

## **TOP 10 DATING TIPS:**

By: Dr. Paulette Kouffman Sherman

1. **BE OPEN-** Often we decide something is not right for us before we even give it a try! For example, many of my clients say, 'Online dating is for losers.' They have never tried it nor do they know the variety of sites or people out there in cyberspace. If you do this sort of nay-saying, take a step back and try something new. You never know what will come of it...
2. **LOVE YOURSELF-** Often singles wait around for the perfect partner to come save them. Meanwhile they won't travel, buy a house or take a vacation. If you are happy, you are much more attractive. Start loving yourself the way you want to be loved. Write down some things you'd love to do and make them happen. You'll be a radiant and more interesting date.
3. **LEARN TO DEAL WITH NO-** No is just a word like yes. Often when we are rejected on a date, we reject ourselves. We tell ourselves that no one will want to date us ever again and we give up. Being rejected is a normal part of dating, so, learn to say something positive to your self like, 'I am wonderful and the right guy will stick around.' Then keep dating.
4. **BE CLEAR & REASONABLE ABOUT WHAT YOU WANT-** It helps to be clear when you are looking for the right mate. Take some time and make a list of the qualities that are most important to you. Also know what you won't accept. Make sure your list is reasonable because no one is perfect. With your eye on the target you will hone in on appropriate matches.
5. **TAKE CONSISTENT ACTION-** In order to manifest goals, we need to take action. Pick two things a week that you will do to meet new people and hold yourself accountable for going out. To get the best results, you need to be willing to put in the effort.
6. **ENLIST HELP-** Everyone does better with a cheerleader or team. If dating is hard for you, enlist support. Gather your single friends to go out with you to events. Ask the people who love you to fix you up. If you want confidential support, consider hiring a professional dating coach like myself, to keep you in action and on track.
7. **LOOK BEYOND 'YOUR TYPE'-** Often we pick the same partners again and again, even if the package looks different. Try something new. Sometimes it's the man an inch shorter than your height restriction that sweeps you off your feet

and proposes, making you happier than you ever thought possible. Get out of your own way and give someone new a chance. You may be very happy you did.

8. **LEARN WHAT ‘STOPS YOU’ IN DATING & MOVE PAST IT-** Examine your past dating patterns, limiting beliefs, actions or defensive styles. To learn more about this, get my book ‘Dating From The Inside-Out’ and do the accompanying exercises.
9. **STAY POSITIVE-** Just because you haven’t met the partner of your dreams yet, doesn’t mean you should give up on love. Commit to meeting all kinds of new prospects and having fun. Learn about yourself and find something to like in every date or situation. People will be attracted to your good energy and will want to be around you.
10. **LEARN FROM EVERYONE YOU MEET-** Just because each date won’t turn out to be your spouse, does not mean that it was a waste of time. Choose to appreciate something and learn something from every date. It will leave your dates feeling great and you will find dating to be a much more positive and meaningful experience.

Happy Dating!

My Best in Love,

Paulette

### **Top 5 Dating Do’s & Don’ts On A First Date**

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**DO have fun & look for the positive**  
**DO remind yourself of what is great about you**  
**DO try to learn something from every date**  
**DO be true to your values and standards**  
**DO be willing to be surprised**

**DON'T replay all your past relationships**  
**DON'T discuss marriage & plan your future**  
**DON'T criticize & judge your date**  
**DON'T lie about who you really are**  
**DON'T blame yourself if it isn't a match!**