

**DATING UP**

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***7 PITFALLS TO AVOID WHILE DATING***

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## *Prologue*

By the time you finish this series there are three things that I would like you to have learned. One: If you do not have a foundation of self-love then you are not ready to date. No other person can fill a void that comes from within. A person can love you but they cannot love *for* you. Two: Dating does not always lead to forever. It is true that you will kiss a lot of frogs before finding your true love. Take the pressure off yourself by hoping the next person you meet will be "the one". Three: Only you have the power to determine how happy you are in dating, relationships and in life, period. Remember you are the common denominator in all of your failures, successes

and milestones from each endeavor. Always keep in mind that you have the power to change the direction of your life. Never give the power to be happy, to be filled with joy or to live in peace, to anyone.

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## *Introduction*

Let's begin with the simple truth; dating can be a challenging experience. Dating can also be a wondrous experience. It all depends on your state of mind when you decide that you are ready to approach the dating scene. Quite frankly many of us will encounter a single-life dating cycle multiple times in our lives.

Once you make the decision to date, it will best if you approach it with an open mind; otherwise you will stand the chance to be completely miserable, depressed or just plain bitter. You may even have thoughts to

give up completely. But before you do that, let's erase some of the bad advice you follow and replace it with some practical advice.

Often times in life it is best to unlearn some things in order to move on to a healthier way of living. Allow me to present to you 7 pitfalls to avoid while dating, in hopes that you will have a better perspective in finding the love you very well deserve, a love that may seem to be long overdue.

I have learned so much from my speaking with others, my clients and even my own personal life experiences when it comes to dating and relationships. The one thing that really frustrates me, along with many others that are in this line of work to make positive and effective changes, is the number con artist



that pop up trying to make a quick buck off of those in their most fragile state of mind. Quite honestly anyone can call himself a dating, relationship or life coach but it is up to the individual seeking help to look into that individuals background. If anyone ever tells you they can help you win over every guy or lady you meet, walk away. Seriously, walk away, hang up or do whatever is necessary to end contact before wasting any more of your valuable time. It is absolutely impossible. Besides do you really know what a headache that would cause you? Just imagine the crazies that you already have already crossed off your list. Good grief, there is a good chance that you would give up on dating period. You also want to avoid those who always know the right thing to say.

Sometimes you need to hear something that does not make you feel giddy or validate what you thought was right. Sometimes what we want to hear is not what we need to hear. Sometimes it is too good to be true. When someone truly has it in their heart to help others that person may not be the most popular or well known. Be sure to use common sense when taking advice from others.

As with anything worth having in life, work has to be done. This instantaneous mindset that so many of us are conditioned by in this age has to be changed. I know it is a cliché but it really isn't about quantity. It truly is about quality but at this point, I am completely certain you aware of this. So from

this point on let's just focus on weeding out the type of person you know for sure you do not want to waste time with, nor foresee in your future. I guarantee that it will make your dating life far less challenging. In fact, you will see an increase in your overall satisfaction in your dating experiences.

In this short but straight forward eBook, I will offer you advice to help weed out the dates that play mind games, the ones that are not looking for anything long term and the ones with too much baggage. I say too much baggage because we all come with some form of baggage. Some of us still have too many skeletons, too many hangs or just hanging onto past hurts that we aren't ready to let go of. It is the type of baggage we are willing to

allow that determines the size. I truly apologize to those who are offended by the term because let's be honest, these are real life experiences that everyone is not equipped to handle. Also keep in mind that baggage can include anything from children to health issues. So, try to think of your good "baggage" as your most prized possessions. Take for example, most of us collect souvenirs while traveling. We like to show them off to our family and friends because we love for them to take part in our experience as best they could. So, this "baggage" you've accumulated along the way is not trash you've picked up. It is beautiful, life changing experiences that has developed you into the person that you are destined to be. On the other hand there is the bad "baggage" picked up, such as criminal

offenses, exes that refuse to move on, credit issues, etc.

Before we jump into the pitfalls of dating, let's take a moment to do a self-evaluation. Being aware of your true character, needs, wants and desires has a major impact on your ability to avoid further pitfalls. Here is another truth. The common denominator in all your failed relationships is you. No, you may not have been the sole reason for the breakup but you played a part in it. So, let's do a recap of our own self-awareness, expectations and relationship readiness.

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