



**Conscious Dating**  
**Tele-Seminar Series Transcript**

***Being the Chooser:  
A New Paradigm for Loving Yourself***

**With Frankie Doiron and Lynne Michelson, May 3, 2007**

Frankie Doiron: Welcome everybody. I really thank you for joining our monthly "Conscious Dating Tele-seminar." This seminar series is designed to help you find the love of your life and the life that you love. So please mark your calendar and be sure to join us on the first Thursday of each month for what we hope is outstanding, one-of-a-kind program you won't want to miss.

Tonight our topic is "Being the Chooser: A New Paradigm for Loving Yourself." If you don't have the outline, the study guide for tonight's call, it is available in PDF format and you can go to <http://www.consciousdating.com/chooser.htm> and you can print a copy. The outline will just make it easier for you to follow along and take notes.

I'm Frankie Doiron, the President of Conscious Relationship Network, and our mission is to do everything in our power to help you find your life partner. For example, on the third Thursday of each month, we conduct a free monthly conscious dating tele-clinic and that's where we provide some real time coaching and relationship advice. For more information about the tele-clinic, you can visit [www.consciousdatingteleclinic.com](http://www.consciousdatingteleclinic.com) and that URL is on the study guide as well.

Tonight, I am joined by my very special guest Lynne Michelson. Lynne is director of singles training with Relationship Coaching Institute. Welcome Lynne, I am really glad you could make it.

Lynne Michelson: I am so glad I am here too. I am delighted.

Frankie: Tonight we're going to discuss being the chooser and what being a chooser really means and why it should guarantee finding the love of your life. We're also going to talk about the top five obstacles you need to overcome to be a chooser and how to forever eliminate feelings of fear and rejection, what your ideal partner is looking for in a mate and how you can stand above the crowd and why living your life fully in alignment with your values and life vision, makes you a magnet. I love that term "a magnet for love."

We'll be recording this tele-seminar so if you'd like to receive the audio file and a complete, written transcript, you can visit [www.consciousdatingaudio.com](http://www.consciousdatingaudio.com)

So Lynne, let's begin with the definition of a chooser.

Lynne: Got it. Basically the chooser is a word I've found extremely useful for singles. You can use it for anything in life but what it refers to is seeing oneself as a person who has the complete right and deserve to be in charge of making their choices, for who they pick in a life partner. So as they continue to go down the path of making choices and deciding who is going to be a good, potential partner, the chooser starts it off each person really by just you know aware that you, as a person who is out there, have choices. It's really putting yourself in the place of, you don't have to accept somebody just because they seem like somebody that you might be happy with. You're never stuck. You always have a chance of assessing as you go along, even at a moment when you think you don't, you can keep going even if you aren't sure what your choices are.

So one of the things about a chooser is that they continue to get the information they need, they continue to check in with themselves and not just make choices on impulse. We all know what it's like to be an impulse buyer, well it's the same thing as a single person. You want to be equipped so when you go out you are a chooser and you can make a choice that is founded on something solid.

Another thing about being a chooser is this kind of a person has done some research and has learned what is important to them, what are the crucial ingredients in another person. So a chooser always has an assumption that there are more choices out there, they are not in a place where they have to just take what's in front of them. So they continue to look for more choices than are in front of them at that particular moment- there might be choice A, B or C. So it's a pretty radical way to think about things because so often when a single person is dating, they might be influenced by a particular person that they're going out with.

For example, I have a client who had a wonderful first date with somebody, came back and told me about it as a coach, went on a second date and felt some pressure to start to be more serious with this guy and really realizing she was a chooser even at the second date, which wasn't as good as the first date, she could actually say 'no'.

So a chooser is mindful that they can continue to refine and make choices as they go along and they see productive choices as opposed to settling for unproductive choices. What do I mean by productive choices? Frankie, should I explain a little bit about that?

Frankie: Yeah.

Lynne: OK. Yeah, you know all of us are constantly making choices. I have a feeling that this maybe even, is the definition of being alive today. A productive choice, whether you're picking a mate or with any other, you know buying a car,

means you've gathered information. You've looked at who you are, you know your history and you know the places where you might make a choice that is not productive and you also have information that tells you what is it that your vision is in life, and we're going to talk a little bit more about this on this call.

So as a chooser is making a productive choice, they're going for the outcome that they most want. They are evaluating the choice, looking at the long term consequences, and another example of that in dating is they meet somebody, you meet somebody you like and you start to discover as you go along that this is a great person but they are not ready for a serious relationship, they're having fun, and you pick that up and you know, I want a long time partner. So your choice is based on the long term consequences not the immediate short term.

Another aspect of being a chooser is, and I think this is really so empowering, is that you are in a place of looking at yourself as the single most important person in the universe, and I know that sounds a little egotistical, but what that means is that you are the person responsible for your life and it gives you that sense of OK, so if I say "yes" to this, I will then accept the good things and the bad things. If I say "no" here then I am going to have the outcome from that.

It's also the chooser mentality or perspective that says you're confident that you can actually have the life you want. It's giving you that stand-straight, feeling clear that you can go after what you want and you don't have to settle. That you can get what you want and deserve, yes.

So the chooser sets up a creative way to be in the universe and continues to seek the opportunities that are going to have them grow, they are going to continue to go to events and do things that fill them with a sense of satisfaction, align them with themselves. They can see new ideas. They don't just look at the past and think, "Oh that is going to determine my future."

Being a chooser puts one in a place of taking more risks. And those risks can be taken now because you are in a position of not having a limiting belief that you can't get what you want - you have a sense of fearlessness, and less worry of failure.

Being a chooser is about being a servant. It is about learning how to ask for what you want, doing it in a clear, direct way. And as you ask for what you want, you also give the other person the chance to ask. But you both have a chance to say "yes" or "no."

So it is really setting up a mutual win-win arena. Being a chooser includes really being aware of your boundaries. For example, what kinds of time boundaries do you have that you want to guard - you do not want to give away all your time or your emotions. You might have a sense that this is a time when I should feel cautious as I get to know somebody. Also there are sexual and financial boundaries. A chooser knows how to guard those - and does so - with integrity and makes decisions which come out of those healthy boundaries.

A chooser is also somebody who is unique - you have a sense of their proactivity. We all know people we meet who seem to give away their power and they blame the universe or their job or whatever. And a chooser instead keeps showing up ahead of the game - and takes responsibility and says, "This is mine, I want to be proactive toward what I want", and consistently, as I said before.

Gains information, gains the possibilities that they can say "yes" to, as opposed to just reacting to the universe. And they don't wait for things to happen. They create possibilities and go for them. They're living in their dreams as opposed to settling. Did you want to add something, Frankie?

Frankie: I just wanted to say that they take control of their lives.

Lynne: Yeah - that is a great way to put it. And part of that taking control means that they have a sense of goals that they are working towards, and as they pursue those goals it just keeps building and becoming more and more a place where they show up as a strong and focused individual.

And I think there are other parts that I have not mentioned that I have begun to see around the singles I coach and the people I meet is that choosers really live in a world that they feel is going to work out. They wake up and they look for all the ways that they can be grateful for the day, that there are going to be plenty of people to meet and plenty of opportunities, and the resources will show up for them. And even when things look like, OK - you know, I need to keep moving ahead.

They assume things will work out. And that is why all of us know something about people we meet rather it is superficially we meet them at the grocery store or we meet them in a dating way in which they have a positive attitude. You know there are going to be people who assume that success is going to happen. So those are some of the things that I wanted to say about a chooser.

Frankie: Well that is a wonderful, wonderful definition and it is so complete, I think. And hopefully it gives the listeners a really good understanding of all of the elements that it takes to be a chooser. So thank you so much Lynne.

Lynne: You are so welcome.

Frankie: Now I want to talk about why being a chooser is your guarantee for finding the love of your life. An interesting phenomenon occurs when you become a chooser because you immediately move from the passenger's seat to the driver's seat in the vehicle that is your life. If I can use that little analogy.

And so think about what that means. Being a chooser will enable you to view your life from the inside out, and as you said, Lynne, it is all about you. You are the center of your universe. And there is nothing wrong in that. You create your life experiences based on your criteria for living a full life. So it's all about you. It's not about your neighbor or your mother. It is about no one else but you. I think that is a wonderful and good thing.

It is not being selfish. It's being self full. When you are self full you are not driven by other's opinions, expectations, or even wants. You have a very clear vision of your ideal life and relationships, and you are not willing to compromise or settle for less than you deserve.

After all why would you? You see the vision, it is beautiful. And that is what you are going for. That is the dream. And you are not going to settle for less. And I think I have mentioned the story about the thousand and one Arabian tales. I may have mentioned it on another telecast, but I think it is really important in the context of being a chooser.

And if anyone is not familiar with "1001 Arabian Tales." This is where the story of a king married and then killed his new bride every single night. And Scheherazade was his latest bride, and she thought, "I'm not going to be killed. This is not for me."

So she devised a plan where by she would tell him a story every night. Well, one of the stories she told was about a prince who was in search of his perfect bride. And so he had his craftsman build a doorway with a stone outline of the perfect woman. And because he was the prince he had all the single females of his kingdom and they were required to pass through this door.

As you can imagine, some were too tall so they had to stoop, and some were too short, so there was a lot of gap around them. And others were too thin and others

too wide. Maybe they had to pass through the doorway sideways. I think you get the picture. But the point is thousands of women passed through the door, until one day a woman stood there with absolutely no gap showing because she fit perfectly into the mold he had created for his perfect mate.

And this lesson is really a profound one for singles who have a clear understanding of their relationship requirements and needs. Because when you do that, you create the mold and the outline of your perfect mate.

And when you take time to figure out the attributes of your ideal relationship, you can do it. You can build that mold. And when someone does not fit your mold, why would you feel upset: rejected? You wouldn't. Because you are the chooser, you are in control of what you want. And as the chooser, you also realize the person you wished you would attract would want to be with you and would love you because of who you are - not in spite of it.

So the more you are authentically you - and the more you drive your life on a chooser where you want to go - the easier it will be for your mate to connect with you.

So, I tell everybody, all the singles that I coach and in my workshops: Don't pretend to be anything you are not. Because the more you honor yourself and you're authentic, the easier it will be for your mate to find you. And that is when you become a magnet attracting your partner to you. And you won't fall into the marketing trap to make yourself more appealing to a potential partner.

The very fact that you are being selective and making choices that serve you that are self full means that you attract the right person. And here is something else to keep in mind: What most people do not realize is that your partner is looking for you. Is envisioning you. And then participating in being with you. Just as much as you are doing. So take some comfort in this knowledge. When you are



tempted to falter in your belief that you will never find the love you deserve, remember that here she is counting on you to do your part and not give up.

They need you to be a magnet so they can find you. And being a magnet is just being yourself, being the chooser.

So Lynne, let's talk about the top five obstacles because there are some obstacles to being a chooser and they can be overcome, but I think it is important to recognize what they are.

Lynne: Yep, and as I was speaking earlier, Frankie, I realized as I was sharing about the chooser that that is something that we all aspire to. There are times where we succeed at that and there are times when we don't.

I think one of the main ones and one of the first ones that really bedevils people is this lack of self-esteem, lack of self-worth as you were just sharing, to just be yourself. Sometimes people feel that their self isn't good enough, that they should be in some way better, some way different, and some way more than they are. This is really a learning thing. I don't think little babies are born that way, I am sure they're not.

Frankie: No.

Lynne: As people grow up, they experience sometimes part of themselves that they wish they could change or parts that have been criticized, and this particular self-esteem has developed over time. It has grown from every single relationship everyone has been in.

If they were absolutely perfectly respected their entire life, people would not have self-esteem issues. Did you know - this is just something that occurred to me - that in some countries like Tibet, they don't have self-esteem issues?

I heard the Dalai Lama one time say that he had never heard such a thing but in our country we do.

Frankie: yes.

Lynne: This is built up over time and the modeling that people get contains sort of this "you have to change yourself" and so it can interfere. I want to say something to you all: I know this is something that each one of us can really develop and that is the choice to begin now, right now, this second, and just take in who you are at this moment.

The being you are, the possibilities that you envision for yourself and all the ways that you do bring to life, your values through various means; I'm sure each one of us has developed places where we do shine.

Sometimes, I will have to say, it is important to get some help around that, to eliminate the beliefs that we are not good enough because those can get in our way.

Frankie: That's true.

Lynne: Once we can sort of eliminate those, we can start to see the world through the eyes of "we are good enough." Like we said, and we do deserve happiness. Everyone deserves to have the kind of relationship that they really want.

Frankie: Absolutely. Well, let's talk about the second obstacle and that is fear of failure. It is interesting because this is about relationships mainly, but it goes beyond relationships. Let's focus on relationships because loving and being

loved touches a deep and very private part of each of us. It impacts who we are and it validates our self-worth because that's where we're most vulnerable.

You know, that inner soft core of who we are; and love touches that. Fear of rejection and failure are issues that most people experience but they're especially difficult for people who have low self-esteem because to those people, rejection is not just something that they can shrug off. Rejection is a validation for them that they are not worthy or deserving of a great love relationship.

That cuts deep and it creates strong feelings of fear because who wants to get validated that you're not worth anything? Nobody wants that. Then, when you add the stress of meeting new people, well that experience can become absolutely unbearable.

In fact, one of my clients when I started working with him, every time he went out on a date -- and there were few and far between, believe me -- he got physically ill, he would actually throw up because he was so afraid of the whole situation.

He was afraid of being rejected and afraid of what to say, and he got all wrapped up in all the external stuff instead of just centering on, "Who am I? What is this about? This is about me and this is about me finding someone," and so relax around that. And so he had difficulty doing that.

When you're the chooser your attitude and your behavior reflects your understanding that not everyone is going to be a compatible match for you.

So when someone doesn't choose you, it's OK. It's a sign that you're just not a fit together. And so when you have this awareness, you don't attach yourself to the outcome of dates and if you're not attached to the outcome, the fear lessens and you can maybe eliminate the fear. That's the point because if it's supposed to be, it will be. If a person is a match, you'll know and they'll know it.

You know, it's like the two polarities coming together. You are magnets. Now this analogy might help you in this area.

If you're an actor who goes on casting calls, you understand this. When a casting director doesn't select you, it really has nothing to do with your worthiness as an actor and I think everyone can get their minds around that concept. It's not that you're a bad actor but there are so many factors that influence the decision and most are not within your control.

If they're trying to cast someone who is over six feet and you're 5'6," that doesn't mean that you're not a good actor. It just means that you don't fit that particular role. So don't base yourself worth in value on what someone else says it does.

I think the biggest way to help combat fear is by taking action and getting out of your usual comfort zone, taking some risks to experience things you might not usually do, because really no one is successful staying in their comfort zone. I think we all know that.

So you have to be open to recognizing the opportunities and saying "yes" when you might want to say "no."

A good example of this happened I guess about eight or nine months ago. One of my workshop clients, she ended up finding the man of her dreams because she seized the opportunity. After the first workshop with me she said "yes" to her friend's late night invitation to drive an hour into downtown for a drink.

And this was like at 10 o'clock at night. She was exhausted because the workshop was very draining and a lot of serious thinking and considering what you want out of life. But at 10 o'clock, she drove downtown and when they arrived at the bar, it was just bursting at the seams with about 200 firemen. There

was a convention of 1,500 firemen in Toronto and so, there were two women out of ten in this bar and the rest were men, like 200 men. So she had a wonderful time.

So she is saying, "Oh, maybe Frankie, what you're talking about here really works." So the next workshop that she attended, again it was a full day and again it was draining and she was tired but when she got home, she had an invitation to go for dinner with some friends and she was exhausted, but she kept hearing my voice in her head. She said, "I wouldn't stop talking to her in her head."

So, "Seize the opportunity. Go out there." You have to be ready, and so she did go and she met an amazing man who happened to be a friend of her friend and they have been dating now I think eight or nine months, somewhere around that and they're ready to make their commitment.

So if she had stayed home, maybe she wouldn't have met this guy. I mean maybe she would have, eventually, but she seized the opportunity. She was proactive and you have to be proactive in your search for a partner. You have to put as much effort into finding a soul mate as you would into finding your ideal job because when we're looking for our ideal job, we put a lot of effort into it and it's worth it. Don't you think, Lynne?

Lynne: Oh my gosh, yeah. I am like here I am sort of a missionary for it, you know, because I think what happens is there's so little education and so little emphasis on how to do this. The people just kind of bump around and most people end up with choices that are not good choices for them.

Frankie: Yeah, for sure.

Lynne: I'm not saying all but I think that so many do. Many of them get divorced and some of them stay together.

So that brings us to the third point Frankie. Which is trust your instincts. If you're a chooser, as we said earlier, you're going to be proactive and you're going to go out and you're going to do all kinds of things to further your goals. But what might get in the way of that is not trusting yourself. We have instincts for a reason. Our intuition is our inner warning and our guidance mechanism. It's like a sixth sense that we're all equipped with.

I remember reading about a woman who said to herself, "I am not going to follow up a first date with a second date unless I have absolute knowing inside of me." I don't know how many dates she went on but she didn't kiss any one of them. I think it was on Oprah actually. I think she went on like 50 dates. Then she met her soul mate. So she listened inside.

The invitation here is to trust your intuition. Pay attention to it. Start to develop a relationship with it. When you can feel it's telling you to do something, have the confidence to be guided by it in matters of the heart, and, of course, that's what this is -- this life partner work or this life partner journey -- following your instincts can save you from heartache and making the wrong choices.

I have interviewed and spoken to so many singles, both in my classes and as a coach and as a single person myself. I cannot tell you how many have said they knew that they shouldn't marry this person or they shouldn't keep going or they stayed in it too long. Right, Frankie?

Frankie: Oh definitely, definitely.

Lynne: So this one is so important. As a chooser, what you will do is make intelligent choices. Not, you know, woo-woo out there, but intelligent choices based on achieving your goals. This sixth sense is in place to alert you to red flags that you might otherwise overlook.

Frankie: Especially when your hormones are running amok, that's when you really...

Lynne: Especially when your hormones. Yes! Because that sex energy, that excitement, that chemistry, "Oh I finally met somebody with chemistry," can push you into something.

I remember, another client, who had this woman who he thought fit everything. She was a dancer, he thought that was wonderful. She was beautiful. She had tenderness. But something just didn't feel right and he stayed with it for about nine months and then he started finding out. She had, actually, hidden from him. that she had a chemical dependency issue. And he knew it and he just kept overriding it. Now he was thrilled because he was somebody who could finally let go of this relationship. He really wanted it. To listen to those red flags that you might not listen to but they're integral to your decision making process. Be the chooser but listen to your instincts.

Frankie: Well let me paint a picture. When you are under the influence of hormones, in the first flush of falling in love, and all the excitement of attraction. When a red flag is raised, we grab a shovel and we put a whole bunch of sand over the red flag so we don't see it. Now, when you're a chooser, instead of doing that, you still grab a shovel, but this time what you do is, you dig a big hole around the red flag so you reveal the base of it. So you really are scrutinizing what is going on. What are your instincts telling you? OK? You're not closing your eyes and being blind to what's happening. I think that's a really important element of being the chooser because it just puts it front and center.

Lynne: I want to add to that Frankie; too, that intuition can be used not only with a particular person but to inform us what actions we should be taking. For instance, if it feels like it's not even the right time to date. I had a client who wanted to date

but realized right now she need to put her own home in order and take care of her home and spend some time with that.

She felt so great doing that. She had to not listen to all the people around saying "Don't you want to date?" Instead, she listened, and she gave herself space to create a better life for herself. A sort of more attractive place, as we were talking from earlier. And then, she actually did meet somebody in the right time for her. That's another time that we can encourage people to be the choosers in your life.

Frankie: Well, and I think too, with the whole sorting process, this is also where the red flags can come in and taking some action and being the chooser around it. As an example, one of my clients arranged to meet a man at a coffee shop for their first date. We had done a lot of work refining her relationship requirements and two of them were generosity of spirit and financial stability. She had of course some others but those were two.

When she arrived at the coffee shop, he was already seated. She sat down, "Hi, how are you," the chit-chat. He pulled out bottled water from his backpack and then he told her to go ahead and get something if she wanted. To her, his behavior demonstrated stinginess and it made her wonder. He couldn't even afford to buy water and he couldn't offer to even buy her a coffee. I mean she was financially stable. But it went to something deeper than just his outward actions and so her instincts told her very loud and clear that this was not the man for her. There were some basic, some fundamental differences. So, you know what, she got up and she thanked him, "It's very nice meeting you. I don't think that we're a match and thanks for your time." And she left.

She was very polite, but she didn't subject herself to an hour with a man that she very clearly felt was not what she wanted. So there's a lot of ways that instinct and sixth sense can guide you and especially in the sorting, screening, and testing process too.



Well let's talk about the fourth obstacle and that's being the victim. Of course, the opposite of being the victim is being the chooser. We live in a victim culture and it's usually the other guy's fault that we go to war, we get into a car accident, we lose our money in stocks, or, even, get a divorce. And while victimhood may make us feel better and in the right, it also makes us feel helpless and it perpetuates our problems. It's very challenging to recognize this and to take responsibility for our own failures as being a result of our own choices.

So, it's easy to blame the boss, or the ex, or the other driver, or your parents, but the truth is, that whether you are acting out of ignorance or impulse, it doesn't absolve you of the responsibility for making a bad choice. Buying into the victim mentality keeps you in the passenger seat. It robs you of control and self-direction and it holds you back from achieving what you really want in life.

Lynne: I have a good example of that Frankie. I just started working with a client who has been working at the same job for 22 years and has hated it every day.

Frankie: Oh my goodness.

Lynne: Isn't that amazing? When are you going to leave it? "Well I can't. Now I've been here this long and I've built up this much -- I can't leave it now, I've been here 22 years."

Frankie: Oh my goodness.

Lynne: And, so, she's actually lucky come to me, well, I think, fortunately, come to me for coaching and she's so ready now to step out, but it's not too late. It's never too late. You can keep the victim mentality going by building on what your mistakes are as opposed to saying right now I'm going to step out and take a risk. Right now I'm going to start showing up as proactive chooser.

I think that's one of my favorite things about life -- is that this is always a new moment to step out. So she's taking risks now. She's going to leave that job. She's going to do it. You know, it's better now, and I think she's really getting it.

Frankie: So many people sleepwalk through their lives and all you need is just to be woken up. When you're woken up and you can stay awake, it makes the difference between having an amazing life and a very boring life.

Your story reminds me of something that happened many, many years ago when I was in telecommunications and I was doing a factory tour of a leather plant. They had these huge presses that they were cutting out these shapes. They were doing boots and a whole bunch of different things -- soles for boots.

And I remember standing by this man who was probably very close to retirement, so he would have been mid-sixties. He was pressing out these strips of leather, twelve inches by about two inches. And I'm looking at it and I'm thinking, "I can't figure out what the heck that's for." So I said to him, "What are you cutting out? What do they use that for?" Lynne, you know what he said to me? He says, "I don't know."

Lynne: Oh my god.

Frankie: "I don't know." And he had been doing this job for 16 years. This specific job every day for 16 years, cutting out these strips of twelve by two and he had no idea what they were used for. Talk about sleepwalking through your life.

Lynne: Amazing, amazing. You know what that does is it really leads us so seamlessly into the fifth point because a lot of that is lack of information. Its lack of even knowing that you do have choices; that you could ask, that it's important

to learn and it's important to drive your own car. Like your metaphor earlier about being in the driver's seat.

So the fifth real block to being the chooser, at least, we've come up with five for today, is not developing your road map for life. I think both of these examples that you and I referred to -- the woman who worked at the job she hated for 22 years, actually she was a secretary at a beer company and yours was a man who made these leather strips -- they didn't have a road map for their life, obviously. I guess, just to simplify it, if you think of this simple quote, "If you don't know where you're going, how will you get there?"

Frankie: How true.

Lynne: How will you get there? How will you be able to make informed choices? As we look at this issue, I really want to emphasize this specifically comes about when you are making a relationship journey and you want now to have one of the most important things in life. I think that the most significant piece of our lives that brings us happiness is our choice of who we live with. Our life partner.

In this area of a road map, most people don't even think they can have a road map. They think, "Oh, I'm just going to stumble onto it." But by not knowing, not knowing what you want in a relationship and your life, you will relegate yourself to the passenger seat. You will be driven around by some other person, by a chauffeur, who makes the decisions for you.

In many cases, those decisions put us in a victim mentality. You know, we are sort of passive and we keep showing up every day hoping it will be different.

This particular client that I'm referring to, she's been trying to be more proactive and she says, "I keep trying to be positive." But it doesn't last very long because she really, really, really doesn't like her job. I mean, she hates her job.

So one of the first things in a relationship to realize is; what is it that you want? Knowing what you want will put you in the driver's seat because then, it's this wonderful gift, I think that's imprinted in us, I guess some people call it our internal guidance system, which is knowing what we want. It's making choices based on that deep sense of what we wish to create in our life, which is in us already. It's those things that we know are about, our values.

Like one of my top values is spirituality. When I'm practicing a life that feels aligned with that, I know I want more of that and I start to attract more of that. I know that I love to learn and so when I am in a relationship with somebody, there has to be learning there.

So my roadmap has those values on it. And so by knowing what you want, knowing your values, knowing the vision you have for your life, you wish to live in the country and you wish to have this kind of relationship. That will put you in a proactive control attitude towards your life.

One of the first things I think that is so crucial is identifying and connecting with your life's vision. Knowing what that vision looks like in terms of relationship, in terms of work, in terms of fun, in terms of your values. I think values are one of the most significant things.

Frankie: I agree. What's very interesting -- recent studies indicate that I think it's around 69 percent of divorces; they attribute it to differing life visions. So the couple has a different life vision. Well, who knew? Most people, you know, don't even realize when they get into a relationship, that they have their own life vision, let alone, their partner has one and that if they don't share it, the likelihood of divorce is pretty high. So it's really critical.

Lynne: Isn't that, Frankie, such an empowering thing to know?

Frankie: Yeah! It is!

Lynne: Isn't it just so empowering to know that it's not about you're a bad person or you are just a relationship failure? It's that your vision was not part of your choice, that you didn't say, "Here's what I really want in my life. I don't just want a man who's good looking or I don't just want a man who has money. I know that part of my vision is working with children and living in a particular lifestyle."

Once you know those things, you have a roadmap that you can take with you, and pull it out. You're on a date and you start hearing something that just does not fit your life vision, does not fit your values, and does not fit your requirements.

But I just wanted to emphasize that requirements are a sort of shorthand for what we were just talking about. It's those things, and that's part of the 69 percent, that must be in your relationship or it won't work. Those two thirds of those couples that were seen to not succeed, it was because their visions weren't aligned and a requirement was missing. Some crucial, non-negotiable piece of life was not there for that couple. I just think that's such an important concept that there are actual requirements.

Frankie: And it's requirements of the relationship. Because, you know, a relationship is a three-legged stool. So, there's me, there's my partner, and then there is the co-created relationship.

So what are the requirements of that co-created relationship? What's important, absolutely non-negotiable, to have as part of that? People don't really understand requirements from that perspective but I think it's really important. It's not that, he's 6'4" and muscle-bound. That's not really a requirement, but that he has integrity.

OK, maybe it is. [Laughs]

Lynne: Could it be if somebody wanted to be with the circus?

[Laughter]

Their partner had to be like them, you know, muscle-bound? But typically not. Typically not.

Frankie: But people need to understand that they have a responsibility to the relationship. And to define what it looks like very clearly so that it is in alignment with your values, and so it is making you happy and joyful and it is helping you create a wonderful life. It is not just about the attributes of your partner. It is the attributes of the relationship together.

Well, we need to open it up to questions. So thank you so much, Lynne.

And before I do open it up to questions, I would like to remind everyone that you can get a written transcript and audio recording of this seminar by going to [www.consciousdatingaudio.com](http://www.consciousdatingaudio.com) Anne, you have a question?

Anne: Yes, I have a question. I set up all of my relationship requirements and my vision, and I have been dating someone for five months. He says he has the same vision, and we have similar requirements, but there are some things that are not working between us.

So we got some help around that, and I am waiting to see if these things get better. I am trying to figure out how long do you wait? I know change takes time and that type of thing, but I am kind of concerned that I am going to be waiting and waiting and waiting and not really seeing real progress, but maybe little tiny

dribs and drabs. I do not want to invest a lot of time in a relationship that is not really going to meet my vision or my requirements.

Frankie: Well, there is no hard and fast rule about timing. Can you share what the major issue is?

Anne: The major issue is around sexuality. We got some help with someone who is specifically trained in that area. He set out his goals and committed to initiating and being more expressive both with affection and verbally, but he has not really followed through. So I am not sure where to go with it because I do not want to just keep waiting.

Frankie: Lynne, do you have any comments?

Lynne: I have two comments. First of all, I really coach people to not make a commitment to a person if they are not certain that their requirements are being met. And I know that is sort of technical language, but have you worked on your requirements with a coach? Do you know what they are?

Anne: Oh yeah, definitely.

Lynne: Is their one about affection and sexuality?

Anne: Yes. And we were two months into the relationship, and he had some difficulties with erectile dysfunction and wasn't following through on going to the doctor and taking the medication. And then even once he did that, he was not following through on initiating.

So we worked with a specialist around these issues and he wrote up a goal sheet like you do with a coach. You know, these are the goals and this is what I am

going to commit to doing. And then he has not followed through. We have been dating for five months and it has been monogamous.

Lynne: What does your instinct say?

Anne: Well, I am torn, because part of me says change takes time, give him a little more time, and be patient with the process. And I am one of those types of people that if I have a goal sheet, I jump right in and make progress right away. But I know not everyone does that. So I am sort of torn between waiting and giving him time, and feeling like, "Am I wasting my time?"

Lynne: Well, yeah. What I am hearing is, you might want to go back and look at all your requirements. If the relationship, like Frankie says, meets all the rest of the requirements, they are all met, you might have a time frame with him and say, "This is one that is very important to me," and it does not even sound like it is just about sexuality, it sounds like commitment to follow through.

Anne: Right.

Lynne: Being able to trust that when he says he will do something, he will do it. And just so you know, I have to let you make this work, I cannot make it for you, but I would give another period of time, if you do feel the other requirements are met and it is worth it.

Anne: OK.

Lynne: To get to the bottom of this is as much about is he a person that honors his intentions?

Anne: Right, right, exactly. Thank you that really helps me to keep the focus where it belongs, which is really about honoring intention.



Frankie: And I think, too, the communication is really important. You have to express your feelings. And you need to identify a time frame.

Lynne: Wouldn't you say that the two of them need to do that together, pick a time frame?

Frankie: Oh, absolutely.

Lynne: Or do you think she should do it on her own, as the chooser?

Frankie: No, I think there needs to be open communication, I really do. He needs to know where you are at. You are moving forward together, and if you are ahead of him, it is not going to work. You have to be lock-step, or you are not together.

Anne: Right.

Frankie: You know what I mean? And if you are trying to figure out if you should move forward, he needs to be with you. If he is falling back because he is not following through on commitments, you need to articulate that.

You can be gentle; it can be a very soft, non-threatening conversation about how you are feeling around this, and your concerns. Open the dialogue. Does that help?

Anne: Great, thank you. Yes, it is very helpful, thank you so much.

Frankie: Terrific.

Lynne: Thank you for the question. It's a great question around this topic of being the chooser. Because I think what it exemplifies is that being the chooser is not

so obvious all the time. Sometimes we have to be in a testing mode a little bit about it.

She's going out and she's testing herself, testing this relationship and seeing, "Does this meet what I truly want to have and deserve to have?" Being a chooser at this point means that she has not made a commitment yet. She's still in that phase of, "I'm going to see for myself. I'm going to be proactive about it."

Frankie: I think what is important here in thinking about being the chooser is we need to make choices every moment. Every moment is about a choice. So just because you made a choice three months ago does not mean it is frozen in time and you can never change your mind.

Every moment is about a choice. You act on all the best information you have, whether it is in alignment with what you want, a whole bunch of factors. But it is a fluid thing, it is a changing thing. Now, Anna, you have a question.

Anna: Yes.

Frankie: OK.

Anna: OK. I have a question. This is something that I have struggled with before and I have some friends that are struggling with this. We get into relationships and we know that it's not quite right but, because of our past histories, we are having a really hard time with guilt over walking away from a relationship that's just not working.

And I'm real clear on the fact that it has to do with our own sense of rejection and our own sense of abandonment. How would you coach somebody, what advice would you give, for people who have a hard time letting go because it's our own sense of abandonment or rejection?

Frankie: Lynne, do you want to answer that?

Lynne: I'm a little confused about the question, actually. Are you referring to yourself, or are you referring to someone else? It could be helpful if I could get really clear.

Anna: Let's just go ahead and go with my stuff, because I think I've worked through a lot of it, but I have a lot of friends who are going through the same stuff. In my past, I've had a lot of issues with abandonment and a sense of self rejection.

Sometimes I am getting into a relationship that I know is not good for me, but letting go, because I am projecting my own feelings of rejection and abandonment on the other person.

Lynne: So what your saying is, is that your question is around... you say let go, but you mean actually saying no to something, right? Say no to a relationship that doesn't work.

Anna: Yes!

Lynne: So, what you're saying in this particular situation is your own feelings come up. You're afraid that you will miss something and be rejected again. You might just stay with it, despite the fact that you should say "no" to it. Is that what you're asking?

Anna: I think the convolution has to do with the fact that I am attributing saying no to the other person as a personal rejection of myself. Does that make sense?

Lynne: Oh, OK.

Anna: It is like I am rejecting.

Lynne: You don't feel like you have the right to say "no" because it might be seen not only as a rejection of them, but a rejection of yourself.

Anna: I think so. It is so convoluted...

Lynne: That sounds like a belief that you could definitely let go of. It is this thing of saying, "Wait a minute. That is so convoluted."

Anna: Very much.

Lynne: You don't have to... My daughter gave me a button once when I was a mother that would worry a lot. She gave me this button, and I thought it was so cute I wore it a lot. She said, "There's no future in guilt." And that's the truth, because... I understand the concept of guilt, and guilt always has to deal with past issues. We're going to go out and find someone that we can work out the guilt through. It never gets resolved.

Anna: No. Never.

Lynne: You see the drama and the convolution that you're talking about? If you start the relationship, and from the get go... this is a radical way to do relationships. You start authentic. You start being yourself. You start communicating. You start knowing your vision and your values. As the relationship unfolds, you continually feel and know what is going on.

If, at the beginning, you feel that this relationship isn't for me, you really stand in your truth and say, "It's not for me. I might be tempted to, for whatever reason,

but it isn't. It does not fit." There's this road map that you've created, and then you say, "This isn't taking me where I want to go."

I know that I'm repeating myself but sometimes it is nice to have something clear when you get confused in the middle of dating. I'm getting a sense of that right now. It's really a matter of if we have the clarity upfront that makes it easier.

Actually, listening to you talk tonight, I was thinking... I am really into metaphors... I'm thinking, "If I am standing in the grocery store, and I'm looking at tomatoes, if I choose one tomato over another, do I feel guilty about all of the tomatoes that I have not chosen?" No, I really don't.

It's not really about choosing - it's really about preference - it's not about that tomato being any better than any other tomato, it's about, "I like this tomato, and that's what I'm going to take."

Frankie: Here's something I want to add to that. When you are 85, and on your deathbed, and you look back on your life, and you say, "Whose life did I live? I didn't live my life based on what I really wanted. I wasted my life."

And as far as we know for sure, we only have one life. I mean, we may have more, but we do not know that for sure. But this one, we know for sure we have it because we are living it, and we are talking right now. So maybe it is about looking at why you do not deserve to have that, why you do not deserve to have a great life.

Anna: Exactly, yeah. Can I add one thing, too? The tomato was such a great metaphor. I remember one time thinking, "Well, if I take a really good tomato, then other people will not get that tomato." [Laughs] Why am I so picky?

[Laughter]

Lynne: Yeah and how much of it really is preference?

Anna: You get the good tomato because you picked it.

Lynne: I'm saying this is a good tomato, but somebody else may say that is a good tomato. So I do not know...

Frankie: But the worst thing would be to say, "I do not deserve to have that beautiful tomato!"

Anna: Exactly.

Lynne: Right.

Anna: Yeah, and what is wrong with that! That is terrible! I do deserve to have the most beautiful tomato there!

Lynne: And therein lies the self-worth issues. Frankie, I know we're at the bottom of the hour and I have to go.

Frankie: So, Lynne, thank you.

Lynne: Thank you so much. I so had a good time being with you all, and look forward to connecting any way in the future. So, Frankie, thank you for having me.

Frankie: OK, Lynne.

Frankie: Hi, Faith.

Faith: I was wondering if you are, say, on your first date, and you are going through your list of requirements, like unmarried, does not smoke, and things, but there is no chemistry. And you do go on, you go for a second date, and he continues to meet all the requirements. At what point does the chemistry have to come in?

Frankie: I think chemistry is very important in a life partner. You have to connect, because physicality is an important part of a love relationship. So if you do not have some chemistry that could be a problem.

But sometimes chemistry is not evidenced right from the get-go. It is a balancing act -- you have to decide, does this person meet the requirements? People are usually nervous on a first date.

So do you want to take the second date? In fact, every date is a decision and a choice: do I want to move one step further? Yes or no? And there should be no emotion or baggage tied to the choice. It is a yes or it is a no, and you accept it. So just look at it that way, Faith, one step at a time.

And if you find out after four or five dates that maybe he does not meet some of your requirements and there is still no physical attraction or chemistry, then you make the choice that maybe this is not someone you want to continue getting to know.

Faith: Right.

Frankie: OK, well, we are going to wrap up. And thank you, Faith. I'd like to just thank everyone for your participation tonight and I would like to invite you to join us next month on June the 7th. Our next "Conscious Dating Tele-seminar" is called "Conscious Dating Strategies: Where to Meet Your Soul mate."

And be sure to join us in two weeks on May 17th at 6:30 p.m. Pacific and 9:30 Eastern for our "Conscious Dating Tele-clinic" for live coaching and advice. You can register for that by going to [www.consciousdatingteleclinic.com](http://www.consciousdatingteleclinic.com) It is free.

And if you have questions that you would like addressed because we always ask three or four people who have submitted questions if they would like to be coached. If you would like to submit a question, go to [www.askconsciousdating.com](http://www.askconsciousdating.com) and submit your question and it may be chosen for coaching.

All the URLs we talked about tonight are in the study guide, and you can download that at [www.consciousdating.com/chooser.htm](http://www.consciousdating.com/chooser.htm) So thank you, everyone, for joining us tonight.

[End of Transcript]

- **We look forward to seeing you at our next free Conscious Dating Tele-seminar. More info- <http://www.consciousdatingseminars.com>**
- **Free Coaching! Join our Conscious Dating Tele-Clinic- <http://www.consciousdatingteleclinic.com>**
- **To order the hardback version of *Conscious Dating* at a 50% discount and get the retail audio CD FREE visit – <http://www.consciousdating.com/discount.htm>**
- **Got a question about Conscious Dating? Help us plan future seminar topics by visiting- <http://www.askconsciousdating.com>**
- **Feeling stuck? Conscious Dating Spot Coaching now available! For more info visit- <http://www.consciousdatingspotcoaching.com>**



**Until next time!**

***David Steele and Frankie Doiron***

