



*Finally
attract
the
mate!*

Dating without Drama, The 5 Secrets of Successful Dating

WRITTEN BY RABBI SHLOMO AND RIVKA SLATKIN
OF THEMARRIAGERESTORATIONPROJECT.COM

DATING WITHOUT DRAMA

THE FIVE SECRETS OF SUCCESSFUL DATING

FINALLY ATTRACT THE RIGHT MATE!



FOREWORD

Dear Reader,

We are excited that you are about read to **Dating without Drama: The Five Secrets of Successful Dating**.

We knew we had to share this material with you when we started receiving phone call after phone call about singles that had attended a workshop that we gave, getting engaged one by one, even after years of dating difficulties! A few months after they had learned our material, most of them got engaged! The information we presented was transformative for them and made all the difference in their lives! We are so grateful.

Most of us were not taught what it means to be in a relationship, nor are we self-aware enough to realize what may be getting in the way of our success.

If you're single, this eBook will help you learn about how relationships work, as well as help you become more conscious in the dating process. New opportunities in relationships will begin opening up for you as you begin to work on and implement the material presented to you right here.

If you're a dating coach, no doubt you will be better equipped to advising your clients on how to become more successful at dating for marriage.

If you're a matchmaker, what you're about to read will be a goldmine for you, as we are confident that your list of singles' will turn fairly quickly into married couples!

Please feel free to pass on and share this eBook to anyone that you think it may help. We want to help as many singles forego the pain of dating difficulties and be able to attract the right mate, quicker.

You'll notice at the end of the book, we provide our contact information so that the single, the dating coach, and the matchmaking professional can feel free to speak to us personally. We can help you become more successful at dating for marriage whether you are looking to get married yourself or you would like to become more successful as a dating professional.

With best wishes for your relationship success!

Shlomo and Rivka Slatkin

TheMarriageRestorationProject.com



DATING WITHOUT DRAMA LESSON 1

The first secret to successful dating and learning more about dating without drama: **Know what you are looking for.**

Did you ever get curious about why some people choose their spouse? There are thousands of possibilities, perhaps millions to choose from, but we settle on the one. Why did we pick him or her instead of someone else?

Have your friends tried setting you up on blind dates before? The guy sounds perfect. He clearly has everything on your "list." You meet him and it's a dud. Way off! Who would have put the two of you together? On paper, it was perfect, but in reality, it just didn't work. Why wasn't he the one?



Perhaps you inquired about a girl, but you are told she is not for you. It's way off base, there is no way it will ever work. You go out anyway; you fall in love, and get married. What happened?

The reason why we pick one person over another, even though he/she may not match what we "know" we are looking for, is that he or she is what we are "really" looking for. Despite your conscious wish list, your real selection will usually be made unconsciously. If you understand this concept, you'll be that sooner to mastering how to get married!

Your *unconscious* is looking for someone who feels very familiar, someone who is best equipped to meet your unmet needs. Back to the unmet needs in a moment...

This notion that your **unconscious is making the selection is extremely important!** Many singles limit their choices of potential marriage partners solely because they don't meet up 100% to their *conscious* wish list. While there are certain values that one would never sacrifice, there is still some **room for variation** on such less important issues. Perhaps you don't have to marry a guy who is exactly 6'1 or 165 pounds. When that room is eliminated, you may wind up rejecting individuals who could be potential soul mates because they don't fit your specifications.

Let Your Conscious Be Open To The Wisdom Of Your Unconscious.

Back to those unmet needs- What are they and why are we unconsciously looking to get them met?

Have you ever been around a crying baby? Unless you are a baby whisperer, you likely will not be able to read the baby's cues 100%. Perhaps the baby is hungry, or maybe he has a wet diaper, or just maybe she is overtired. No matter how great the parent, it is impossible to meet all of the baby's needs. Mother can only do her best. As we grew up, our parents did the best job they possibly could, given the circumstances and the skills they possessed at the time, to meet our needs, yet no matter how hard they tried, they couldn't give us everything all of the time.

This leaves us having unmet needs. All of us need security, trust, visibility, to feel competent, and most of us probably did not get enough of it growing up. Some of us may have gotten much more than others, but we all could use a little more of it.

So how do we get those needs? Through marriage. Marriage is the golden opportunity to recreate that familiar environment, but this time you'll have a chance to get it right, if you are conscious.

Do you remember the story of Adam and Eve: The Bible says, "It isn't good for man to be alone"? It is through relationship that we have the ability to become whole. As the world is striving towards wholeness, so do we take part in the process of growth and change. Thus, we are unconsciously going to choose someone who feels familiar and will best enable us to grow and become complete.

Are You Telling Me To Date And Ultimately Marry Someone Like My Parents?

I am sure you weren't expecting to hear that you marry your mother or your father, but it makes sense that you would be seeking something that feels familiar.

Take a deep breath and pause so you can begin to get more conscious about what type of relationships you are used to. As you learn about your past relationships, you will have a much clearer picture of the type of relationship you are unconsciously pursuing and get even closer to learning more about dating without drama.

As you take a deep breath, I would like to begin thinking about the messages you received as a child.

Now close your eyes and picture your parents...

- Did they talk?
- Argue?
- Were they loving.... Or distant?
- How did they work on finances?
- Which one expressed anger?
- Did Dad cry?
- Did marriage seem to be hard work or was it easy?
- Did your parents help you feel secure or smothered?
- Did you get the message that you should always be happy?

Take all the time you need. When you are ready, I would like you to write down three messages you got about relationships and how you want them to be. **Three messages... talk all the time you need.**

When you are ready, I would like you to think about a particular difficulty you witnessed or experienced in relationships in your family. As you remember that difficulty or incident, I would like you to think about how you responded. Did you try to solve the problem or did you avoid it?

You may need to take some time to reflect on these questions and that is more than ok. While you cannot predict with 100% accuracy who or how you will get married, by becoming more conscious about the relationships you witnessed growing up and the messages you received, you will be much better prepared to see the potential roadblocks that lie in the road towards commitment and marriage.

Have you ever wondered why 57% of those who remarry wind up getting divorced a second time? Is it always the other person's fault? Or the woman who just seems to keep getting involved with abusive men? Why are these people attracting the same people time and time again?

When you become conscious about what you may be unconsciously looking for, you have the ability to choose and to leave behind self-destructive patterns as you learn more about yourself while you learn how to get married. As you do so, you will see yourself getting much more positive results.

To summarize: Dating without Drama – The First Secret of Successful dating is to **know what you are looking for.**

- **You choose our spouse over countless other partners because, unconsciously he/she is what you are really looking for.**
- **You are unconsciously looking for someone familiar to help fulfill your unmet needs.**
- **Although your parents may have done a great job, they were not perfect and you could always use a little more support.**
- **By choosing a spouse who is familiar, you have the opportunity to get those needs met and become whole.**
- **Finally, becoming conscious of the messages you received about relationships will assist you in making conscious choices on the road towards successful dating and eventually in how to get married.**



DATING WITHOUT DRAMA LESSON 2

In the last installment of Dating without Drama – you learned about the importance of knowing what you are really looking for in a spouse.

In this installment of the Dating without Drama Course, we will discuss the Second Secret of Successful Dating- Stretching.

How you can stand out from all the other fish in the sea.

Let's learn how you can stretch on a date and how that will make your dating experience much more enjoyable and maybe even teach you how to get married faster. Wouldn't that be nice?

We'll start by looking at some of your prior dating experiences.



Learning from Your Worst Dates (And Reading Our Free Marital Counseling Advice) Will Teach You How to Get Married

As you learned in secret #1 in Dating without Drama, you are unconsciously drawn to someone who feels familiar and who can recreate the emotional environment in which you need to best facilitate growth.

If you are disinterested or don't feel anything, then it very well may mean that he/she doesn't feel familiar.

Even in an arranged marriage, where you are not the one who is doing the "picking", you will STILL project or provoke the emotional environment of your childhood.

Projecting means you will make up a story. So, let's say you never felt heard growing up. Your parents never listened to you. As marriage is a vehicle for growth and healing, you are going to look for a partner who will be able to really hear you. Let's say you found Mr. Right. After you get married, you begin to feel that he is not hearing you either.

While it could be you unconsciously picked him to help you heal your need to be heard, as he is not a good listener either, it could very well be that he is a good listener.

Why don't you feel heard? Because you are projecting, you are making up the story that he is not a good listener in order to recreate the environment for you to work through this and heal. Who would have thought this happens?

You may also provoke, meaning that if you don't make up that your childhood is being replayed; you will make sure it happens by recreating it. You will complain to him so much about his listening skills (which are actually good) that he won't want to listen to you.

Sounds pretty depressing, eh? The truth is that if you do it right, if you get conscious about what's bothering you and that it is not all about your spouse or your partner, but is primarily an early memory being triggered, you can work through the issue together, hear each other's story with compassion, and stretch to give each other what they need. Pretty good lesson in dating without drama and also how to behave while being married!

Now back to learning how to get married and dating.... I would like to tell you a very old story about stretching. I imagine you are all familiar with the Biblical story of Abraham bringing his son Isaac to be slaughtered. The Bible (Genesis 22:1) prefaces the story by saying that G-d tested Abraham. What about Isaac? Isaac was 37 years old. He was not

a little child. He could have refused to partake and Abraham would not have been penalized!

The Kabbalah (Zohar) teaches us that the ultimate test was for Abraham as he needed to integrate the attribute of judgment/restraint, into his personality, for he did not possess this trait at all until this moment that he was about to sacrifice his son. In fact, Avraham did not become a complete person until this moment; for previously, he had been the epitome of loving-kindness. Thus, the test was that Avraham was compelled to act against his nature and, as a result, become a more whole and balanced person.

So What Is Stretching And How Do I Do It?

When we stretch out of our comfort zone, we grow and become more complete people. Dating is a practice for stretching. It can be uncomfortable but even on those unpleasant dates; it can give you an opportunity to act intentional in your relationships.

Use it to your advantage to learn about yourself and what makes you tick or get ticked off. This will be a valuable tool for all of your relationships.

How do you stretch out of your comfort zone? It may mean putting yourself out there more. For others, it may mean holding back and listening more. Stretching will make you more conscious and more willing to engage in relationships. It will open you up to new possibilities.

I want to challenge all of you with a really uncomfortable stretch. How do you act when you are going out on a date and you find the other person disinterested? How do you respond when you feel frustrated on a date? Do you have the answer? Your typical response is what we call an adaptation.

As we are all unconsciously protecting ourselves from threatening experiences, we have learned ways to cope when we feel ourselves in an uncomfortable situation. While this adaptation has protected us, it becomes less and less useful as we get older and want to learn more about dating without drama and enter a committed relationship. Let me tell you a little story from my friend Dr. Harville Hendrix:

Once upon a time, a hailstorm and a turtle fell in love. "I can't live without you!" thought the hailstorm. "I feel so complete with you!" exclaimed the turtle. The turtle didn't notice the hailstorm's hail, and the hailstorm didn't see the turtle's shell because they were both blissfully happy.

But one day the turtle got angry and withdrew into its shell. This made the hailstorm explode in fury. Another day, the hailstorm first exploded in fury, which pushed the turtle into its shell.

Over time, the hailstorm hailed and the turtle turtled on a regular basis. There were fewer days when the two connected, and more days when they found themselves isolated in their roles. This angered and disappointed both. And the space between them became empty and silent.

Each thought that the other was at fault and that the other should change.

In truth, both of their responses made sense as they both felt threatened. When hailstorms feel threatened they expand their energy outward, making everything into a crisis; a drama queen. Turtles, on the other hand, get safe by holding in and constricting their emotions or retreating into their shell. Things get hairy when they interact, as that which makes one safe is what makes the other feel threatened. A hailstorm wants to be noticed so it hails, yet that triggers the turtle to retreat deeper into his shell. The turtle gets safe by holding back, but that makes the hailstorm feel even more unsafe.

While you may not experience such intensity on a date, you will notice yourself adapting more towards one extreme or the other when you feel uncomfortable on a date. Do you tend to shut down or do you do all the talking when you are feeling nervous or uncomfortable?

Whatever your typical response may be you may want to think about doing the opposite. Give it a try. How would it come across? What would be your stretch?

In a moment, I am going to ask you to do another exercise that will help you. If you complete the exercise, you'll be so much more aware of yourself and be that much closer to learning more about dating without drama. Feel free to take out a pen and pencil or just think about it in your head.

I would like you to answer the following:

- I have experienced pain/anger/frustration/ in dating when my date
- I have interpreted this to mean
- And then I felt . . .
- At worst I have reacted by . . .
- To hide my fear of . . .
- When what I really desired was . . .

Take all the time you need.

To Wrap Up Dating Without Drama

The Second Secret To Successful Dating Is Stretching.

- Stretching helps you stand out from all the other fish in the sea because you have the ability to act intentionally in relationships.
- Every date is a learning experience and a practice for stretching in relationships, ultimately in your most important human relationship- with your spouse.
- We have developed adaptations to protect ourselves, turtle or hailstorm.
- Finally, stretching helps us change gears, do things differently, and experience surprisingly new results.

3

DATING WITHOUT DRAMA LESSON 3

In the last installment of Dating without Drama, you learned about the importance of stretching- acting in a way which you may not be used to acting.

In this installment of Dating without Drama, we will discuss the third Secret of Successful Dating- **You are not dating yourself.**

We tend to view the world from our vantage point. The ego, self-absorption, prevents us from experiencing the reality of an "other." While this may sound a little harsh, please don't beat yourself up. This is normal and a degree of self-absorption is actually necessary for our survival. If we had no self-interest, we would not eat or protect ourselves from danger, etc. However, in our effort to remain safe, we create our own little world. In this world, we assume that everyone experiences life as we do and we have a hard time making sense of anything else.



Have you ever had a food that you especially enjoyed? Now imagine you encountered someone who found it terribly unappealing, even nauseating. This is an example of what we call in Imago Relationship Therapy, Symbiosis. Since we wouldn't eat it, no one else would either. Can you imagine if you met someone who didn't like ice cream? "How could you not like ice cream?!" The list goes on and on, from your favorite music, doctor, to your political party, etc. . . . We believe that if we like something or think a certain way, then everyone else must agree.

Are You Guilty Of Relationship Symbiosis?

Here's an example: You go out on a date and you may find yourself rejecting him/her as soon as an interest is expressed that does not meet yours. Perhaps they really enjoy a particular book or a hobby, or political party. Why would they like that? All because you can't relate, should not mean that the date is over.

Instead of judging and clicking off the rejection box, get curious. Start asking questions and understanding the other! (You'll be amazed to find out how much more attractive you'll also seem to the person you're going out with)

"What do you like about that book?" "I like this hobby", "Could you tell me a bit about why you don't enjoy it?" Instead of the conversation ending, you allow it to go deeper by getting curious. Going deeper allows you to connect on a whole new level and allows you to really get to know the person.

Here is a great example that a colleague shared with me. She once had a client that was fighting with her husband about his preoccupation with watching a particular football team. It almost felt like that this interest took precedence over his wife. While she did not like football and felt ignored, she could choose to remain on the surface level and engage in conflict or probe deeper. What about this football team was so important to her husband? It turned out that after further inquiry, he shared that his last memory that he had as a young boy with his father before he died was attending a football game together with this team. His current passion for watching this team was the last chance he had to cling to his father's memory. Instead of dismissing a silly hobby, she was able to connect to something dear to her husband. Although this did not give her more appreciation for the sport, she could appreciate the importance it held for her husband. What an amazing discovery this was for their marriage and I hope it will be helpful for you!

Get Curious

With every bit of information our date provides, we have the ability to reject them or to ask them a question. I have had plenty of singles tell me that they never seem to connect with their dates. When I ask them if they ever tried to get curious, a big light bulb begins to go off and many people begin right away to get curious on their next date- as they want to implement what they've learned about how to get married and expedite the process!

Some people view a date as an opportunity to compare the person with their checklist. Instead, I encourage singles to **get curious**. Ask questions. When we learn about the world of the other, we connect and experience the depth of the other person.

People that feel comfortable enough to open up and experience another person can reach a deep place of connection very quickly. (Read that twice over, as it is a big secret in learning how to get married.)

How Do You Know When It's The Right One?

When daters reach that place of depth and connection, from being curious about each other and stretching, they get to know the true person and can feel confident enough that this is someone they want to spend their life with. Others do not really get to know the other person and will complain of never connecting with anyone.

I invite you to relax and get curious. If your date is all about judgments and checklists, it will usually be a flop. The next time your date shares something, notice whether you dismiss it or feel comfortable. If you do tend to dismiss the other person, take the risk of inquiring as opposed to shutting down. I would be curious to hear the results!

Wrap Up the Third Secret to Learning Dating Without Drama

You Are Not Dating Yourself.

- In our own self-absorption we tend to believe that everyone thinks the way we do
- Accepting the reality of an "other" can feel threatening
- When we get curious about the other, we begin to connect with them on a deeper level
- I look forward to bringing you the next Installment of Dating without Drama, 5 Secrets to Successful Dating.



DATING WITHOUT DRAMA LESSON 4

In the last installment of Dating without Drama – 5 Secrets of Successful Dating, **you learned that you are not dating yourself** – that it is important to get curious about the other person even though they may be very different from you.

In this installment of Dating without Drama, we will discuss the fourth Secret of Successful Dating- **learning how to listen.**

Have you ever been on a date and felt like a million bucks? Why do you think that was the case? Most likely it was that your date asked you questions about yourself. Everyone likes to talk about themselves (even you!) Try this the next time you meet someone. The more you get curious and listen, the greater the likelihood that person will walk away thinking you are an incredible conversationalist, even when you didn't even say much!



Learning How to Listen

Learning how to listen will make your date feel great and it will also enable you to switch off the judgment switch in your brain which we said (in secret #3) gets in the way of dates. While the last installment of Dating without Drama was that you are not dating yourself and we learned some active ways to implement that by asking questions and getting curious instead of halting conversation, this installment of Dating without Drama will cover what happens when you aren't talking- but listening. How well do you listen and how do you respond?

That is where learning **how to listen comes in**. When a person learns how to listen, he/she can and enter the world of the other. This is crucial in any relationship and especially in marriage. Case in point, I worked with four or five new couples in the last week or so and they all said the same thing, they don't know how to communicate/listen. **They don't understand why the other doesn't get it.**

So what is listening? Let's start by learning what is not:

A favorite exaggerated example is the girl who went on a date and began to share her feelings about local drivers. The guy got all defensive and came up with multiple explanations for why her opinion was not the case. She was not trying to defend a thesis, she was merely stating an opinion, but he was unable to even hear what she said because it offended him so deeply. While this story is a no-brainer, there are many well-meaning people who are subtly not listening. Here are some examples:

- Oh, I see. I hear you
- Dismissing- Whatever
- Invalidating- You shouldn't worry about it
- Encouragement- You'll do a great job
- Commiserating- I know what it's like
- Advice

While well intentioned- giving unsolicited advice, discounting feelings, and commiserating will often leave the person feeling unsatisfied and unheard. The reason those statements do not work is that they are focused more on the listener, perhaps from a place of anxiety, than on the one talking. True listening is other-centered. If you know this concept well, you'll be that much farther along in your journey dating without drama and dating in order to find the right mate and get married.

When fully in the other person's world, you, the listener, do not interject your own opinions. You must be completely focused on the other, so much so that you cannot even lend words of encouragement.

Your sole task is to make sure you really understood what the other said.

This is especially effective when dealing with touchy subjects that may make you reactive. Instead of getting into your "stuff," your reactivity stemming from the others' experience, you are forced to leave your world behind temporarily and journey into the world of the person speaking.

Perhaps you think the other is completely wrong, makes absolutely no sense, and does not have the facts straight. It doesn't matter. It is not about right or wrong. As the saying goes, "you can be right or you can be in relationship."

Accept that you are dating an "other" and that "other" has their own experiences, a unique way of viewing the situation, and a right to their own opinion. This will help them feel heard and endear them to you much more than if you get defensive or even gently off your own two cents.

Furthermore, if your date shares strong feelings about something, it is about the particular issue or grievance being addressed, but about **something deeper**. If a girl starts attacking her date for his driving skills, when he has never gotten into an accident in his life and has a stellar driving record, if he develops curiosity for her story, he may discover what is. Not only will he feel relieved that it really wasn't all about him and how horrible he is, he may feel compassion for her story—for example, seeing her as a little girl who was the victim of a scary car crash.

The Magical 90/10 Rule, An Amazing Technique To Use To Further Along Your Learning How To Get Married Journey!

This is the magic of the 90/10 rule. The 90/10 rule dictates that 90% of anything that intensely bothers us is due to the triggering of a past experience or feeling and 10% of our reaction is due to the particular stimulus at hand.

The strong emotions that this girl felt are merely old feelings reawakened by this incident. While this does not absolve her from responsibility to speak respectfully, if you were the guy, it would have been helpful to have this rule in mind to prevent you from being reactive when confronted with her barrage of emotions or criticism.

As many people are on their best behavior for a date and contentions moments may not arise in the beginning, once the relationship begins to get more serious and moves toward commitment, learning how to listen to difficult feelings can make the difference between a break up and an engagement. This is a tool that can take you to the next level.

The Imago Dialogue - The Best of Relationship Listening Skills

I would like to share with you a very effective tool that will allow you to listen to your date in a more meaningful way. I will briefly share with you the more structured version I teach in private sessions and in seminars and then explain how you can make it a little more natural for a date. This tool is called the intentional dialogue.

In a dialogue there is a sender- the one talking, and a receiver- the one listening. The dialogue process allows the sender to feel truly heard. This is accomplished by having the receiver “mirror” (repeat back) what the sender says. The receiver simply repeats or paraphrases what their spouse says and then asks if they got it, and if there is more they want to share. This continues until the sender says everything they want to express.

Here is a real example of a situation that went right with dialogue and could have easily turned into a fight without it:

Wife: I am really upset that you haven’t gone to the cleaners to get shirts cleaned. I feel like I have to do everything for you... like you are one of the kids, another person to take care of. If I don’t take care of it, nobody will.

The husband has two choices. He actually disagrees with his wife. He was fully intending to go to the cleaners. In fact, he was scheduled to go today. He also does a lot to help around the house and he had never asked his wife to go the cleaners! His natural reaction would be to politely dissent and tell his wife “the truth” and clear his name. If he made that choice, an argument most likely would have ensued and it would have resulted in rupture. Fortunately, this husband had learned the Intentional Dialogue and he took the risk of not being right to enter the world of his wife. Here was his real response:

Husband: So what I heard you say is that you are upset that I did not go to the cleaners and get my shirts cleaned and that you feel like you have to do anything for me, as if I am one of the kids. Did I get you? (Meaning, did I understand what you said?)

Wife: Yes.

Husband: Is there more? (Meaning is there more you want to share with me because I am interested in hearing your story)

The dialogue continued until the wife realized that this reminded her of how she felt pressured to take care of her siblings, because her parents were not always available. This situation with the dry cleaners triggered that anxiety she experienced as a little girl. When she was finished sharing the story, her husband had fully made the journey into his wife's world. He realized that it had very little to do with him or right or wrong. He was able to have compassion for his wife, for the little girl who was forced to grow up too soon. His eyes even filled with tears. He concluded the dialogue by validating her feelings.

Husband: What you are saying makes sense because I didn't go to the cleaners. (Even though he may have intended to go later that day, and never asked his wife, he admitted his 10%).

Finally he empathized by sharing with his wife how he imagined she might be feeling.

Husband: I imagine you may be feeling very overwhelmed and alone. Is that what you're feeling?

As a result of the dialogue, a shift occurred. When the husband was able to journey into his wife's world, not reacting or contending over the facts, she was able to feel heard, and instead of resulting in disconnect, their exchange brought them closer than they had been in months!

So how can you do this on a date? There are three main steps you want to be aware of in the dialogue process: mirroring, validation, and empathy. Mirroring is repeating back what the other said without interpretation, making sure you "got it" and asking for more. So your date doesn't think you are from Mars, you can be a little looser. You don't have to say: "So what I heard you say . . ." Instead try, "so you are feeling Is that right? Tell me more." Make it natural. Once they are done sharing, you can validate by letting them know that "it makes sense" and empathize by imaging what they may be feeling.

Trust me, if you can listen like this on a date, your date will be impressed!

Wrap Up Lesson 4

The Fourth Secret To Successful Dating Is Learning How To Listen.

- We explored what listening is not
- We learned the dialogue process and how that can help us understand the other



DATING WITHOUT DRAMA LESSON 5

The fifth Secret of Successful Dating: Be true to yourself. There are three components we will touch on for Dating without Drama Installment #5.

- 1) know yourself
- 2) be yourself
- 3) trust yourself



1) Know Yourself

It is always important that when you are about to embark on a decision such as marriage, that you be clear about your goals and what you want out of life.

It is also helpful for you to know your growth areas-what your strengths are and what your weaknesses are. This will help you be more aware about yourself so that whatever choice you make, you will be making more of an informed choice as less crucial data is lying beneath the surface. Don't worry too much, though! Ultimately, you will wind up with the person that is best suited for you.

2) Be Yourself

So many men and women go out on a date and pretend to be someone they are not, thinking that if they act a certain way, they may be more likeable. Pretending to be something that you are not is a mistake.

People must like you for you! Marry someone who appreciates your unique qualities and essence, not what you are pretending to be. Trust that if you're genuine, you will find your perfect match!

3) Trust Yourself

This is a biggie and can often make or break a match. People seek advice from well-meaning family and friends. Unfortunately, everyone thinks they are the expert. A good way to evaluate the usefulness of their advice is whether those friends are able to listen to you like we discussed in installment #4 or whether they are steering you in their own agenda of what they think is best for you.

Take for example the girl who advised her sister to stop dating a guy because he wore jeans all the time and she felt that jeans were too casual and unprofessional. While the sister eventually stopped dating him for other reasons, she was not bothered by the fact that he wore jeans. The sister made her own decision, realizing that her older sister was needlessly meddling in.

Or what about the girl who was sure she had found her future husband, only to have her best friend interfere and suggest that he really wasn't what she was looking for. She knew deep down inside that he was for her but she became very confused and almost sabotaged the relationship. Thankfully, she trusted herself well enough and realized that her friend was not looking out for her best interest.

How to Trust Yourself and Your Intuition.

This is hard to do because we are often afraid of making the wrong decision. It often feels safer if we analyze and over-analyze. In the end, it is hard to have feelings for someone if you are coldly comparing them to a wish list.

Begin to listen to yourself. Deep down you will know what's right. Trust yourself. This internal awareness is also crucial in terms of articulating to our family and friends what we are truly looking for. They might think your mate is not the right fit for you because you never really told them what was truly important to you. This will likely lead to their interference.

One must act wisely and use some discretion and at the same time realize that we have all the answers we need inside ourselves. **Ultimately, you know what feels right for you and it is important to trust that.**

Wrap Up Lesson 5

How to Be True To Yourself

- Know yourself - be aware of what you want and who you are so that you can make an informed decision
- Be yourself- don't try to be someone you are not
- Trust yourself- get in touch with your gut, as you will be the only one that has to live with the decision you make.

I hope you found Dating without Drama: The Five Secrets to Successful Dating, informative and helpful. I really feel that if you implement these secrets you will have a much more enjoyable and productive dating experience.

While for many these tips are all they need to propel forward, others find that coaching is beneficial to discuss a little bit more about what might be getting in the way on their path towards learning how to get married.

In my phone-coaching sessions with singles, you and I will get to explore these tips by discussing real life experiences that are unique to you as well as practice scenarios so that you can master these techniques.

I have seen too many singles who are suffering and are tired of playing “dating games.” There is no reason why you should have to suffer any longer. Decide to incorporate these principles- and choose to Date without Drama!

And if you would like to speak to us personally about your dating situation, we’d be happy to offer you a special \$30 telephone coaching session to help you with implementing these steps and to help you with gaining clarity about finally finding the right one!

You can call 443-570-7598 or email info@themarriagerestorationproject.com to setup and schedule your phone consult.

With best wishes for your relationship success,
Shlomo and Rivka Slatkin



ABOUT THE AUTHORS

Shlomo Slatkin is a Licensed Clinical Professional Counselor, Certified Imago Relationship Therapist (Advanced Clinician), and an ordained Rabbi. Rivka Slatkin is Director of Engagement of The Marriage Restoration Project, with a degree in Health Administration. They are co-founders of The Marriage Restoration Project and authors of the best-selling book, *The Five Step Action Plan to a Happy and Healthy Marriage*.

They can be reached at www.theMarriageRestorationProject.com.



What Is The Marriage Restoration Project?

Out of concern for the global breakdown of relationships and families, The Marriage Restoration Project was founded to provide you and your family with invaluable tools to create and nurture loving and healthy relationships and to save your marriage if it's in trouble. It's time for you to finally get the joy, peace, and security that you want for your relationship. We help couples with our 5 Step Action Plan to a Happy and Healthy Marriage, an at home program that guides couples down a clear path to create loving and happy relationships. We also work with couples in-person and via Skype and conduct 2 day private Marriage Intensive Retreats. We are a husband and wife team who practice what we preach and are passionate about helping couples transform their relationships as we have done.

The Buzz...

A failing marriage or impending divorce feels like you just were diagnosed with a life-threatening illness. You feel hopeless and powerless to do anything about it. If your life depended on it, would you not do anything to get the help that would save your life? Even if that meant going to multiple professionals, until you found the right one? "If not for Rabbi Slatkin, we would not be married."- Michael, New York. Keeping couples together instead of encouraging them to separate or divorce is what we do best- even you've previously "failed" marriage counseling! Users of our "Marriage Counseling in a Box" Program affectionately refer to our 5 Step Action Plan Program as "a Marriage LifeSaver", in that it navigates the listener out of the daily negativity and conflict that they are experiencing in a simple, clean, easy-to-understand, and direct way. Our work here at The Marriage Restoration Project is personal. We know what broken homes are - and we do this work for you and your kids. Don't give up on your marriage! We've seen countless couples, on the verge of divorce; fix their marriage through our program. Let us help you *finally* turn things around, even when all else has failed.

