

10 Big Dating Mistakes

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Welcome

There are some things that will kill your date before you even get started, or worse than that, start to build distrust or even resentment in the relationship.

Why is that worse?

Well because that takes longer to show itself and then you may be seriously involved with someone by the time it shows up (or married) and then all that distrust or resentment will start to show and the whole relationship will topple like a house of cards.

So take heed that you need to cast a critical eye over yourself (and your partner) and look for signs of any of these mistakes in your relationships or dates.

Of course there are always exceptions to the rules, I am sure that some people have broken almost every rule in this report and are blissfully married and having their diamond anniversary, but for the rest of us then stick to the rules!

Let's jump in...

1. Seeking Approval

Ok, big bad idea.

Some men (like me at one time) will constantly seek the approval of their date. You know like constantly checking that the meal is alright, and making sure they really liked the present you gave them.

Now I'm not saying that you ignore her needs, but try to second guess her needs and fill them automatically. More often than not she wants you to be in charge, she doesn't want to have to constantly reassure you that you are doing things correctly.

Check every so often, but every day or worse, every hour of every day (like checking that the appetizer is ok, then checking the main course is ok, then dessert...) will make her think you are a wuss and she will start to get annoyed and want out.

Trust your instincts, lead the date rather than stopping all the time to check if you are doing ok. Have a little confidence in yourself. If you don't, your date will pick up on it.

2. Not Expressing Your Needs

Boy have I been guilty of this one at times!

You know when you say you are 'fine' when you are really not? Maybe you are an assertive person and you don't have that problem, but most men tend to cover up their needs from their partner. Then they get frustrated when their needs aren't met! What happens next is that your date will get frustrated, too.

If you are not being honest and telling your partner what your needs are, then it has been said the relationship is at a “child” level. You want something to be done about something they don't know about.

The same goes for your date, she must communicate clearly to you what she likes or doesn't like something or when she is missing something. Only then can you truly have a deep and meaningful adult relationship which you can both grow with.

Be direct, but be tactful!

3. Sacrificing Too Much To Be in the Relationship

Alright, guilty again.

You know sometimes you really want to be with someone, but you find out they have completely different tastes than you? Yet you still want to pursue it.

I know opposites are supposed to attract, but you need some common ground in order to have a fulfilling relationship. If she likes clubbing and you prefer quiet places, then you are always going to be having arguments about it and it will destroy the relationship. Even if you try and sacrifice your own values and try to please her by doing what she likes, you'll end up resenting her.

It is good to have your own interests, like if you play football on a Sunday while she goes to see her friends, and she goes out on a Thursday while you spent time with your friends, etc. But if your core activities differ, things that you are supposed to be doing together, then you are not setting yourself up for a long and successful relationship.

4. Falling In Love Too Quickly

Have you ever had the experience where someone is pledging their undying love for you on the second date? I have and it is freaky!

Maybe you have been that person instead?

Do not convince yourself that you have fallen in love too quickly, or accept anyone else who does. It may be flattering and seem like they are devoted, but if they are that quick to fall for you then they can quickly pull back as well.

It also shows that the person falling in love too quickly has not really assessed the situation, so before you find yourself with a child or engagement ring, take a step back and evaluate the situation. Do you really think you could live with this person for the rest of your life or are you just glad of the affection?

5. Glossing Over the Cracks

This stems from not wanting to ruin what you have, or refusing to admit the truth and hoping that it was one off.

Cracks are where you experience something that gives you a warning sign something could be lurking about to come up and bite you later in the relationship!

Like say they were supposed to meet you and didn't, never phoned and came back home later drunk. That is a crack.

Or say you see them verbally abusing a waiter... that is a crack.

Or you saw them kick their cat? Don't be tempted to think these things are one offs in your eagerness not to 'ruin' a good thing.

Don't always jump the gun at the first sign of trouble, but become more wary and look for patterns. It could save you a lot of grief further down the road.

6. Discussing Your Ex

This is a tricky one. Basically you don't want to avoid speaking about old relationships if you are asked, but don't dwell on them.

You certainly don't want to keep hearing that one time such-an-such did this thing which was really bad/good... do you? And you certainly shouldn't inflict it on your date!

You should be over your ex before you go into a new relationship and make sure you put them out of your mind when you start the new one. It is a sure sign you have unresolved issues when you start to talk about your ex.

Rule of thumb, answer questions if asked but don't offer anything up otherwise!

Oh, and if she keeps mentioning her ex, then you may want to tell her that she may have unresolved issues she needs to sort out.

Unless you want her to end up in the bed of her ex the night before your wedding when she takes action on those 'nagging' feelings she keeps having....well, you get the picture.

7. Playing Games/Manipulation

This is a tricky one to spot sometimes when people are doing it to you.

Throughout our lives we have picked up a number of weapons that we have learned get results for us. As an example, maybe the 'guilt trip' worked on your parents to get you money.

We then subconsciously use them in life whenever we want a specific result, and if we are allowed to get away with it, then that is confirmation again that it works and we should keep doing it.

When your date always uses a guilt trip on you, or threatens to walk out unless you do something, that turns into resentment which builds and destroys the relationship (check you are not doing it to your partner as well!).

The best way to deal with this is to confront it. The person may not consciously be aware of it, so by saying that you recognise they are trying to trap you with guilt and that it is not healthy in the relationship, you can then start to work on systems where you can both get what you want in other ways.

8. Ignoring the 6 Month 'Honeymoon' Period

This is a very real period at the start of the relationship. It usually lasts for 6 months, where you are smitten with each other, as long as you had that initial spark, it blossoms and you have a great time and can't get enough of each other.

Call it 'love blindness'.

Now you overlook all of their problems and incompatibility during that time, make sure you don't get yourself too committed at that point. Have you ever come out of a relationship and thought, 'Wow, why on earth did I ever stay with her?'

It happens all the time. We are temporarily blinded by the new relationship and fall for people who are completely unsuitable for us.

Take things easy for the first 6 months, I know you won't as most people don't, but just avoid big things like moving in, having kids, getting engaged or married!

9. Trying to Buy Her Love

So you've taken her out for an expensive meal, bought her an expensive gift, you have treated her like a princess, yet she leaves you for some someone who doesn't do any of that. What went wrong?

If you buy lots of gifts and things for your partner, you are essentially saying that you don't think you are good enough for her so you are trying to buy her off instead. Remember women are quite different than us.

Men are quite materialistic and we tend to buy things to express our feelings. Try to communicate with your partner more instead. Scrap that expensive meal and grab a bottle of red wine and sit on the sofa all night with some soft music on in the background, some candles maybe (no TV!) and have a real chat about you two, like what has been going on in your relationship, what has been going on at work etc.

It will be 100x more special to her than a stuffy meal where you hardly get time alone together.

10. Unequal Balance of Power

Power is a very hard thing to balance out, but essential to a healthy relationship.

She doesn't want to go out with a wuss who she can walk all over, just as you don't want to go out with a bully. Equally she doesn't want to be told what to do all the time.

There needs to be a balance of power and if it starts to tip one way, then resentment will build. Your date (or yourself) could take it for years, maybe they were brought up that way. But it is not good for the health of the relationship or the mental health of those in it.

Take a good long look now and the balance of power and try to keep it equal. If she always tells you to make the decisions then make sure you let her make them some of the time. If she makes them, then wrestle some of the decisions back off her.

Sit down and discuss this topic, don't be bullied or have your date be submissive about the subject. Make sure you both have a fair say and find out where you are at and how you can get to where you want to be.