

## Marrying Right: The 10 Vital Tips to Successful Dating

Of all the components of happiness, research indicates that the most important is a happy marriage. With more than half of marriages ending in divorce why not invest in dating as if your happiness depends on it.... . It does!

If you are just embarking on the process, have been at it unsuccessfully too long , or are an unhappily single hermit, the following ideas , if followed, will greatly increase the chances of meeting and partnering with a the right person.

1. Meet hoards of people! . , Take advantage of computer dating, speed dating, contacts interest groups organizations etc.

We are all fussy. If you look at 100 faces of single eligible's 5 or 6 might be attractive to you. Maybe 1 of these finds you attractive That is a lot of screening just to get to level one. Then you have to find their personality pleasing and visa versa . All of us . have a longing to escape the human condition of being trapped in our own skin. . We want to escape,our isolation and be connected in an intimate relationship Problem : if you go on just a few dates – encounters one is going to be just OK. Being with him may feel better than being alone. Since you have limited your exposure and therefore options, it is so easy to fall into a just OK relationship and .before you know it someone wants a commitment So you break up, miss each other (you are lonely with no one) get together again, and you some day commit to a mediocre marriage. As my 35 year old just happily married NYC daughter pointed out to me.. You must learn to accept and be OK with being single forever unless you do meet Mr.(or Ms) right. (Being successfully single is another article in itself)

1. A) Make each date-encounter a positive adventure. Know that most ( like 90-98%)of coffee dates won't have the romantic chemistry you are searching for in a life-mate . However almost all of these can be a good experience.

If she/he doesn't make the first cut( not cute) they still could be a new friend, a business or work connection, share an interest that could be fun to talk about, You can use this opportunity to practice the art of conversation: test out some new idea or thought you have, on a stranger learn what makes another tick ( if you dare) , talk politics and see why anyone would really vote for the other candidate If no one is interesting to you unless they are potential mates. ,then you really need to work in your social skills and curiosity or you will bore others.

Women: A word of caution If you are on a date ( in a coffee shop, at a bar or whatever) and get a creepy feeling that tells you this guy could be

trouble, dangerous, or abusive, trust it. Have a preplanned excuse for leaving early and use it.

2) Be Yourself. We all have a tendency to want to impress and win over people we are attracted to, but when you only put your best foot forward they do not know the real you. If you start dating them you'll blow your cover and they will see the real you soon enough. If you misrepresent at a job interview and claim a skill you don't have, well, if you get hired you're likely to get fired when the truth comes out. Same here. So be yourself. Now you can relax, enjoy yourself more and be comfortable in your own skin, which, by the way, is a very attractive trait.

3) Listen. Instead of trying to win over potential partners by demonstrating how smart, interesting, accomplished, and witty you are, devote more of your energy to showing how interested you are in them. Almost all of us are deeply flattered by someone showing true interest in us.. ie asking about us and then following up with questions like "really, why?" or "how come?" or "tell me more about that", That interest makes people really feel connected to you. Equally, we are turned off by the person who asks about you, only quickly to bring the subject back to themselves, or plays the role of entertainer and lecturer.

4) Take time before exclusivity. As much as you may adore someone after a couple dates, give yourself a few dates and encounters in different settings before closing the door to others. Not infrequently a surprise is in store ..like difficulty in being with her friends, or how rude this lovely person is to waiters or other "tells" that might make you think twice.

5) If you are not quite sure if you should move to the next step ask your friends for their impressions of your new love. If they all have a similar negative response you best pay close attention.

6) Before exclusivity ask yourself : If I were not sexually or romantically attracted to this person, would I choose them as a best friend and just love their company... In the end a marriage is a friendship with some romance and sex attached. If the answer to the above is no, you are likely headed to a very lonely marriage.

OK... Now you are Exclusive

7) Continue to, maintain your friendships and interests and remain fully engaged outside the relationship. A frequent and unfortunate pattern in a budding relationship is giving up all for our new love. Do that and pretty soon you have nothing to bring to each other and the relationship becomes stale, as do both of you. Worse, if it ends, you have lost yourself and coming back is a lot harder.

8) Before deciding to get married, make sure the emotional honeymoon is over and you have entered reality. Falling in love is really a state of euphoric psychosis when we put a mask on each and see only the wonderful parts. The mask is shattered in our first big fight, or numerous other unpleasant possibilities and now we get to really know the true person

We get to start fighting out our numerous differences, deal with chronic irritations, and see each other in less glamorous poses. Are you still in love most of the time, despite these unpleasant intrusions on your romance, and still best of friends. If so, great!

9) Talk over all the tough issues now rather than after you commit to marry. Do you want kids? How many? How do you raise them? (religion, tough love or leniency etc) How important is work, vs. leisure? Money: enjoy your money now or save as much as possible for your old age? Time alone and with friends and time together.

10) Take a trip together. Trips can bring out the best and worst in a potential partner. How people handle travel stress can show up, when your baggage is lost, your plane is very late, your hotel is overbooked. You

name it. You also get to spend some pretty intense time together. Not infrequently, it was a trip that ended a relationship . Better now than later.

If you have progressed through these steps and are still feeling good about each other I believe the odds of success are excellent You now have my blessings Go for it kiddo.

Cautionary PS. If you have had several long term relationships leading to a bad end , the above steps are probably not enough for success. You probably have some self defeating patterns in either how you are choosing your partners and/or counter productive behaviors and expectations in relationships. . Best to get some help from a skilled therapist, to break this pattern of failure.