Let me know how it works, I'm looking forward to hearing your success stories.

(Music)

Lori Rubenstein: This is a piece of a workshop that I do for men. And I realize that men and women can both learn from this information. I wanna say that a lot of this information comes from John Gray, from Tony Robbins, from the Pax Institute, which is a wonderful organization and you can find them online at understandmen.com. They teach women how to understand themselves, how to understand men, understand the difference between men and women and thereby, making it easier to have a relationship with each other. The theory is once you understand why we do the things we do you can sort of forgive the other person easier and have a better relationship.

So we start out understanding this by thinking about caveman days. And caveman days tell us about our DNA and our instinct and that is how our DNA runs us and why we do the things that we do. So if you go back to caveman days you remember men are the hunters and women are the gatherers.

So for men to be hunters they have to be very very focused on their goal and on their outcome. And their outcome was to get the meat for us women so that, we can all survive as a species. But of course, somebody had to gather the berries, and the vegetables, and the fruit from the trees and watch the children.

So the women are doing basically 20 things at once and that's why women have what's called diffuse awareness. You know they're able to see what is going on in 20 different places at once.

Disc #5: From Conflict to Compassionate Communication

The way to look at it today, the perfect example I have is the shopping mall example. So when men have something that they wanna buy from the store they know the store that they wanna get it from, they go to the store, they buy the item, they pay for it, they walk out. That is it. That is not what women do. Women will know that they want something. They'll start hunting for the best deals on that item; they'll go from store to store looking for that item. But as they're looking for that item they'll find 20, 30, 40, 50 other items that they have to look at. They touch, they examine, they're looking at prices, they're looking at size, they're looking at colors, they're looking at textures. They're seeing all these other things.

Sometimes they'll forget what they even went in to look for in the first place and other times they'll come out with 20 different items, none of which was the thing that they originally went in there for.

There's no right or wrong to either of these scenarios. It's just what we were built for, its how our DNA set us up. And so, for men, when you get frustrated with women taking so long and not getting what they're supposed to get, they get detracted let's say, from their original mission maybe you can be less frustrated with them because you understand that this is really their DNA. It's like their environment; everything is talking to them at once.

So, why is this important? Well, it's important to have patience obviously with the other gender, but it's also important I think, to know that both genders can also have some of the other gender's qualities. You know this is more along the lines of masculine/feminine traits than set in stone in terms of male/female traits.

So women can focus, women can go into man mode and they can single focus like they do when they go to work. What happens is men will have certain expectations of women in the workplace and women will meet those expectations. So what's happened to society is that, then women come home and men want them to go back to their soft, feminine selves, but they're still in work mode.

So one of the things that I recommend couples do is try to figure out, but what can women do to transition from work mode to home mode, how do we get back to the feminine woman side of us? And men likewise, you know you're out there working hard all day long and you come home and women want you to be home with them. Especially, especially, especially women who have been stay-at-home moms. It's very difficult to have you come through the door and not be excited to see her, and pay attention to her, and let her talk to you about her whole day. So you need to also, talk as a couple, how are you going to transition when you get home. How much time do you need, what do you need to do to get out of the work mode and get focused again to the home mode?

One of the things that happens is when women are too much, or too frequently I guess I should say, in male mode they get very stressed out. And the adrenal glands are called

The "I am Petrified to Date Again" Dating Package

upon at that point in both men and women, when they get really stressed out. The problem is adrenals are way weaker in women and that leads to more health problems for women these days. In fact, you probably have noticed that it's harder for women to get pregnant than it used to be. This is something that I see among my friends, and if you're in your 20's and 30's you're probably noticing it among your friends that, couples have to try longer to get pregnant. More people are having problems and that's because when the adrenals are sending signals to the body that they're stressed out, it's the same as the fight or flight reflex, basically.

And if that fight or flight hormone is going off in your body it's telling your body, women that, it's not a good time to reproduce so don't reproduce at that time. Because of course our DNA is the same. It can't distinguish that oh I'm just stressed out because I have a lot of clients at work. No it's thinking I'm stressed out because I'm in a dangerous environment, the winter's too cold, I might not have enough to eat, those kinds of things.

Another thing that happens with this diffuse awareness is that, women can't actually relax until their space, or their environment, is in order. And this is one of the biggest complaints that I hear from women about men. Is that, they really want them to help out at home. And one of the biggest complaints I get from men about women of course, is that they're never happy, they're never satisfied with what you do and that, women don't want sex as often as men do.

Well, imagine this scenario, this is something actually that went around the internet a few months back. So the woman is tired. They're watching T.V., the woman's tired, and she says she's going to bed. The man stays and he watches T.V. On the way to the bedroom she sees that the dishes are not done so she starts cleaning the dishes and then she notice that the counter isn't clean. So she cleans off the counter in the kitchen.

There's a light on in the laundry room and she goes in there to shut it off. But she notices that the clothes are not folded so she decides that she better fold them and put 'em away or else they'll never get done. Then she goes to check in on the kids and she notices that there is a bunch of toys on the floor, so she cleans them up and she covers the children and kisses them goodnight.

Then she goes into her bathroom, she brushes her teeth, she puts on her lotion, she starts cleaning up in there a little bit and she gets her nightgown on and she goes to bed, exhausted and dragging because it's already 45-minutes after she knew she was really, really tired and wanted to go to sleep.

So she goes into the bedroom and there is her husband, sitting up in bed, giving her that look because 10 seconds ago he decided he's tired and he's ready for bed and maybe he can get some sex before going to sleep. And she's thinking *oh no*. Does that sound like a familiar scenario? I bet it does, I bet it sounds pretty familiar to a lot of you

Disc #5: From Conflict to Compassionate Communication

out there.

So what's the problem here? The problem is that, women are doing jobs during the day, you know jobs outside of the house and they're doing the children, and they're doing the housework. And there are many, many, many, many, many men who are helping out at home also, but it may not be to the same extent.

This is another DNA kind of issue. When women have needs like they are tired, they put off their needs to the last possible minute. Women you'll recognize this. Even when you're at work and you have to go to the bathroom, you'll actually hold it in and wait until the very last minute, to go to the bathroom. When a man has to do that, he just goes. When a man is tired he goes to sleep, when a man is hungry he eats. So when women do things they're noticing other things in their environment and then it gets them off track.

So I just gave you an example of how hard it is for women to just be ready for sex at any moment because her environment is speaking to her so loudly, she needs to take care of everything before she can actually concentrate on sex.

So one of the best ways for men to help women out is to make sure that they get their needs met. And how do they get their needs met? Well, we know that women need consistent sleep through the night that's one of the ways. How much sleep depends on each woman, but you might want to have that conversation with the woman in your life and make sure that she's getting enough sleep.

Also, another thing that women'll do is they'll make sure that everyone else is fed before them in the family. Well, if the woman who you know gets pretty grouchy when she doesn't eat, which a number of us do, make sure she eats on a regular basis. You can be very helpful that way by offering to fix something for her to eat.

Another thing you can do is make sure that things are tidied up around the house so that she doesn't have to be thinking about it and concentrating on it.

John Gray talks about this as foreplay. He says, "*Foreplay goes on all the time.*" And I have to say that I can absolutely confirm that with the couples that I've worked with. Women don't want to have sex with men if they don't feel loved. And one of the ways women feel love is by feeling it on a regular basis.

So, for example men'll touch women, maybe giving 'em a backrub or rubbing their feet, when they wanna have sex. Well, if you do that on a regular basis all through the day, so let's say she's standing at the stove cooking something, you go up and you start rubbing her neck, she's gonna feel loved. And she's gonna remember that. You know you get little gold stars every time you do things for just loving her, not necessarily at that time when you know that it is she wants to have sex.

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Specifically around that issue, one of the things you can do is not ask for sex right before she's actually going to sleep. You can let her know maybe, in the morning before you leave for work, or sometime during the day call her up and tell her some wonderful things you wanna do with her that night. And keep her in the mode of anticipation. You know like really looking forward to something. And then she's planning on it, she's thinking around this, she's sort of ruminating on it she's fantasizing about it. And she's going (UI) to be so ready at the time when you've set for both of you to be together intimately.

Again, something that's connected to this issue is the issue of women wanting to talk all the time. In the couples work I do, and I can even see it in my own relationships. When I say I have something I need to talk to you about, or, I really need to talk or when other women say that, the first thing men do is they do this eye rolling thing. I know its (UI) like *oh no here we go*. Men seem to just really resist women's need to talk.

But I wanna give you a little bit of background on why it is that women need to talk. And women, you can explain this to men in your life and hopefully it'll help men become a little bit more patient with women and understand why it is they need to talk.

Remember I was saying that their environment talks to them. Well, it sort of wears them out its overwhelming. And women really have a need to just dump. Because they're taking in all the stuff all day long, they need to just dump it and be done with it. And if they can get it out of their systems by dumping it, and of course they wanna dump it, they wanna share it with the person that they love, then they can move on, they can move forward.

And women really like the whole story. And why do women *need* to know the whole story? Well, it goes back to the caveman days, they're gatherers, they're looking for the berries. You have to tell all these little details to explain to somebody else where to find those particular berries that you were looking for.

Men, their preference generally and remember these are generalizations, so please don't take these personally. The men would prefer to bottom line things. So, women'll say something like *how was your day?* And the guy'll say *fine*. And it was fine and he really has nothing else to say about it. But women think you're sort of hiding something from them, or that you don't love them, you don't wanna talk to them, because you're not giving them the details of your day.

And when you share details with her, she feels more intimate because that's her gatherer mentality. And if she's feeling more intimate what's gonna happen? She's going to want to have sex more frequently.

When men do tell stories, you know there are men that like to go into detail in stories, but usually they do it more in a way of reliving the story. So you know how men love

Disc #5: From Conflict to Compassionate Communication

the replays, like on football games. It's like they get to relive the story all over again, the game, the sporting events.

I want to switch over a little bit and talk about criticism, why women complain to men constantly. The reason for this is that women are externally motivated and men are internally motivated.

And when women are externally motivated what that means is that they're actually motivated from something outside themselves. So men, you'll totally understand this when I say almost every single woman complains about her body in some way. She's not happy with her body, even though you're absolutely thrilled with it, she's not happy with it. Why? Because she's comparing herself to other women.

She's comparing herself to women in magazines, or on T.V. that have had hours of preparation by professional make up people, professional hair people, they've had professional photographers, they've had touch-up on their pictures. They've had liposuction, they've had surgery, all those things and that's who women are comparing themselves to, so they get very disappointed.

Men do things internally. When they're criticized for example, for them to take it seriously it has to be from somebody that they respect. And if they do respect that person then they sort of ask that question. And the question is *is it true; do I agree with them, do I believe this?* And if they don't agree with it they basically ignore it.

But women are always complaining to men because they think that you men are going to change from the criticism. But the truth is, and women need to know this, you really need to listen up is that, men change more when they feel good about a situation, when they are really successful in making you happy.

It's sort of like -- you know and they talk about with children, positive and negative reinforcement. So men you can explain to the women in your life that you respond better to positive reinforcement. Tell them, explain to them that, instead of giving you sort of the litany of what you do wrong that they would be better off if they told you how to make them happy. Explain to them that they can say thank you, they can tell you that they appreciate what you do. And that, when they do those things you'll do it for them more often.

An example of that would be if you take out the garbage and she says *oh my God thank you so much, thank you so much I really appreciate it, it makes me happy*, you're gonna feel better about that than if she says *what is wrong with you, you never do anything around here? Look the garbage is overflowing. Why can't you take out the garbage* and then you just sort of shut off. It's really interesting because it really is a source of frustration for women because that is what they do. They know how to complain about things, we know how to talk about problems in that way.

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So I'm gonna go over a list of differences between men and women. So one of the things that happens with women is women get overwhelmed and men would get frustrated. You know how women will tell men, they'll wanna talk to them and complain about something from their day and they'll be totally overwhelmed. And what will a man do? Well, he'll wanna fix it; he'll wanna tell her what she needs to do.

And one of the things that men'll say to women often, when they're overwhelmed is just focus, and prioritize and do one thing at a time because that's what works for men. This is one thing that absolutely drives women crazy. They can't do that, they can't just focus and prioritize that way and it makes things worse. What women will think is, *oh my God I'm already behind schedule. If I focus and just do one thing at a time then I won't get all these other things done.* And that absolutely doesn't make sense to women, though it makes perfect sense to men.

Another difference between men and women, especially on those first dates is that, women will listen to men to know and memorize everything about them. So within a few days a woman will know your birth date, what you like to wear, whether or not you like olives or Ketchup on your meals. They'll know what your relationship is with your mother, they'll know what kind of clothes you like to wear, they'll know a lot about you, your favorite sports, etcetera.

And, when men are on dates they're just checking you out to see if they're having fun with you and if they like you, and if they wanna be around you, and if they're attracted to you. And the reason for these differences is because, you go back to the caveman days again, women needed to get the man to survive and to get the man you had to please him, you wanna make him happy. And one of the ways to make him happy is to know what he likes and that's how women were able to please men and keep the men so that they can survive. Doesn't that make sense?

Another thing that's very interesting and I think it is also a source of frustration for men is that, sometimes women don't tell you what they want and then they are mad at you for not knowing what it is they want. Women would like people who are mind readers. Remember, a lot of women grew up reading Harlequin Romances, or they have watched some wonderful old dramas on T.V. and they think that men are supposed to be that way.

So it's sort of frustrating for women when you don't know what they want because they think that you think the way they think. So a woman is constantly looking and watching for what you want, what you like, what you appreciate, and then trying to provide that. And they think that you would do the same thing. So men, two things you can do for women.

One is you can let them know that you're not a mind reader but you really do want to please them and ask them what they would like. And you can even say to them, give me two or three things you would like to do and I'll pick one of them for you.

Disc #5: From Conflict to Compassionate Communication

Another thing you can do for them is because she wants to please you so much, one of the frustrating things that women say happens is they'll ask you for example, let's say they're gonna make dinner for you. And they'll say what do you want and you say I don't care, anything. You think that that's making things easier for women. Well, it's not making it easier for them because they wanna please you so they want something that they can do that will please you.

Similarly for men men will say to women where do you wanna go out to dinner and a woman will say anywhere it doesn't matter. Women will do that because they think that that is them being low maintenance. That, they're making it easy for you. But men, you understand that you're trying to make them happy, you don't know how to make them happy so if they say I don't care, anywhere, it's hard for you and it's frustrating for you because then you don't know what to do. So then you end up guessing what makes them happy. And half the time it's not right anyway.

So women need you to have a preference so that she can please you and men need you to have a preference so that they can make you happy.

Another area is for women to be their best this means that, they need to not act from their DNA instinctive selves, but from the more loving, spiritual, feminine, side. And to do that they need to actually have their needs met.

I'm gonna touch on security issues because that's another one of those things that, women in particular, are run by with their DNA. And, it's interesting because what women will say often is that, emotional security is more important to them than financial security. And that's because they need to feel close to the man that they're with. They wanna know that he's coming home at the end of the day.

So, one of the things that men can do to help women feel more assured and secure in her life, is to connect with her at some point during the day. And I know that we're all so busy in this world of ours, but to be able to send a text, or an e-mail, or a phone call, something in the middle of the day, really goes a long way.

Another piece of this security issue, I love this, too, is that, when men look at other women, women need to understand that this is 100% a natural reflex. Of course men are going to flip their heads when they see a beautiful woman. Men are very very visual. And there's not just a visual part of it, but there's also sort of an energy for men when they feel a feminine woman going by. And they're going to look.

My only advice that I would really give men is not to look too long, don't start drooling, and just really connect back with the woman that you're with so that she knows that she's your special woman. That you're there for her and I mean literally women get jealous like every time that happens. And it's ridiculous because we gotta give men a break. I mean they just really can't help it. The visual part is what they do and you

can't take that away from them.

Another area I wanted to touch base on is listening. We talked about that a little bit earlier, about women needing you to listen to them so that they could sort of dump their day. But there is another reason that she needs you to listen. And it's more important, not that you're listening to the words, but that you're listening to the feelings. Because she needs to feel heard. She needs to know that you heard her. So I know you can totally relate to this is when a man and a woman are having a conversation and the woman is like blah, blah, blah, blah, blah. You know she's telling the whole story. And the man'll try to fix the problem, you know give her suggestions or say oh okay yeah I get it. Or, a man could even repeat back the words that she said and then she'll say, but you're not listening. Where does that come from?

Well, where it comes from is that, women need to know that you're hearing the feelings behind what she's talking about, not just the problem itself. And it's so interesting because when men listen they will listen in a way where they're saying to themselves in their heads, what is the point of this? You know what is the problem? And they're wanting her to get to the point, just get to the point so I can fix the problem. And women want them to really listen to sort of the journey of how they felt about something.

For example, if I came home from work and I talked about a coworker doing something to me and I was upset about it, I want my husband, or boyfriend, to hear that I'm upset about something. But he'll be listening for *okay well when you go back to work tomorrow this is what you should do. You should do, blah, blah, blah, blah, blah.* Women don't really want men to listen in that way.

Traditionally women will want men to listen to their feelings. So you can say something back to her like *wow, sounds like you were really upset when he did blah, blah, blah to you at work.* And she'll be like *oh he heard me!* And she'll feel really fulfilled because she was heard.

And finally, I guess I wanna touch on sex again because I think it's such an important area. So, one of the things that men will complain about is that, women rarely initiate sex. The reason women rarely initiate sex is usually because they're exhausted. But also, women will not initiate sex unless they feel really close and bonded to the person that they're with. And they really love it, especially in relationships with each other, so they're really loving it and enjoying it, mostly when they feel close and when there's been some time to anticipate it.

Women don't crave sex the same way men do. So one of the best things men can do is to give her some warm up time, pursue her outside the bedroom, create closeness and emotional security.

I had a client I spoke to this week who was saying that his wife hasn't been responding

Disc #5: From Conflict to Compassionate Communication

to him in the bedroom and it's really hurting his feelings. And I will tell you women don't even know that by saying no not now that is hurting his feelings and it's messing with his ego basically. They don't even really know that.

It's clear that, when women get their feelings hurt but it's not as clear for women when men get their feelings hurt. So it's really good I think, for men to say *you know when you do that it really hurts my feelings*. And as a couple you can sit down and communicate about what is it you need to be open and available to having sex with a man on a regular basis?

I wanna talk a little bit about beauty. Women, as we said earlier, compare themselves to other women. And it's often comparing themselves to, not even real women it's like fictitious women, women -- you have so many surgeries and have been touched up that they're never gonna feel like they win.

So what can you do about that men? She has this really deep need to know that you find her beautiful and that she really rocks your world, not just that she looks presentable. So let's say you know you get that awful, awful question of *how do I look, or, do I look fat in these jeans?* You need to tell her that she's beautiful and that she's sexy and that she turns you on. And not just that she looks okay. Because remember, she is externally motivated. She wants to know that she's attractive to you.

And I know for me as a woman, I'm much more interested in a man when I know he's really interested in me. Isn't that interesting how that works? And, it's sort of difficult at the beginning you know, who's gonna be the one to make the first move and do all that. And I know that it's hard, men are sort of given the job of having to be that person to make the first move. And that can be difficult sometimes.

But remember, again, you know if you keep in mind *oh yeah she's externally motivated so she needs me to say these things and do this on a regular basis*, I think you'll get pretty far that way.

(Music)

The "I am Petrified to Date Again" Dating Package

(Music)

Lori Rubenstein: Hi this is Lori Rubenstein your Love Advice coach and I can't believe it we're already here to the sixth CD in the series *I'm Petrified to Date Again* dating package.

This last CD we're going to talk about your dating plan. But before we get there I want to do a couple things. One I want to read this wonderful poem by Maryann Williamson, it's from her book *Illuminata*. And it's not a poem it's really a prayer to attract great love in your life.

Dear God, I feel an empty space within me, a place where I would so love to love. I know that if my beloved came here I would adore, and cherish, and honor, and serve him. Please give me the opportunity to expand my heart into the life of another in the holiest way, the most beautiful way, the most intimate way, if that serves your purpose. For I would learn the secrets of love and use what I learn to grace the life of another. What a marvelous possibility Lord that such a treasure would be placed in my hands. Please do this I will try my best. Amen.

I really love this prayer. You know when I read it and I've read it numerous times, if you put your hand over your heart just listen to the words of that prayer, and you can listen to it over and over again. And the words are also written in the Conscious Relationship book so you can say your own prayer out loud whenever you want.

Okay so now we're going to do -- before we actually get to your dating plan we're gonna talk about some challenges that are experienced by singles today. And then I'm going to give you 10 ways to deal with hurt. You know hurt in your past. And then we'll go forward into your dating plan.

Okay so the challenges that are experienced by today's singles, here are some of them. Number one is *I'm just too busy to date, or to really cultivate a relationship*. I see you nodding your head right now and raising your hand saying *yes, yes, yes it's so true*. You've been discouraged maybe, before, because you're not finding the person that's really meeting your expectations. There might be different expectations by the person you date around sex. You know this leads to a lot of cynicism of course.

One is sort of getting involved too quickly. You know one of you wants to get involved and the other is like going *oh I don't know, I don't know*. Another issue is there's not really a quality place to meet people. I hear people complain a lot about *oh do I have to go to the bars to meet someone?* We're actually gonna talk about that when we get to the dating plan. So I have some really good ideas for you on that.

And then here's the thing I hear over and over again, there are no good men, there are no good women, where I live. And that is just not true. If you're not attracting them

Disc #6: Your Dating Plan: How to Meet Your Future Partner

then you really have to ask yourself the question why am I not attracting them? What am I doing that's not attracting them?

Then there's always the question of should I be settling for less. There's also an issue of looking for the other person to fulfill you. You probably have seen this in other people; you might have seen it in yourself in the past. You really wanna stay away from that and make sure that you're really fulfilled and happy with your life, before you get into a relationship with someone else.

There also might be you know, an issue around not having the skills that you need to create this great relationship. Like I'm shy, I live through rose-colored glasses you know that kind of stuff. Okay here's one, exhaustion. Now people are just plumb out exhausted. You have children, you have careers, you have hobbies, you have friends, you have family members, illnesses, going to the gym, I mean there's so many things that you *should* and you're supposed to do that you're just exhausted. And of course there's always the fear of commitment and trust issues.

Wayne Dyer just came out with this new book called *Excuses Be Gone*. And he would look he would look at this list and say *oh these are just all excuses, they're just things that we make up in our head that we decide are true*. And if we take one and we sort of work through it, let's say *I can't get into a relationship because I'm too shy*. You really ask that question is that really true? Have you never been in any relationships before because you're shy? No, you're in relationships with people all the time. So shyness really isn't a reason, it is an excuse. So you see where I'm going with this?

Let's say another one is *there are no good men or women around here*. Well, if you have neighbors or friends who are meeting good men or women you see that, yes there are in fact, good men or women around, you just aren't meeting them.

So ask yourself that question you know, is it really true? Is it absolutely true? Positively true? Because you can go through this whole list and I can guarantee you that they're not true, they're just thoughts that you've had in your head that you've chosen to believe and then once you believe them that is in fact, what you attracted to your life. Remember we were talking earlier in the program about the Law of Attraction, like attracting like. So if you are putting out there this energy of *I don't trust men, I don't trust women, I'm afraid to be in a committed relationship* then that's right, that's true that's what you're getting back. So you get to change your thoughts and this is a good place to start.

One of the things that people are nervous about is showing their vulnerability, you know really being vulnerable to the opposite sex. And I say over and over again to people, that is your greatest strength. That is courage, that is being brave, is to allow yourself to be vulnerable. Its sort of taking the leap and a net will appear. It's really taking that leap and knowing your life is going to be even better than before.

The "I am Petrified to Date Again" Dating Package

Okay I'm gonna briefly talk about 10 different ways that you can avoid being hurt. And if you work on *I don't wanna move forward because I'm afraid of being hurt*, well maybe you can incorporate one, or two, or three of these into your life and really help yourself not be hurt and help yourself to be vulnerable and open up your heart to someone else and just see what happens.

So number one is safety. You know one important ingredient is to be safe, like meeting in a public place for the first time, not jumping in too soon, having discernment, listening to your intuition. All those things fall under the category of safety. And once you have the safety plan in mind then you can execute it and not be nervous about being hurt because you're not safe.

Number two is making wise choices. I like this one. This is about really doing your research. Not rushing into things, being the chooser, getting to know the person's friends, even their exes. As an ex-attorney I always recommend people getting online and checking out the public access webpage, every state has one. And, find out if they have any criminal, or even some serious civil lawsuits against them. Know what you're getting into.

Number three is knowing what you want. And we took care of this in the CD where we really went over what is your list, what are the requirements, what are your deal breakers? What are your needs, what are your wants? So be very clear, have that clarity knowing what you want.

Number four, another one of my favorites, creating strong boundaries. Staying clear and staying true to yourself. Knowing how far you're going to go. Even in sex, think about this in sex. You know you go out on a date and you say *I don't wanna have sex with him tonight I'm not going to* and then you find yourself in bed with them. What is that? Have the boundaries, state the boundaries and then stick to them that's the key, stick to your boundaries.

Number five; this is a hard one I know. Believe what friends and family tell you, even if you do not see it. How many of you, I can see you raising your hands right now; have had friends, or especially family members tell you before you married someone, not to marry them, or they're not good for you, or they're going to hurt you, or they're abusive or something bad about your ex. And there you are eight years later, 10 years later, 20 years later, getting divorced saying *Ah-h-h-h I should've listened to so and so?* So ask people's opinions and then really listen to them. You know take them into consideration. You don't have to follow what everyone says. But seriously take it into consideration.

Number six; this is forgiveness of exes and yourself. So if you're still holding onto anger, and resentment and hurt, from an ex, guess what you're going to attract? More anger, more resentment, more hurt. So you wanna clear all of that out of your path so that you can move forward without attracting that into your life again.

Disc #6: Your Dating Plan: How to Meet Your Future Partner

Number seven; decide to stop dumping on each future partner that you meet, blaming them for the past. And this sort of goes hand-in-hand with the forgiveness issue. But it's really annoying when you're in a relationship with someone and they're making assumptions about you based on what's happened to them in their past.

So for example you know you could be dating someone who's asking you all of these questions, *where were you, tell me who you were with, why did you look at her, I don't think you should be gawking at that person. I know you like them. I know you were sleeping with someone.*

So, if you had somebody who obviously at that point, had cheated on you in the past don't make an assumption that the person you're with now is going to cheat on you. If you think they're going to cheat on you then don't be with them. You have the choice to make that decision. So don't beat them up for what somebody else did to you in the past.

Number eight is to not be what I call a frog farmer. Now, a frog farmer is somebody who dates people and they always seem like really great men or women at the beginning and after about six months they become jerks. And you find this pattern repeating itself over and over again in your life. If that's happening to you then what's happening is you're becoming what's called a frog farmer. You do not wanna be a frog farmer. So you have to ask yourself what are you doing over and over again in your relationships that you're turning good people into not so good people.

Number nine is working on all these issues that we just talked about. So it's not taking it for granted, not just saying oh okay I know what to look forward to, it is doing the work that you need to do to work on those.

So for example, if you have a serious forgiveness issue and you continue to beat up on people that you're with then take a forgiveness class, go through a forgiveness workshop. You can go look on my website, there's plenty that you can take away with you on forgiveness.

Okay number 10 use your support system. That means talk to your friends about what's happening, about being hurt. You might have friends, you might have a coach, you might have counselors to talk to, but definitely talk to someone.

Okay, so those are the issues about being hurt. Now let's talk about a little dating plan for you. One of the common questions that I get is where do we go out and meet people, where do I meet people, how do I meet people? Should I use the internet, should I go to bars, what should I do?

I remember after my first divorce I was home all the time and I was frustrated because I wasn't meeting anyone and I was like everyone else saying *oh there's no good guys in*

The "I am Petrified to Date Again" Dating Package

the area where I lived. So my sister said, well get outta the house nobody's gonna come knockin' at your door. And I was like oh man, that was harsh, but you know what it's really true. Nobody's gonna come knocking at your door.

So be open to meeting someone in a grocery store, at a class, at your church, or by being introduced to each other through a mutual friend. It's really awesome when you meet somebody while you're doing something that you care about. There's something very special about that.

So we're gonna come up with a list of places where you can meet people. And I want you to remember that there are different levels and ways of how you meet people. The first level is what I call the general world out there level and these are the people in grocery stores, these are people online you might meet this is at the Home Depot, or in a bar. You know somebody that you just happen to run into in the world.

And what I always recommend to people is you know what it doesn't hurt you to smile, to look somebody in the eyes, well if you're in America that's your culture, in some cultures you don't look people in the eyes. But you know you look at them and you say hello and you can give a little smile that goes a long way. So write out where you go during your days and where you could possibly meet people, where you could start noticing people and smiling at them.

The second level, which is a pretty good level, is the common interest country level. These are places where you might have a common interest with someone else you meet. So let's say the gym for example, is a perfect example of a common interest. You might be taking a photography class, or a guitar class, or dance lessons, horticulture class, things like that. You might meet somebody at a country fair, you know things that you might really have common interests, a gallery, an art gallery could be one.

The third level is the mutual interest territory and this is pretty similar, I mean it's not that different. But it could be somebody who has values that are really in alignment with your values. And this would be the category of attending the same church, or the same Buddhist temple where you have friends in common, so it could be at a party where both of you are where you're really in alignment with the values of the person who is hosting the party. So come up with a list of maybe even, people in your life that you really like that you really respect, and tell them, let them know, hey you know I'm interested in meeting someone. For me as a woman let's say I have a good girlfriend whose husband is a really great guy. I would say hey ask your husband if he knows anybody, or does he have a brother, those kinds of things. And then be open to having dinner with them, going out with them, doing stuff like that.

You know you could be putting your own ad online and there's a lotta different websites out there. I wouldn't worry so much about the website you know, whether it's Match or Yahoo, or one of the social conscious dating websites. There's lots of different

Disc #6: Your Dating Plan: How to Meet Your Future Partner

websites. The only thing to really worry about again, is safety. So you really wanna make sure that you're acting in a safe and really responsible way.

So you know you might say something like let's just meet at the Starbuck's at this corner and at this time and go there and meet them and just make sure nobody's following you home at night.

So, that's what I have to say a little bit about safety issues. I know people are worried about you know should I give them your phone number or not, there's ways that you can block your phone number when you call if you wanna say well let me call you I don't like giving out my phone number. I don't know if it's star 69 or star 89, something like that, but call your phone company and find out how you can block your phone number and then give them a call that way.

Okay so do you have a plan, are you ready to go out there and date? I have a checklist, it's in the Conscious Relationship book, but I'm going to say it out loud here just in case you do not have the book in front of you. And you can just shake your head yes or no to these and if you're getting a lot of yeses you are so ready to date.

Number one is are you absolutely sure that you're in a place where you will attract what you want into your life?

Number two, are you clear about your values?

Number three, are you clear about your life purpose?

Number four; do you know whether you want a short-term, long-term, or committed relationship?

Number five, have you done the work that you need to do on yourself to attract the person that you really want in your life?

Number six; do you know what you seek in a partner? So that's your list.

Do you have a support system?

Number eight, do you have a plan for dealing with disappointments? That's something to think about, huh?

Number nine, have you let go of past hurts so you are free for a new relationship?

Number 10, have you set clear boundaries and goals?

Number 11, with everything said and done, I know that I will still be open to love no matter where it comes from and that, I will use my own intuition to know what is right

The "I am Petrified to Date Again" Dating Package

for me. Can you get on board with that?

And number 12, when you go into this new relationship, this new really life path and journey that you're on after having released old hurts, you will not use your past to make assumptions about future partners. Is that true?

Well, if it is true then I would say you absolutely have my blessing to march forward into the world of dating. And if you have any questions as you're going along, do not hesitate you can call me. We can have a one-hour coaching session. I'm really glad and honored to be able to work with you. Just go to the website, www.loveadvicecoach.com and you can contact me through the website and I would be glad to help you.

And as always, I am really looking forward to hearing about your successes. Many, many blessings to you and I look forward to seeing you at an event in the future. Take care, bye-bye.

(Music)