

# Find Love & Create A Successful Relationship

Do you know what you are looking for in a lover or a mate? What kind of person do you really want? You have likes and dislikes, beliefs and attitudes, and you live a particular lifestyle. Some of these factors should be compatible with an ideal lover. So you need a clear picture of what kind of person fits your needs, in order to find them.

There are things about others that turn you off and turn you on. List the characteristics you would like in your ideal lover, including appearance, beliefs, habits, and values. Maybe you cannot handle someone who smokes or likes to bowl. Fine. Make a list of the positive qualities you would hope to find and the negative qualities that are not negotiable. At the same time, you must be prepared to create a relationship with a human being, not a fantasy playmate. Your expectations must include a willingness to love someone as they are, not as you would like them to be.

Next, make a list about yourself, focusing upon your best qualities—your positive traits and your accomplishments. The idea is to illustrate what you have to offer in return. It's important to realize that you deserve a loving relationship. If you want someone to fall in love with you, you must recognize that you have something unique, positive and interesting to offer. We are all unique and worthy of being loved. But unless you have a sense of what you have to offer, you are going to have a hard time projecting it to another person.

Recognize things that you have accomplished, even if they didn't make the newspapers. Then create an honest assessment of your positive traits, such as loyalty, dependability, humor, and thoughtfulness. List the things you enjoy doing most, together with your basic values. This list will be important to you in several ways, so spend some time putting it together. Then take a look at the two lists. Are they in the same ballpark? You don't really need to find a clone of yourself, but there should be a reasonable meshing of characteristics, values and interests. Time and the dating process will help you to discover how the compatibility factors will work out.

## **1. Create A Positive Self-Image**

To establish clarity of intent, you must create a positive self-image and become comfortable with the idea of being in a relationship with someone you find attractive. If you don't believe you are worthy of loving and being loved, it is not going to happen. So the first step is to know what you want in an ideal mate, and then to feel good about yourself as a person. If you don't love yourself, you subconsciously won't believe that anyone else could love you ... and you won't allow a relationship to manifest.

Our self-image is created by a lifetime of feedback from the world around us. Perhaps the most common problem with self-image today has to do with appearance versus the media and the culturally-accepted norm. We are all bombarded with ads featuring beautiful people getting what they want by using particular products or wearing specific clothes. Obviously, looking your best, having nice clothes and projecting a positive image is desirable. It is a good way to suggest to others that you feel good about yourself. But don't compare yourself to the people on the magazine covers and in the TV ads. The right way for you to be attractive is to relax and be yourself. Express yourself, your unique qualities and enthusiasm for life and the people around you. Warmth, sensuality, sensitivity, and humor have nothing to do with looks, clothing, money or fame. Forget the media image of what is appropriate and start to project the real you—the authentic you. Then you will find yourself attractive to others and on the road to a realistic and satisfying relationship. If you're not 100-percent happy with the real you, you have the power and ability to enhance who you really are. I'll talk more about that soon.

## **2. Strike A Balance**

Recognize that shyness and excessive concern about your image is a kind of self-absorption. Try to be more interested in your date and a little less concerned about your own hairstyle or bald spot.

As you get involved in meeting new people, you want to find out about them and allow them to get to know you. If you remember to strike a balance between asking about them and telling about you, the relationship will progress more easily. And your concerns about your own imperfections will seem less important.

## **3. Project Charisma**

Projecting charisma is an important part of connecting with people. If you were to take a charisma class to enhance who you are, the instructor would work with you on several points you can develop on your own, or with the assistance of self-change programming tapes. The following are the key factors for developing charisma: 1) Project an inner-warmth and friendliness, 2) Act self-assured and independent, 3) Project self-confidence, 4) Be open and approachable, 5) Be sensitive and allow others to know it, 6) Project confident posture and assertive body language, 7) Be secure enough to let your vulnerability show . . . and remember, 8) one of the most appealing human characteristics is the ability to make other people feel at ease.

## **4. Your Traits, Habits and Viewpoints Are Alterable**

When it comes to enhancing who you are, realize that your personality is the sum total of all your past programming. In addition to your inherited characteristics, your personality amounts to an interaction of your traits, habits and viewpoints. These factors are acquired, not inherited, thus they are alterable with new programming. Self-hypnosis as described in the final chapter is ideal for reprogramming your personality.

## **5. Seize the Moment**

Have a talk with yourself about seizing the moment. Change begins with action, so whenever an opportunity arises to meet someone attractive, you must act. Opportunities are often fleeting. If you make eye contact with someone interesting, don't let the opportunity slip away. Start a conversation. Chances are, you have an opportunity to meet many attractive people every day, but you're shy about making the moves. Make a commitment to yourself, to act every time an opportunity arises. Also, never decline an invitation to go out when the alternative is staying home. Even if you are not enchanted by your date, going out generates confidence ... and you never know who you might meet.

## **6. Be Creative About Meeting Eligible People**

Where do you meet someone like the person on your wish list? Use your lifestyle to your advantage. If you enjoy the outdoors, join a walking group, or the Sierra Club. If you have a hobby or a sport you enjoy, use it to meet new people. And be creative in deciding how to meet eligible people. As an example, if you are clear about wanting to meet someone with money, you can buy a few shares of public stock in many of the companies with home offices in your area. This insures that you will be invited to all stock holder's meetings. Hundreds are usually in attendance, and the odds of meeting wealthy people are high.

Other ways to meet the wealthy might include attending the local auto and boat shows. Some of those examining the most expensive displays might be good prospects. Cultural activities also tend to bring out the money crowd. Another idea would be to get a weekend job in an exclusive store. The idea is to decide exactly what you want, be creative about your approach, and then stop procrastinating and act to manifest the reality you want to experience.

Every city has adult education classes and they are an ideal place to meet someone who shares one of your interests. Check the calendar section of your newspaper for special-interest events, such as seminars. Chances are, this weekend there is a free event on reincarnation, real-estate investment, environmental activism, and hundreds of other subjects. And there are always museums, galleries, and other public functions. Each gives you a chance to meet and talk with new people in a positive, stimulating situation.

## **7. Personal Ads Work If You Use Them Correctly**

Put an ad in the personals and answer several you find interesting. Today, with the Internet, this is easier than ever. Whatever you do, don't make the mistake of thinking you are too good for this, or that you are not good enough. Many others like yourself are extremely busy and this is their only opportunity to make contact. Or maybe they are too shy to approach others in public. Personal ads can work, if you screen them and are direct and honest about who you are and what you want.

## **8. Get A Conversation-Starting Dog**

Have you ever noticed how strangers feel safe in opening a conversation if you are carrying a cute child or walking a dog that is cute or in some way outstanding? It is

almost magical, so get a conversation-starting dog and walk it through the areas populated by the kind of people you want to meet. And if you're walking the dog or taking your wash to the laundromat, make sure you look good. If you're a woman wear makeup. If you're a man, shave and put on some bronzer. Make sure your clothes are flattering. Obviously, the more flattering, the better. You never know when you're going to meet that special person. Research proves we tend to mentally judge new people within seven seconds of meeting them.

## **9. Ask Direct Questions**

Direct questions are a great conversation starter. If you're standing in a movie line next to someone attractive, ask them what they know about the movie. If you're a woman in a health club, ask for some advice about the equipment. If you're a man in a health club, ask the woman next to you for some nutritional advice. People love to give their opinion or share their expertise.

A way to find good prospects without risking rejection is called the "calling card routine." The idea is to go where there are a lot of people—a single's bar or any crowded environment. Go up to the most likely potential lover. Spend no more than five minutes talking to the individual and then say something to the effect of, "It's been great talking to you, may I have your business card." Few people will refuse, and most people will ask for yours in return. If they don't have a card, give them yours. Move on to another person and another, until you have gathered several cards within a short amount of time. Make notes about the individuals and their interests on the back of the card. Using this technique, you could cover several locations in one evening.

Next, phone the people you like best at their offices. Make sure it is a good time to call, and see if you can set up a date for lunch or dinner. If you hear any resistance in their voice, simply say, "I probably called at a bad time. Let me leave my number and you can call me when you can talk." If they don't ever call, it is an easy rejection. And they might already be involved with someone else.

## **10. Share A Task With Someone**

Here is a great way to develop a relationship. Share a task with someone. Working together builds a bond. It could be a personal project, an activist situation, or volunteer, school, or civic project. Just open your eyes to all the opportunities around you to get involved with others.

If you're looking for a relationship, and you haven't already told your married friends that you're looking to meet new people, do it. There is a natural match-maker in all of us. The more friends you have of your same sex, the more people you will meet of the opposite sex—through their friends, co-workers and at parties. Then of course, you can always arrange to meet some of your office phone contacts. Take one of those faceless voices to lunch. If you desire to establish a primary relationship, you need to accept that fate isn't going to send the love of your life storming through the door while you sit at home.

## **11. Give Up Perfectionism**

If you want a relationship, you have to act. And you have to rise above your illusions. Research studies of single people who suffered from loneliness, showed that

they had rigid and demanding expectations about their relationships. It also turned out that their loneliness was less related to the actual number of dates or partners that they had, but to their own inability to accept and enjoy others. Perfectionism is not a positive trait in establishing relationships.

If you're looking for love, that means giving trust and acceptance to someone and loving them as they are, not as you'd like them to be. The usual feeling that signals a true-love relationship is recognition—talking to someone that understands you and what you are trying to say, from the outset—a sense of intimacy and sharing without effort. This doesn't mean that all goes smoothly at every moment. But a basic willingness to accept people as they are is the beginning of unconditional love.

## **12. Explore Any Hidden Payoffs to Remaining Single**

Maybe proceeding any further, you need to explore any hidden payoffs to remaining single. I once processed a woman who said she wanted to find a mate and develop a meaningful relationship. She was extremely overweight and did nothing to make herself look more attractive. Working with her revealed that if she did find a mate, she felt that he would be possessive and restrict her activities. She hated the idea of washing a man's clothes. Cooking regular meals was an awful idea. She would never tolerate a man watching football games in her living room, and doubted she would enjoy his family and friends. Obviously, there was a payoff in keeping things exactly as they were.

If you get what you want, things will change. What are the changes you won't like? Any psychological blocks will be found among the changes you won't like. The first step in removing a block is to bring it to the surface. Second, resolve it through logical evaluation, or with mind programming, or the help of counselor or therapist.

## **13. Find Ways to Make Time**

The primary excuse for not developing a relationship is, "I don't have enough time to start looking for one." But you can make time by eliminating something else that is less important. What is your real priority? You know that if something is not a high priority, it keeps getting bumped to the bottom of the list. If this is the case, maybe you are fooling yourself about what you really want.

Making the time to find a lover means making a commitment to working toward that goal in realistic ways. So, budget your time. Check your calendar and start eliminating things you do just to keep busy. If necessary, do some extra work so you can hire a maid, or a gardener, or a baby-sitter, to give yourself more time. The time problem is all in your mind. Like everyone else, you probably spend a good percentage of your time being busy being busy. Ask yourself how much of your routine is essential and how much is habitual. Habits can be eliminated.

## **14. A Realistic Assessment is Essential**

Examine attitudes that will blow your potential union out of the water. If your life has not been working in the way you want it to, contemporary therapy suggests that you need more realistic approaches to your goals. You need to reprogram or reeducate yourself so that your actions promote inner-harmony rather than disharmony. What is

right for you in a relationship is not necessarily what is right for someone else. But we all seek love and acceptance from other human beings.

## **15. Act By The End Of This Week**

Are you prepared to begin a new program to find a lover by the end of this week? If not, why not? If you are not enthusiastic, you are probably being blocked by some basic fears, such as fear of failure, fear of rejection, or fear of success. Fear of success means that you are still ambivalent about finding someone and entering into a serious relationship. That's perfectly normal. You've adjusted to being single over a period of time and there are some apparent benefits. You do what you want, when you want, without having to deal with another person in your life. But as discussed in tip 12, you need to understand any psychological blocks that are working against you.

## **16. Explore the Advantages of a Relationship Versus Remaining Single**

Make a short list of the major benefits of having someone in your life. Then, list the advantages of remaining single. Do these two lists opposite of each other on the same sheet of paper. Compare them very carefully. If the advantages of a relationship don't win out, you don't really have a problem, just a little confusion about your goals. In that case, you can still use this information to find a good relationship, if not necessarily the permanent kind. Who knows, you might even change your mind.

## **17. The Unknown Always Contains Risk**

If you do want a relationship, despite some sense of risk, remember that the unknown always contains risk. If you are afraid, your fear involves failure or rejection. But the worst thing that can happen to you is your efforts will not produce what you want. You end up being right back where you are now, having had some interesting and rewarding experiences. And by following these guidelines, your odds are overwhelmingly in favor of you finding and dating eligible partners.

Getting into the swim of dating does include the possibility of emotional hurt, should you fall in love and not find it reciprocated. But wouldn't you agree that even that would be a small price to pay? Wouldn't you also agree that the chance of success is worth the risk of the pain? You are not really that fragile.

While the possibilities of failure and pain exist, you must believe that the reward is well worth the risk involved. Conversely, the possibility of never finding someone also holds the possibility of another kind of pain.

## **18. You Will Survive and You Know It**

The other kind of fear that people experience is performance. For example, "What if I go out with someone and act like a fool?" Or, "What if I don't know what to say?" Or, "What if I can't perform sexually?"

What will happen is that you will survive. And deep inside, you know it. If you don't pretend to be someone you are not, there is very little chance of making a fool of yourself or having your date go badly. And there are no real requirements for

performance on a first date ... or even a fifth date, beyond common curiosity and common sense.

When you begin seeing someone, if you feel uncomfortable, shy, or tense, chances are your partner is experiencing something similar. If you mention your uneasiness in a relaxed way, your date will probably say something like, "I'm glad you said that. I was feeling the same way." Then the ice is broken and you're just two human beings getting to know each other.

## **20. Twelve Tenets For A Successful Relationship**

How do you make sure that the relationship is successful once the bonding is established? Obviously nothing about human relations can be guaranteed, but to love and be loved is the deepest psychological need in human beings. In the ideal relationship, both partners maintain their integrity and individuality while—through their union—increasing the potential to become all they are capable.

Before we were married 19 years ago, my wife Tara and I developed 12 tenets we felt would increase the odds of a establishing, a warm, fulfilling, growth-oriented, long-term relationship:

### **LOVE**

Love each other as you would be loved, cherishing the passion and joy, while allowing the negativity to flow through you without affecting you.

### **ACCEPTANCE**

Treasure each other's uniqueness and accept each other as you are without expectations of change.

### **COMMITMENT**

Totally commit to your relationship—mentally, physically, spiritually, emotionally and financially. Withholding reflects doubts that will undermine the foundation of your union.

### **SUPPORT**

Support each other in ways that increase self-esteem. This is critical to a good relationship, for to love another you must love yourself.

### **DETACHMENT**

Let the little things go. Before reacting negatively, ask yourself, "Does it really matter or am I just acting out of a need to be right?"

### **COMMUNICATION**

Openly communicate and share yourself. The greatest gift you can give each other is to be all of who you really are. Be willing to discuss needs and compromise solutions.

### **LISTEN**

Listen to each other and be willing to appreciate the other's position even when you don't agree. Also, learn to hear what isn't being verbalized.

### **COMFORT**

Provide comfort to each other in the midst of worldly concerns. Be friends as well as lovers and let your union be a refuge of balance and harmony.

### **TRANSCEND ANGER**

Rise above anger by saying to yourself, "I am angry because I had expectations of gaining approval or control in this situation. These are not my rights."

### **TIME**

Always make time for each other and find fulfillment in the current moment. Shared activities are the building blocks of a good relationship.

### **TRANSCEND BLAME**

Blame is an expression of self-pity and only makes matters worse by programming your subconscious mind negatively.

### **SPIRITUALITY**

Encourage each other to evolve spiritually. Through faith, you can transcend the darkness and attain peace of mind.

## **21. Use self-hypnosis**

Daily use of self-hypnosis mind programming will support your goal of finding love and creating a successful relationship. The final chapter tells you how.

## **Find Love Summary**

1. Create a positive self-image.
2. Strike a balance.
3. Project charisma.
4. Your traits, habits and viewpoints are alterable.
5. Seize the moment.
6. Be creative about meeting eligible people.
7. Personal ads work if you use them correctly.
8. Get a conversation-starting dog.
9. Ask direct questions
10. Share a task with someone.
11. Give up perfectionism.
12. Explore any hidden payoffs to remaining single.
13. Find ways to make time.
14. A realistic assessment is essential.
15. Act by the end of this week.
16. Explore the advantages of relationship versus remaining single.
17. The unknown always contains risk.
18. You will survive and you know it.
20. Twelve tenets for a successful relationship.

## • *Affirmations* •

The final chapter explains how to use the following affirmations as self-talk and how to include them in a self-hypnosis format for daily mind programming.

*"I now create the space in my life for the perfect love relationship."*

*"Finding the right love relationship has a top priority."*

*"I willingly commit the time and energy necessary to find a loving relationship."*

*"I now seize the moment and act immediately to meet people."*

*"I am clear on my intent to meet the perfect lover."*

*"I project warmth and openness."*

*"I am ready to give and receive unconditional love."*

*"I now focus the power of my subconscious mind upon drawing the perfect lover into my life."*

*"I project sensitivity and vulnerability."*

*"I project self-confidence and independence."*

*"I will love my lover as I would be loved."*

*"I will treasure my lover's uniqueness and totally commit to the relationship."*

*"I will support my lover in ways that increase self-esteem."*

*"I will detach from negativity and let the little things go."*

*"I will openly communicate and share myself, and I will be a good listener."*

*"I will comfort my lover and make time to spend together."*