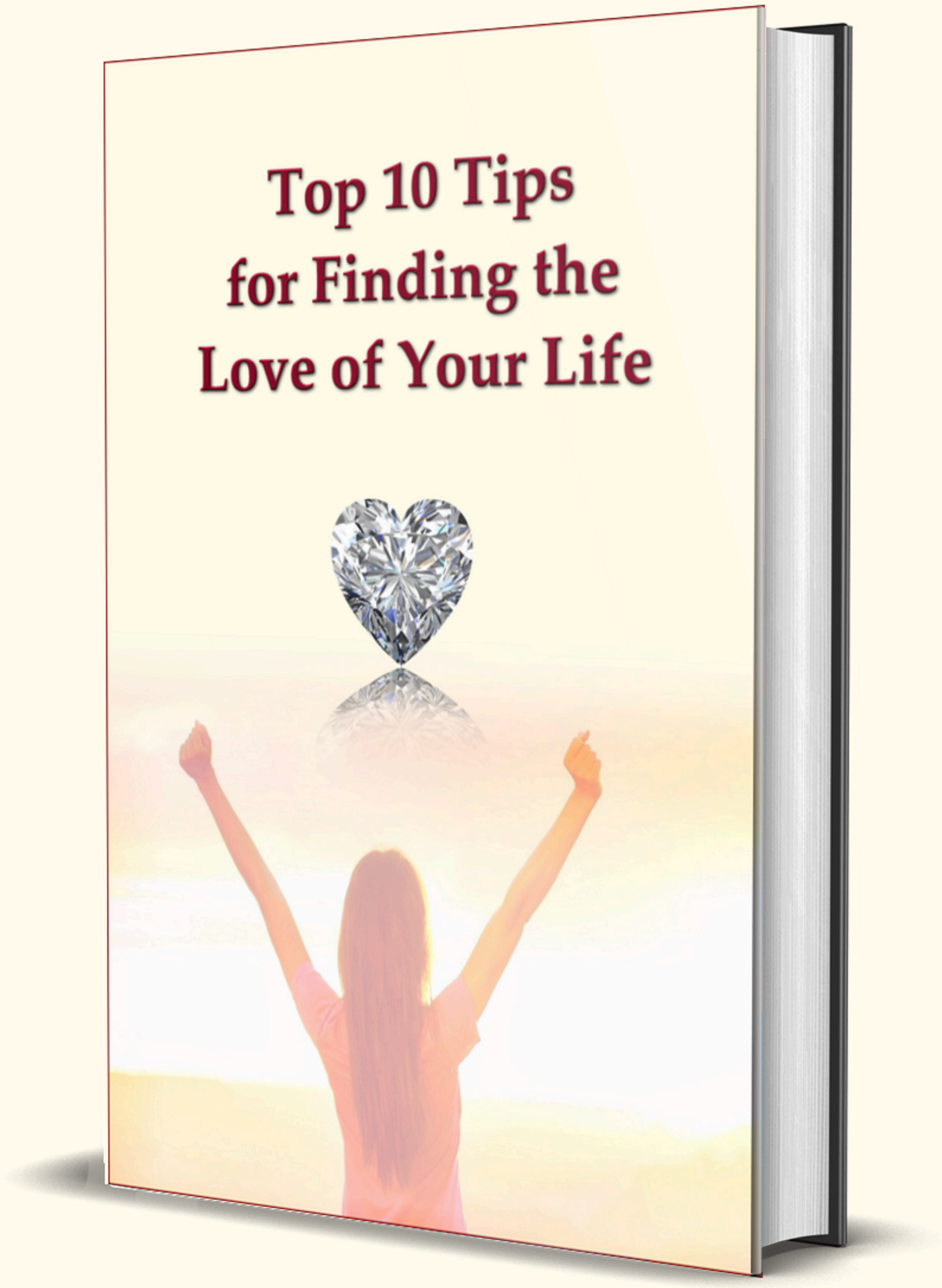

Top 10 Tips
for Finding the
Love of Your Life

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Finding Mr. Right is a numbers game. Women often don’t meet enough men to make an actual choice amongst them, which can result in them settling for unhealthy or incompatible relationships.

Tip Number 1: Don’t Waste Time With the Wrong Men

As soon as you know it’s not a match, break it off. One of the biggest problems is when you have invested time into a relationship, realize it’s not working out, and start to justify staying.

Examples:

- He’s so hurt from his childhood, he just needs help. Things can change.
- Subconsciously telling yourself you’ll never find someone else, or the ongoing narrative of you’re not worthy of love.
- It’s not so bad, other people have way worse relationships. I should be realistic about my expectations. And he’s so much better than (other bad relationships), or any other reason.

Tip number 2: Use Less Dramatic Language

For example, you’ve decided it’s not working out with someone you’ve dated for a few weeks. Don’t say to yourself, “He was the potential love of my life, I’ll never find anyone ever again,” but rather, “We went on a few dates, and there were very real reasons it wasn’t a match, and I responded in an adult manner and ended it. There are many more people out there who are a match for me.” This often happens when we tell ourselves stories and start to imagine a future with someone very quickly, or have the narrative of “It just feels right,” which is what is called Future Forwarding (imagining and projecting scenarios into the future and putting a lot of weight and belief into these scenarios). This causes us to grieve what we imagined a relationship would be, before it even came to fruition. So once you start catching yourself using a dramatic story arc in your internal dialogue, bring yourself back to less dramatic language. This will greatly facilitate you letting go of the wrong people, and accurately assessing new potential dates.

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Tip Number 3: Try Once, Not Twice Or More

Try once with as many people as possible, don’t try more than once with the same person if it didn’t work out the first time. This is very important, because the second time around, nothing is going to be different, unless something dramatic has happened in between, for example a lengthy separation with individual therapy, or intensive couples therapy sessions. Even with therapy, if there are fundamental issues so strong that they caused a break up, these are oftentimes extremely difficult to overcome. Exceptions are when there is great fundamental compatibility and real goodwill and love from both sides, and neither has any serious character pathologies like narcissism, etc. If the break up happened due to frivolous reasons, that can be overcome, but all too often women talk themselves into believing it’s going to be different this time, and can lose years and years of their lives to false hope. This can also cause disenchantment with relationships in general, and make them lose their hope of finding a happy relationship. As in poker, fold if you have a losing hand, and move on. If you have a habit of staying in toxic relationships and situations, then that needs to be examined. Use the adage: you do not attract toxic situations and relationships, these kinds of people are not picky, they will target anyone. The question is, why do you let them stay?

Tip Number 4: Narrow it Down to the Essential Top Three

Make a list of exactly what you want in a partner, ideal scenario, stream of consciousness, let your imagination fly, then narrow it down to a realistic top three. It’s very important to know what you want and to go after it, but you have to get down to the actual essence of what that is. This is the actual basics of what has to be there for you to be happy in a relationship. For example: a woman could say she needs someone who is able to talk about serious things, but also have fun and laugh, she absolutely needs someone who likes to talk. A good way to find out what these things are is: imagine yourself trapped in a house with this person for two weeks. What kind of characteristics / character traits would they have to have for it to be tolerable for you? This will display your basic needs from a partner.



Keep this to things that absolutely have to be there. For example, it’s easy to find certain characteristics in different men, but to find one man with so many all in one person, is very difficult. The more requirements you have, the less chance of finding that all in one person. That’s why it’s more realistic and easier to keep it to the top three, which increases your chances of finding that combination, and you’ll find that character traits that you need in a relationship often come linked to other desirable traits.

Tip Number 5: Top Three Dealbreakers

Make a list of things you can’t stand in a partner / have hurt you in the past, then narrow it down to three dealbreakers. This is very important, because women can get jaded and have a laundry list of things they won’t tolerate. While this is good, it makes it very difficult to weed out men, whereas having dealbreakers that are based on their character underneath, will often filter out a lot of this at the same time. For example: narcissism often has a collection of other dealbreaker traits that go with it; selfishness, lack of support, etc. Some clues as to what to base dealbreakers on: communication style, how they like to recreate (homebody or like to do the same things you do – it’s very difficult to be happy with someone if they fundamentally don’t like to spend downtime the same way you do), how they deal with anger (do they take a walk and wait to cool off, or do they take it out on their partner?). How safe are you with them? Safety requirements are basic needs, and this is all about you being able to trust that your partner will communicate effectively if something upsets them and not take it out on you with passive aggression / silent treatment etc., that they have good life coping skills and can be the harbor if there’s a storm in life, and not the actual storm themselves. That is fundamental: your partner must increase your level of safety in the world.

Tip Number 6: Don’t Wait For it to Happen, Make it Happen

Don’t believe the old saying, “You’ll find love when the time is right, if you just wait, it will come along.” That’s like saying you’ll find the right job for you if you just wait for it. If you don’t actively look in the right places to find high quality men, you’ll end up with whoever you happen to bump into, whoever is nearby, and you won’t have a real choice amongst many qualified candidates.



This will either make you lose years while waiting, or end up in you settling for someone who is either not a good match, perhaps has only some of the characteristics you need in a partner, or who has active pathologies. If you think back over the years about men who have approached you, it's more often than not the creeps and players. This is because it's so nerve wracking to approach women, and risk rejection, that most quality men stopped doing it after the first few rejections. Waiting does nothing except increase levels of neediness, which in turn can lead to desperation, which can lead to settling for an unhealthy relationship. Waiting can also lead to disenchantment with dating in general, a feeling of, 'I'll never find someone,' and can increase feelings of powerlessness.

Tip Number 7: Make the First Connection

In order to actively choose who you meet, you need to make the first connection. I recommend getting a Google Voice number and forwarding that to your actual number. Google Voice numbers are completely safe, and untraceable. Never give out your real number, because a reverse number look up on many sites, such as BeenVerified.com, will show your address and more information about you. Then create some cards at VistaPrint.com, with that Google Voice number. I also recommend keeping the text on the card limited to your first name, Google voice number, and if you want to, add something like, "I'm looking to increase my circle of friends." Keep these cards on you at all times. If you see someone who looks interesting, approach them, say, "I'm looking to make some new friends," and hand them the card.

You don't have to stay and make small talk, you can just hand them the card, and then get out. Seven out of 10 times, if the man is single, he will call. How often have you seen someone while out in public, and thought, he looks interesting, and waited for him to approach you or say something, and it didn't happen? Any of these men could have been the future love of your life. You will come across men in all kinds of places, and need to be ready to make that connection. This can be nerve wracking at first, but given enough practice it can become routine. Indicating that you're looking for more friends is a low risk approach, because you're not risking any type of rejection or asking them on a date.



Tip Number 8: Meet Men at Conferences

One of the best places to meet quality men is at conferences on topics that you're interested in. I recommend going to conferences that require some form of payment, if possible, because this will screen out a lot of the lower rungs and act as a filter, leaving men with more drive, commitment, and resources to follow their interests. Be the first to arrive, so you can see people coming in and network / exchange cards, and be the last to leave, so you can meet those mingling after the conference is over. For these types of environments you can have a different set of cards from Vista Print that are perhaps more on the professional side, because exchanging cards at conferences is standard.

Tip Number 9: The Snowflake Principle; Meet Men at Grocery Stores and High End Specialty Stores

First, never ever try to meet men at bars. Bars act as a filter, but the wrong kind; dramatically increasing the chances of meeting alcoholics, players and other general time wasters. Think about this: in looking for Mr. Right, where has he definitely been? A grocery store. Between the hours of 4 p.m. and 7 p.m., grocery stores are a veritable smorgasbord of men. You can spend a few hours browsing the aisles, striking up small talk conversations and hand out the friends card. It needs to be a direct approach; waiting for men to pick up on subtle hints, such as meandering past them, etc., does not work, because quality men do not want to come off as creeps and will not approach women in that environment.

The Snowflake Principle: have you ever tried to catch snowflakes while holding out your hand when it's lightly snowing? You will stand there empty handed for quite some time, and catch only a few. You can run around with your hand outstretched and still not increase your chances of catching more. You need a high density, a blizzard, a high amount of snowfall to catch more than a few. The same thing applies with men. If you are in places where there is a low density of men, you will not be able to meet enough to choose amongst a selection of high quality prospects. Other great places to meet them is Home Depot or other hardware stores, and specialty stores featuring items you're interested in. But there has to be enough foot traffic, so choose peak hours.

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Tip Number 10: The How to Choose a Man Online Course

Learn the same techniques used by police departments to know exactly who he is within 30 minutes of meeting him so you can get what you need, find someone who makes you happy, and stop getting hurt.

The How to Choose a Man Program is a self-Improvement online course that will teach you how to make wise choices, based on knowing exactly who men are, not butterfly feelings or chemistry. Of course you will only date people you find attractive, but it's important to focus on who they are as people underneath, their character, first and foremost, so that you don't waste time with the wrong men. Everyone knows you have to find and choose a good man as a partner, but this course will actually teach you how to do that!

As we all know, toxic men and narcissists always pretend to be great partners and can waste years of your life, break your heart, make you not trust yourself, or believe that the possibility to find a happy relationship even exists! Choosing a partner is one of the most important decisions of your life. The How to Choose a Man Program will teach you how to find good men, and how to avoid the toxic ones so you can stop paying Russian Roulette with your love life, and find someone who makes you happy! To learn more about the online course, click the button below.

Online Course