



Conscious Dating
Tele-Seminar Series Transcript

***Conscious Dating: Practical Tips
for the First Three Dates***

With David Steele and Frankie Doiron

Frankie Doiron: Well hello everyone. Welcome and thank you for joining our monthly Conscious Dating teleseminar. And tonight our topic is: Conscious Dating: Practical Tips for the First Three Dates.

David Steele: To get the study guide for this program, please go to <http://www.consciousdating.com/tips.htm>

Frankie: I'm Frankie Doiron the president of Relationship Coaching Network and my co-presenter is, as you have probably guessed, David Steele. And David is the founder of Relationship Coaching Institute and the author of "Conscious Dating: Finding the Love of Your Life in Today's World."

The first three dates can often be the most challenging for singles because the decision you make whether to continue dating a new person is often based on initial reaction or unsubstantiated feelings. And how do you know if you're given your date a fair chance to demonstrate their mate potential? On the other hand are you so infatuated that you avoid seeing the obvious red flags that make this date a poor partnership choice.

So, this teleseminar will reveal how to maneuver through those difficult first three dates to find the partner you really want. And tonight we're going to talk about the purpose of first dates and why you need to have as many of them as possible. The best structure for the first three dates, including lengths of the date and the best dating venues. We're going to talk about the sorting and screening skills you need to use on your first three dates. We'll talk about safe dating practices for both men and women. We'll also touch on the top five signs that your date is definitely not a match and the top seven signs that your date is a keeper.

So, before we talk about the purpose of the first three dates, I want to set the groundwork for dating in general. Dating is any social activity performed as a pair or even as a group with the aim of each assessing the other's suitability as a potential partnership in an intimate relationship. And the word refers to the act of

agreeing on a time and a date when the pair can meet and engage in social activity. And this creates the opportunity to assess that suitability.

So, understanding this concept is important because inherently it implies that there are no obligations or expectations by the other party. It's simply an exploratory experience with no further action or commitment being required unless, and here's the key, both parties choose to continue the assessment process. A good analogy for dating is picking the best fruit in the supermarket. Just because you handle a melon and sniff it doesn't mean you're obliged to buy it and take it home. I think it's important to realize that you're simply checking this person out and you're checking this melon out, in this example, to determine its suitability for your consumption. So this means that you really should in fact need to handle several melons before you select the one that you like the best.

And so when either party lacks this basic understanding of the purpose of dating, there will be some problems and misunderstandings. And what I find with people who've been through the conscious dating program and who understand this concept, you really do have a distinct advantage because you've got so much more awareness about the process than the average person. And so with knowledge comes responsibility. So when you encounter behavior that has a genesis in the lack of understanding, I think it's really important that you share your viewpoint with your date because they'll either be receptive to this new concept of conscious dating and all that it means or they won't be. And their reaction alone will be very revealing to you.

Going back to the purpose of dating, don't look at dating as a series of dates, but view each date as a single, isolated occurrence. And then based on the outcome of each date, both parties will decide whether there will be another date. And based on the outcome of that next date, you'll both determine whether there will be another date and so on and so on. As you embark on your conscious dating journey, remember this foundation of one date at a time and then if you get lost, just take a deep breath and get ready to start breathing.

Let's get back onto the subject of the first three dates because they do serve specific functions. And David is going to reveal the purpose of the first three dates.

David: So, a common theme that we've discussed during some of our previous seminars is that many singles when they are dating they lack confidence and they fear rejection. And the main reason that they feel that way is because they have unrealistic expectations about the outcome of their dates.

So, like Frankie said, if you keep in mind that you're just assessing somebody's suitability one date at a time, you'll be less likely to be concerned about rejection. You know, you're being the chooser here. You need to be the chooser; that's one of the most important principles of conscious dating. And you will not have invested any emotion or expectation in the outcome one way or another if you're

not being attached.

So being unattached to outcomes will make it easier to date. And think about it. How many people do you need to scout, sort, screen, and test in order to find your soul mate? Do you really think that the first time will work? How about the second time? How about the third person you date? How about 30, 40, 50 people, 100? I've talked to people who've dated hundreds of people literally, before they found their soul mate. Being unattached to outcomes will make it easier to date and to practice scouting, sorting, screening, and testing.

The more you practice or experience something, the more confident you become and able to repeat the process. So, if you resign yourself to "I might have to date 100 or more people in order to find my soul mate." Then this person is just one out of 100. It's not like you have to make this be the one.

So, the purpose of the first three dates in addition to assessing whether you want to move onto the next date is to gain confidence about being authentically you in a dating situation and to be the chooser.

Frankie: A lot of people are very confident and very authentic in their workplace and when they're with friends, but when they get in a dating situation all of a sudden they're very unsure. They're very self-conscious. You know you can say you're confident in other areas, but in the dating situation that's really where a lot of people need to gain the practice.

David: Right, so if you are listening to this seminar, chances are you're here for a reason. You're here because you need to learn and practice this. And I think we all can learn to practice some aspect of our life but certainly for our dating.

So, the second purpose of the first three dates is to simply practice dating and social skills. And when you think about it, finding your life partner is a relationship goal. Any relationships you have, any relationship experiences you have are going to help you along the way on those goals. So it is absolutely not wasting your time. Meeting and dating 100 possible candidates is absolutely not wasting your time because number one, you need to go through all those people in order to find your soul mate. It's not going to happen the first time.

And number two, you're getting lots and lots of practice. And life is teaching you lessons. And that's the way life works. It brings the lessons to you until you've got them and you're learned them and you're ready for the next step.

So, relationship skills and dating skills involve what? They involve things like initiating contact with people. You know if you're really shy and you have trouble doing that and you wait for people to contact you, you are not being the chooser. You need to be the chooser to be able to initiate contact with people that you want to meet by introducing yourself, making conversation, being aware of the opportunities that come into your life.

Maybe your soul mate is this person in line at the grocery store that drops their keys and you pick up their keys and you hand it to them and you smile and life just gave you an opportunity. It just dropped your soul mate into your lap. Right in front of you in the grocery store, but you need to recognize those opportunities and this is what skill is about and being able to seize that moment and be present.

If you're thinking about the future, you're thinking about the past, or you're in your head about something or, even worse, you have your iPod on with the earphones and you're just tuning out the rest of the world, then you're going to hand this wonderful person back their keys and you would have missed that opportunity.

So things like keeping your boundaries, especially your sexual boundaries, flirting, being the chooser, patience, delaying gratification, you know, it's not going to happen all at once. It's not going to happen in a day. And people don't like to be pushed, they don't like to be expected to be ahead of where they are, so practicing being present and being patient and delaying gratification and letting things evolve, is an important skill. And being authentic is an important skill. So those are examples of skills that you can practice when you're dating that will certainly support you when you are in a relationship.

And the third purpose of the first three dates is to make you more proficient at sorting and screening and testing, based on your vision, and your values and your requirements. So, in conscious dating we strongly advocate that you be very clear about who you are and what you want and then, when you date, you are sorting and screening and testing for that. And this is where you get practice in doing that. You translate what you know, the knowledge, into action.

So, the final purpose, purpose number four of the first three dates is to help you become attuned to your inner voice. Part of being authentic is to be authentic with yourself. Be honest with yourself. Be aware of what your truth is, so that you can speak it and stand up for it. So to pay attention to your own inner voice, your intuition, whatever you want to call it, your truth, and to act on it. Which is an important relationship skill as well. So, Frankie?

Frankie: Yep. Absolutely, David. Well, let's talk about the best structure and venues for the first three dates. Now, I think the first three dates really need to be short, focused and fun.

Why short and focused? Well, since the foundational purpose of dating is to assess a date's compatibility to move onto the next date, you really don't need a lot of time to make that decision. And I think everyone can decide within 30 to 45 minutes whether you want to arrange a next date.

And remember, it doesn't mean, you're not deciding whether this is your future life partner. All you're deciding is, "Do I want a next date with this person?" Yes

or no. But you also have to be aware that the person you are dating also has the same choice. So you may want to continue, but that person may not want to. And it's OK because it just means that you're not a match. So don't worry about it. As we said earlier, don't be attached to the outcome. It's just a date. It serves a lot of purposes.

Keeping it short is also around this whole idea... just imagine spending three or four hours on a dinner date with someone who's obviously not a match for you. It's so uncomfortable. It's so difficult to try and make conversation with someone and you're stuck at dinner. You can't just be rude and get up in the middle of dinner, especially if they're a very polite person, and their behavior is very acceptable.

At this early stage of dating, you just want to be on purpose. You just want to be practicing your social and dating skills, gathering and gaining confidence, sorting, screening and testing, and listening to your inner voice, without spending a lot of time on these dates.

And as you start to move through the dating cycle with someone, you can spend increasingly longer amounts of time on these dates. And it's a process. And it takes time. And you really don't need to spend large chunks of time in a short period of time in getting to know someone. And remember this, you're still in the melon patch. And there's lots of melons to squeeze, so don't pick the first one.

And why should it be fun? Because life should be enjoyable. And finding a life partner is really an exciting experience. And if a date isn't fun, ask yourself, "Why not? What's going on?" You're a conscious dater and you need to be aware of any limiting thoughts or reasons why this particular date is not fun. You know, maybe you are two incompatible people. Who knows?

So, let's just go to the first date.

David: We recommend that it's no longer than 45 minutes. This is like getting together for coffee or something. And most people can stand 45 minutes, even with somebody who is not compatible with them.

If you meet somebody that is so totally obnoxious or disturbing or unsettling, you know, you can simply get up and go. Say, "Well, it was nice meeting you. I don't think this is a match. And so I'm going to get going. Thank you. Good bye." And don't be afraid to do that. It's not rude.

Like Frankie said, if you're in the middle of dinner, that might be hard to do. But if you're in the middle of coffee, it's not a big deal to say, "Well, got to get back to work. Thank you." You're under no obligation to stay and it is not rude to get up and say, "Well, you know, I realize this is not a match. We're not a match." And it's nothing personal. And you don't have to put it that way. You can communicate it very graciously.

Have an exit strategy. Really be clear going in if you are wanting to leave, to break it off, how are you going to do that? Having a plan always makes it easier for you to execute the plan. If you have to make it up without having it pre-planned, then it's a lot more awkward, you have to think about it, but how can you think when you're engaging this person and all you can think of is how you want to leave.

So have an exit strategy and plan what you want to say and it can be as simple as, "You know what? As we're talking I realize that this is just not a match. But I really enjoyed meeting you and I wish you well. So, thank you." Handshake and "Good bye." Whatever it is, just plan it out.

Have your exit strategy planned, what you are going to say, what you're going to do. It's helpful to go into the situation giving yourself permission to do that. You are going to check this person out. You want to screen them out, rather than screen them in. And I want to explain that.

If you haven't heard this before, I think this is mentioned in the book "Conscious Dating", that screening somebody out is finding a reason to say "no." As you're meeting them, and as you're talking, is this chemistry there? Does it look like your requirements would be met? Does this feel good to you? Does it feel right to you? And if it doesn't, then find a reason to say "No." Any reason.

You're looking for any reason to say "no" to screen them out. Why? Because you want to get through this efficiently so you can get on to the next one. 'Cause you have about a hundred people to meet before you find your soul mate.

Now, screening in is the opposite. That's where you want to give people a second chance. You want to give people every chance, and the benefit of a doubt. Well, maybe they're just having a bad day. Or, I'll give them a chance. I'll see them again. And, you know, you have a hard time saying "no" and you don't want to say no. Because it doesn't feel good to you, you don't want to hurt their feelings or whatever it might be.

So, we recommend that you go to this first date with the goal of screening out. You want to, as quickly as you can, find reasons why it's not going to work. And it's an absolute win if you do. It is not a waste of time.

Frankie: David, I'd like to give an example of one of my clients at this whole concept of saying "no" and recognizing. Sometimes you can't recognize that you're incompatible but sometimes it's like having a elephant in the room with you-you can't ignore the obvious.

And so this client had done a lot of work with me around her requirements, so she knew them really cold. She knew exactly what she was looking for. And two of her requirements were generosity of spirit and a financial soundness in the

relationship.

So she met this guy, and they met at a coffee shop. She arrived a couple minutes late and he was sitting there and he pulled out a bottled water that he had obviously brought with him from his knapsack. And then he said to her, "If you'd like something, go ahead and get it, I'll wait here."

She just looked at him and in that instant she realized that this was a guy who wasn't very generous of spirit because I mean he brought his water. Maybe he wasn't too financially sound and, you know, it's not that she couldn't afford a water, it's just that it all smacked of being stingy. It was not what she was looking for. So, within literally five minutes, she just said to him, "Thank you so much. I appreciate you coming down here to meet me, but I don't feel we are a match. And I wish you luck." And she left.

David: That's a great story.

Frankie: Yeah. She had the courage of listening to her inner voice and being really clear on what was important to her, what her requirements were.

David: Right. So if she were practicing screening in, she would give him a second chance and then figure, "Oh, well. Maybe he just has special water that he has to have and she would just have more experiences that reinforce how stingy he is, that she's screened out, so within five minutes she figured out, "Hey, this is not what I'm looking for." That's an absolute win.

Frankie: So, there's a fine line you have to walk. A lot of it is intuition, listening to your inner voice, paying attention, understanding what you want, looking for the clues. All of that comes to bear, so there's no real hard and fast rules around this. Just trust yourself. And this is especially true with women. Say "no" when you feel like saying no. Don't feel coerced or obligated to say "yes" if that's not what you want.

So, let's talk about the venues for the first date. Think about what you can do within a 45-minute time frame. There's not a lot. [laughs] OK? But you can grab a cup of coffee, you can take a stroll in a public park. So my recommendations are, for the first date, is to meet in a coffee shop or a public park and just take a walk. And the rationale for this is, in summary, you're assessing and you're practicing.

And Rome wasn't built in a day. And if this is the person for you, time will reveal that he or she is. So there's not need to force it or rush the process. And keep in mind that you are the chooser. And if the two of you like each other, defining the parameters of the date in advance will keep you both wanting. And anticipation is a very good thing.

It's great to say, "You know what, I really enjoyed talking with you, meeting you. I have another commitment, as I mentioned before we met. And I'd like to see you

again." Now, it's up to the other person to say "yes" or "no." And then you set the time for the next date. So, it's really simple.

So, let's talk about the second date. It should be, in my mind, no more than 90 minutes. And shorter is even better. And this date, the second date, you're focusing more on your date's interests and some of the values if you can pull those out. But you have to do it briefly and not spend a lot of time and get into an interview process.

You know, I often joke in my workshops that wouldn't it be great if you could just take out your list of requirements and say, "OK. Now, do you want children?" Yes or No. Check. "Are you financially sound?" Yes or No. Check. You can't do that, unfortunately, so you've got to have a really light touch just introducing these topics if it's appropriate. Talking about some of your requirements, that type of thing. For example, children. There's ways to weave that into the conversation.

So, it means that you need a venue that's conducive to talking. So a movie or a theatrical event is not a good place for an early date for that reason alone. Because you can't talk. You're sitting there and you're watching something and at the end of it, you have a conversation about what? About the movie. Or about the event. And that's really not why you're having these early dates.

So, again, in terms of venues, think about what you can do in less than 90 minutes that permits conversation. It could be a walk in the park, it could be bicycling, it could be skating. It could be a trip to an aquarium. That type of thing that also pulls out some interests in your date.

So the rationale for this is by including an activity, it will make the time go by faster because now this is the second time that you've really met this person, and you're spending maybe up to 90 minutes with them, so you've got a whole lot more material for conversation if there happen to be lags in the discussion. Because you're at the aquarium. "Oh, my gosh. Look at that orca."

There's a lot more to talk about and you won't feel as uncomfortable as you might if you were sitting across a table in a coffee shop. Plus it's also another way to gauge a person's interests by collaborating on where you can meet for a second date.

And I think the only thing that's really important here is that you be sure to define the time parameters in advance, so you can say, "Yeah, I'd love to meet you. How about we meet for an hour and a half. After that I have a commitment or I have to do this or do that." So they know that it has a finite end to this date.

So, let's talk about the third date. And you see they're getting a bit longer, 'cause [laughs] the third date I'm saying should be no longer than two hours. And should focus on interests and values. You can do some more probing around your

requirements and you can allow more time to chat.

So some of the venues that might facilitate that might be a trip to the museum, maybe wine tasting, you could go to the zoo. You could even go for lunch. Because a luncheon time frame is much shorter than dinner. So that would really work well for a third date.

And the rationale for the structure of the third date is by now you've decided you want to get to know this person a bit more and, in order to do that, you need to allocate some time to do it. Plus, by this time, you should feel a bit more at ease with each other so that spending two hours in one another's company is not going to be too difficult to manage.

So, David, would you like to talk about sorting and screening?

David: Sure. I'd just like to recap a little bit. So, the first date here, we're talking 45 minutes, public place, getting a cup of coffee, walking in the park. You want to have a place to go or you want to be able to break it off after 45 minutes. And you never know who this person is and what you found out about them online or talking on the telephone, the reality in person can be very, very, very different. So, 45 minutes, plan for that and leave yourself an out.

Second date, 90 minutes, no more than that. The shorter the better and you can do something that you share an interest, and anything you do like taking a walk in the park, or going to a museum, or something like that, that might be a shared interest, like Frankie was saying, it gives you something more to talk about. And you're taking the focus off of giving each other the third degree and checking each other out, which can be, you know, a little bit of pressure. So, that's the second date.

Then, the third date, no more than two hours, going to lunch is fine, museum, sitting in the park and talking. All that's just fine. Make sure it is no more than two hours and here you are focusing on your interests and your values, your requirements, needs and wants. You're really talking more in depth about who you are, what you are looking for, who this other person is, sharing your life story, and things like that.

So, just a very simple plan for what to do in the first date, second date and third date.

Frankie: When a lot of people think a first date should be going out to dinner, that's fraught with a whole bunch of pitfalls. Because first of all, there are still people out there who think that, if they fork out a couple hundred dollars on dinner, they're due something. And, so you set up this whole dynamic where there is maybe a perceived obligation and it can get kind of sticky.

Plus men feel that they have to pay for the meal. So by setting up your three

dates so that it's not an expensive venture, none of the dates are expensive, the whole issue of money and who pays doesn't even enter into the scenario. By the time you want to move onto the fourth and fifth dates, you kind of have a sense, and you can probably have the discussion around money.

And I also recommend that the woman volunteer to pay half if they go Dutch because, for men, that's really well received. A man might say, "No. Absolutely not. I want to pay and it's my pleasure to pay," but the fact that the woman has offered says a lot about her.

David: So, let's talk about sorting and screening. Now, the four steps for conscious dating is scouting, sorting, screening and testing. So, you've scouted people to meet. You've found somebody and you've arranged meeting them. And now you meet them, and you want to sort them. Well, chances are you've already sorted them in order to meet them, in order to determine if there's any potential here.

Because sorting is what you do when you're looking through online profiles and maybe when you're asking them questions back and forth by email or, if it's a blind date, sorting is what you do when you're asking your friend, "Well, who is this person? Tell me about them. And I'll decide if I want to accept this blind date or not."

So, sorting happens very, very quickly and usually, or almost always, in advance of actually meeting somebody, unless it's meeting somebody in line at the grocery store, or some spontaneous meeting.

And then screening is a process of collecting enough information to know if your requirements would be met. A little earlier, we talked about screening out versus screening in. I highly recommend screening out which is finding a reason why this would not work as soon as possible. So, you're looking for that, you're paying attention to that, as you're talking, you're listening for that.

And screening in is giving people chances, trying to find ways that it could work, which is from a scarcity mindset and we want to have an abundance mind set. There are millions, literally millions of singles out there. I will find my soul mate. I don't have to settle. I don't know if this is it and I want to find out pretty quickly.

The thing is if it's a fit, you will find that out pretty quickly. It'll feel right, it'll look right, it'll line up what your head and your heart is saying. If it's not a fit, you will find that out pretty quickly. Because you'll have some red flags, you'll have some uncomfortable feelings. You'll have some thoughts or some feelings like "Oh, uhmmmm," "Close but no cigar" or "No. Absolutely not."

So, if you listen to yourself, if you listen to your inner voice, if you pay attention to your intuition and your feelings and you're using your head and you're aware of your vision, your requirements, needs and wants, and you're comparing it with

this person, you should know pretty quickly.

Now, oftentimes, we think it's gray, it feels gray, it could be or it could not be. I need more information. It's not a green light, it's not a red light, it's a yellow light. Well, if you need more information, that's fine. You can always have another date. But it's going to be short and it's just going to be for the process of collecting more information. And that's what screening's about.

So, as far as I am concerned, the most important function of the first three dates is screening. It's collecting enough information to know if your requirements would be met. You don't need more than three dates to do that.

After screening, you're getting into testing. And testing is more than information. It's getting experience that your requirements might be met here. So this is where, if somebody says they're a great dancer and you're looking for somebody who's a great dancer, you actually dance with them. Or something like that. You're testing the reality.

We want you to be the chooser. We want you to pay attention to your own inner voice and truth. We want you to practice scouting, sorting, screening and testing, which means you are going to be conscious, you are going to be aware, you're going to look to screen out as soon as possible because you know there's millions of other singles out there and you want to meet as many of them as possible so that you can find your soul mate. And so that's what I want to say about sorting and screening and testing. Anything to add to that, Frankie?

Frankie: Nope. I think that's great.

David: OK.

Frankie: So, let's talk about safe dating practices for both men and women. And there's some general safety tips and most people know what they are. So, I'm not going to spend a lot of time on them, but I think it's important to arrive and leave the venue using your own means of transportation. So, don't arrange to be picked up at your home by a person you've never met or this is a first date. It's just not a wise idea.

If you're in a bar, mix or get your own drinks. And by "mix" I don't mean you go behind the bar but you know if you've got to pour some soft drinks into your drink, do it yourself. And don't leave your drinks unattended. That's just common sense.

Get your date's contact information, at least a telephone number. And tell a friend where you're going and make sure your date knows that you've spread the word a little bit about him or her. I mean, it's not so much an issue for men, but certainly for women.

And then protect your valuables and keep your key personal information private.

Don't reveal too much too soon.

In terms of online safety tips, we actually did a whole teleseminar on online dating. I don't remember what month it was, David, but if you'd like the audio and the transcript you can go to www.consciousdatingaudio.com and you can look that one up.

But for online safety, basically, you need to protect your security. So, you never give anyone else your online password and if someone asks for your password, report them to your online service provider. And if you think someone knows your password, change it.

You need to protect your privacy. Surfing seems anonymous, but websites you visit gather your email addresses or other information, they can cookie you, so you really learn about the privacy and security features of your web browser and use them.

Be cautious about revealing information that could identify you. If you give someone your listed phone number, it's really easy to do a reverse phone lookup, so they can find your real name and street address.

And remember that, when you meet someone you've chatted with online, you're really meeting them for the first time and this is probably the biggest risk area for people. Because they think they know this person and they may have chatted with them several weeks or months, but really you have to still use standard safety precautions, because you don't know them.

You know, this is the first time you're actually meeting them. So, assume that what you know of them online is not true. And for your first meeting, pick a place that's public and neutral. And if you're traveling to visit them in their hometown or neighborhood, you're the one who should pick the place that you want to meet so you're comfortable. And you can do that last minute. You can say, "I'll call you and let you know where I'd like to meet" so there's no real issues around that. So that just very briefly is some common sense safety tips.

David: Very good, Frankie. And it occurs to me to mention my three levels of consciousness. Because if you're conscious, you're going to keep these in mind and do this. Pay attention and be cautious and take care of yourself. Realize that you don't know who this person really is and just be prudent about it. Even if you're a guy.

Frankie: Absolutely.

David: And if you're semi-conscious, this is where you believe you know what's what. You believe your own stories. So, if you have it all built up in your head that this person is wonderful and trustworthy and you know what you're getting into, and you really believe that, it's a story you created. It's not fact. You don't know

yet, because you haven't met them in person yet. It's not fact. So, when you're semi-conscious, you believe you know but you're just operating off of your assumptions.

Frankie: That's right.

David: And when you're unconscious, you're not even paying attention. It's like, "La de da de da de da. Oh, you want to get together to dinner on the first date? OK. Let's do that. La de da de da." You're not thinking at all. So, stay conscious and please keep in mind these safety precautions.

Our top five signs that your date is not a match. Number one. You have obviously different goals and visions. In conscious dating, we strongly advocate you be very clear about who you are and what you want. So you know what your life vision is, you know what you want for a relationship. You know where you're going in life and you want to find an aligned partner with that. And it's not a match if this person doesn't line up with that.

Number two. Your date exhibits behaviors that cause you concern. And if they're not paying attention to you, here they are meeting you for the first time evaluating you as a possible life partner and they're looking around the room, they're looking at other people, they have a hard time making eye contact and listening to what you're saying, if they're acting rudely or they're acting in a demeaning way, if they're being patronizing or worse to you, you know, come on. Get real.

Pay attention to what's really going on here and react appropriately to that. For example, "Thank you very much. Nice to meet you." Shake hands, get up and go.

And number three is if your value system is different, even if your goals are the same and your vision is the same, but you have very different value systems. For example, I have a high value in being of service and making a difference in the world. And I can have the exact same goals and life vision of somebody that absolutely had no interest in being/making a difference in the world.

In terms of life style and family and interests and all that other stuff, if you don't share that with me then our values are going to be so different. It's like being on different planets. So, just because the planets might look the same, doesn't mean that you're on the same planet. So, if your value system is different, it's not a match.

And number four, if your requirements are being met. Now, in sorting, screening and testing, this is the number one thing that we want you to pay attention to. We want you to be so familiar with what your requirements are, you don't need a list. You don't need to write it down. You don't need to write it on the back of your hand.

You know what they are and you are looking for that and you are listening for that and you're observing and you're intuiting and, if you're paying attention, you can figure it out pretty easily.

So, you're really focusing on the question of, "Would my requirements be met in this relationship with this person?" From the get-go.

And then, top sign number five that your date is not a match is what they are saying and what they do doesn't seem to fit. So, if somebody presents themselves as being generous and you're at a place where you're being served coffee and pie at a coffee shop or something and they don't leave a tip, how generous are they?

So, pay attention to what they say compared to how they show up and what they do. And if it doesn't match, then run away screaming. It is just too common that people know what they want to be and they present to you as they want to be or as they think you want them to be, but the reality is different. It is just too common. So, please pay attention to that. So, Frankie, what are **the top seven signs that your date is a "keeper?"**

Frankie: Well, these seven may or may not fit with your requirements but I think what they do show is something about this person that's very important.

The first one is that they keep agreements. So, this is a person of their word. And when he or she tells you they will meet you at a specific time, you can set your watch on them. They'll be there. So, don't be late. And so you can rely on these people to do what they commit to. Again and again. So, it's proven. What they say is what they do. And this reveals that they're conscientious, they're reliable and they have integrity and those are great traits in a partner.

The second sign that your date's a "keeper" is if they are emotionally mature and responsible. And so this is a person who doesn't blame others or circumstances for their life situations. They accept accountability for their actions and they're willing to self-examine, take responsibility and, importantly, to grow personally.

These are people who can keep a job, they can manage their finances, and they can generally run their life without any help from you or anyone else. You know, they've got it all together.

The third sign is that they're honest. And not only do they treat people fairly and honestly but they live by a code of ethics that demonstrates their integrity. And this especially so when it comes to those sticky gray areas around money and people.

So what they tell you about themselves actually matches with reality. And we've already talked about that. But this is where they come from. This space of

integrity. And the longer you know them, the more this is demonstrated. They're like an open book and they don't mind if you flip through a few of the pages.

David: Right. So, they don't say something like, "Well, I don't really want to talk about that."

Frankie: Yeah. Yeah. Exactly. They're an open book.

The fourth one is that they generally, genuinely actually, enjoy being with you. That they really like you. And that's something that's very important. These are the type of people that, when they see you, their face lights up. Why? Because they want to be with you. They enjoy it. They enjoy your company. They enjoy who you are.

And number five is they're a communicator and they're present. And we know from the communications map that there are two sides to the conversation. There's the speaker and there's the listener. And they both need to take turns. So, when he or she is a listener, this person will pay very close attention to what you're saying. Because they're genuinely interested in what you have to say.

And conversely, they'll expect you to do the same when it's your time to talk. So, when you're with them, you need to pay attention, and you can have a wonderful open communication style.

Number six is they have a great relationship with family and friends. And, if you think about this, anyone who has a sound relationship with his family and friends reveals good family values and has the potential to be an excellent partner. And even the best families can be taxing at times. So, someone who remains connective and supportive of them as a person is a person who's going to stand by you in really tough times. Because they understand what commitment's about.

David: Right. So what makes you think if somebody has terrible relationships with their family, that their relationship with you is going to be any better?

Frankie: Exactly. Now, that's not to say that there are circumstances where people are estranged from their family but, if that's the case, you should see that they have a circle of friends that they're close to.

David: That there are positive relationships in their life.

Frankie: Exactly. Exactly.

David: So they have a proven track record of good relationships.

Frankie: Yep. And then the final sign that this person is a "keeper" is they're emotionally available to you and they're confident. And a person that's confident in their own skin and who can express who they are and how they feel without worrying about what anyone else thinks, I think they're a great catch.

Because this is a person who will gradually open their heart to you because they love and trust you. And they won't get upset if you tell them you think Brad Pitt or Angelina Jolie is sexy. They're confident. They know you are with them because you want to be with them.

So those are the seven signs of a "keeper."

Woman 1: One thing that I have noticed with the entire approach, David and Frankie, is that it's very hard to find anyone who meets these criteria. My requirements and the other things that you've laid out in various teleconferences, I have to say that I'm a weeder-out and I rarely get involved in relationships. I haven't had a lot of relationships and my concern is that I'm weeding too many people out and then this system allows me to really weed people out. So, it seems like there are very few candidates left.

David: Well, good.

Woman 1: If any. It just seems like holding people to an extremely high standard.

David: Well, good! [laughs]

Woman 1: Which means that I'm going to be alone the rest of my life.

David: No. No. Not quite. Let me respond to that. First of all, screening out is a good thing. So, if you're meeting people and you're finding reasons why this would not work for you, then that is an absolutely positive thing. It is not a problem.

Now, it's understandable to be discouraged and say, "Well, gosh, I'm not meeting anybody that I want to hang out with." Well, I would ask you about your attraction venues and the laws of attraction. Where are you looking? Where are the venues that you are hanging out? And family and friends can introduce you to people.

The attraction venues, as described in conscious dating, there's four levels of attraction venues. Level one and level two is where most singles meet other singles, in public settings or on the Internet, or other generic singles settings. And those are the lowest likely scenarios. It doesn't mean it can't work. It absolutely can work. It's just the odds are lower and it requires more time and more effort.

So the higher likely scenarios are level three and level four venues, that's where you share a strong interest with everybody there, or that's where you are a member of a community, and these people are your people and you really enjoy hanging out with them as friends and as a community.

So, the people that have trouble meeting compatible people that don't meet their requirements, that they wouldn't really want to hang out with, I find, they are

generally not looking at level three and level four venues. They're generally looking on the Internet, they're generally relying on singles events and things like that. So, the Law of Attraction is very, very, very real.

If you have an idea, a clear idea, of who you want to meet, then where are they? And go hang out where they are, and go look where they are. Don't expect them to find you, if all you're doing is searching on the Internet.

Now, the other thing that happens is we screen people out, out of fear. They can be great candidates for us, possibly our soul mates, but we cross them off the list because we're afraid of getting close or of something superficial like how tall he is, or what color hair they have, or something that's not really related to our values and our vision and our requirements and all that.

So you might take a look at that. Are you crossing off people that could be good candidates? In general, it's a good thing to screen out. And in general, most people are not unrealistic. What I've found is that people actually have the bar too low, because they're so afraid of being alone. So, I have a question. Can you give us an example of something you're looking for in a partner that you're having trouble finding?

Woman 1: I would say it's actually not one thing it's the combination. I've talked about this on other calls. It's finding someone who shares my love of nature and the outdoors. And likes intellectual pursuits and is a kind person. So I'll often find men who have one or two, but not all three.

David: I'm going to assume that the three things that you mentioned are requirements.

Woman 1: Yes.

David: And it is a valid question: Well, is it really a requirement? If the outdoors is not a requirement... for me, it's a requirement. To me, that's how I recharge. That's where I spend most of my free time. If you don't share that with me, we're not going to be hanging out [laughs] all that much. Because I'm either working or I'm outdoors. So, I relate to that, that's for sure.

So, you can always question, "Is this really a requirement or not?" and then work with a coach or work with yourself in applying the test for requirements. But let's assume that the three things you're talking about they are absolutely requirements and you're looking for the combination. Well, I guarantee you, the combination exists. It exists in lots of guys all over the country.

So, seek and ye shall find. And if you have confidence and faith that it is there, and you will find it, then you will. And if you have a fear that you won't, then the Law of Attraction is very funny this way. It'll push it away from you. It'll make it harder for you to find.

Frankie: Jean asks, "Are you suggesting that I let the person know how long the date is going to be beforehand? I can see myself having a really great time and wanting to stay longer. Better to put the person on the spot and ask them if they want to go out on a second date?" Which is a question.

So, absolutely. You tell them beforehand the date has a beginning and an end time. And you're very clear when you're setting it up what that is. And if you are having a great time, hopefully he is having a great time too, Jean. And you'll both express your interests in moving to the next date, or you won't. And so it's as simple as that.

So, if you want to see this man again, you say, "I really enjoyed meeting you. I'd love to get together with you again." And you know he can say the same thing. And you either move together forward or you don't.

Jean: Hi, David. I've heard you say before and generally that it seems like you don't have the feeling that Internet dating is a very good way to sort -- that you don't consider it a very high level venue. And I just wondered why you feel that way.

I'll tell you the way I'm looking at it is that we know the Law of Attraction is always working and there are ways to use Internet dating that are conscious. We can be conscious of that just like we can be conscious about anything else. And we can screen out just like we can with everything else. So, I'm wondering why you seem to look at it that way.

David: Well, several reasons. Number one, Internet dating is extremely time-consuming. It takes hours and hours and hours to go through profiles and correspond with people and get together for first meetings. And number two, a lot of people that are on the Internet, a lot of people out there in general, are not honest about themselves, they are older than what they say on their profiles, they are heavier than they say on their profiles...

Frankie: [laughs]

David: ... and on and on and on and on. And it cultivates a lot of inauthenticity. Another reason is the Law of Attraction. The Law of Attraction certainly can work on the Internet. And I'm not against Internet dating. I think it's great and I think it's a good tool.

I wouldn't rely on it as the only tool. If you are living your vision and you have communities in your life that you hang out in and you have activities that you participate in where you are connecting with other people, then you're not relying on Internet dating totally, and you're allowing the Law of Attraction to help you. If all you're doing is focusing on the Internet, then the Law of Attraction is not going to help you because you are hiding behind your computer. Does that make sense?

Jean: Yes. And I'm really glad I asked you. I'm glad to hear because I see it the same way. I don't want to sit there and search profiles. I really basically look at it as "Just put up a profile and see who shows up, flagging me," and I respond to about five percent of them. I'm just very, very selective and I'm living my life. But it's just up there. Allow the Law of Attraction to do whatever it wants to do with it.

David: I think that's a great way to use Internet dating. It's like you're putting the fishing pole and bait out there. You're letting the world know that you're available. And you're screening what comes your way and you're not spending hours and hours and hours in front of your computer looking through millions and millions of profiles.

Jean: Yeah.

David: You know, you're living life.

Jean: Yes. Exactly.

David: Which is how the Law of Attraction can help you.

Jean: Exactly. Exactly. And I'm not getting into on-going conversations with people. I'm not looking for a pen pal.

David: Right.

Jean: I'm not going to write people for weeks like some of these people want to do.

David: Right. You're not dragging it out.

Jean: Yeah.

Frankie: And actually, a tip about online dating, is the sooner you get to real life, in-person meeting, the better.

Eileen from Atlanta asks "What about a first meeting with someone who lives in another city?" Well, I think we covered that in terms of the safety. If you're going to another city to meet someone, you're there probably for a weekend, so you're first three dates would be in rather quick succession because you want to make the most of the time you're there. But I still would keep them brief and certainly keep the safety factor, keep that really top of mind.

And then Sebastian asks, "How much time to wait between a first date and a second date, and between the second and a third?"

David: I think that what you're looking for is to give yourself time to assimilate the experience of this person and really decide if getting together with them again is a good idea. And it's fine to say, you know, "I'll call you."

Frankie: If you mean it.

David: If that's your intention. I wouldn't actually create the second date like at the first date. I would say, "I enjoyed meeting you. I would like to see you again. What do you think? I'll be in touch." And give yourself some time to assimilate the experience.

So how much time to you need? A day, a week a month? I would guess at least a few days before you contact them again and get together again. And then when you do, it's going to take a few days to coordinate that. So, you're talking at least half a week to a week. So, in my mind, probably in the beginning, weekly contacts, like for the first three dates, is just fine. It's spaced out. It's not too close. It's not too far away. What do you think, Frankie?

Frankie: I agree. I think around a week is fine and I think that you need to share that with your date, and especially if it's going to be longer. For example, if you're going out of town for 10 days, and you say, "Well, I'll give you a call," but you don't say, "I'll give you a call in 10 days when I'm back from my trip." Because they're going to think, "What the heck happened? This is someone who made a commitment and was lying." So, whatever you do, just be clear about what's going on. But I think a week is a good amount of time.

Betty: And then at the end of the date, he said to me, "So should we do this again?" And say at the end of the date, "I know we're not a match" or whatever. I have a hard time when that comes up so suddenly to be composed. I always say "Thank you for dinner" but it's like I realize whatever phrases "We're not a match." or "We have different goals." I find I have a very hard time with that, in the moment, saying exactly what the reality is. "Thank you very much and I wish you the best." You know?

Frankie: Well, Betty, that's why you need to have your exit strategy planned and you need to stand in front of a mirror...

Betty: And rehearse.

Frankie: You need to say it. You need to say it 20 times until it just...

David: Wait a minute, she already said it. Say it again, Betty.

Betty: Well, I said it to you on the phone 'cause we're not on a date. But it happened last night, where he said to me...

David: I want to hear it again. OK, I'll play him, all right? "Well, Betty, should we do this again?"

Betty: "Well, David, because of the conversation we had tonight that I think we have different life visions and I don't think we're a match."

David: OK, good. In my opinion that's way too much information. I think you can keep it simple, "I'm sorry. I don't think we're a match." Period. End it there.

Betty: huh. Short and sweet.

David: Short and sweet.

Betty: Very short.

David: And the easier it is to remember and say, the easier it will be to do.

Betty: Right, right.

David: Well let's try that again. "Well, Betty, great having dinner with you. Do you think we should do this again?"

Betty: "No, David, I really just don't think we're a match."

David: "Oh, so sorry to hear that. OK, well, here's your corner. Thank you, goodbye."

Betty: "Bye."

David: Now my wish for you and for everybody, is you be the chooser and you say this first. You don't wait for the other person to say it. "Well, do you want to get together again?" or, "Gee, I'd really like to see you again." You don't wait for that. You decide. You be the chooser. And as soon as you humanly get to the decision in your own mind which hopefully would be as quick as possible. You go ahead and say, "You know, what? It was really nice meeting you but I don't think we're a match."

David: Don't be reactive. Be the chooser.

Frankie: OK, May from London asks, "How do men really feel about being pursued by a woman?" So, David, you're the man.

David: I love it! [laughs] I love being pursued by a woman. Now, but of course it depends on what kind of woman you're looking for. And what kind of gender roles you have in mind for a relationship. If a guy likes to be macho and likes to be in charge and be the dominant one, he's not going to like a woman going after him. But you know, if you're like me, and you like a more equal relationship, then... shy guys just love it when a woman goes after him because the hardest things they have is to be able to take the initiative and to express interest. So they just love it if somebody expresses interest in them.

So, if you're a woman my advice to you... I hesitate to say that word but I'll say it anyway. My advice to you is go ahead and be honest. Go ahead and let a guy that you're interested in, know that you're interested.

Frankie: Then stop right there. Don't do anything else.

David: Right, don't chase him down.

Frankie: Exactly, exactly because men still like the chase. They want to know that you're interested. But as soon as they get that, then they want to chase.

David: More than anything else you want to give them the opportunity to let you know if they're interested in you as well.

Frankie: Sure. We have one more question from Jean in Baltimore, which I think we should take. It says, "What about phone calls in between the dates?" I think that's appropriate as long as they're short. Because we're talking the first three dates. Don't get too wrapped up in two and three hour phone conversations where you can just talk about everything. Save some of that talking about everything for the face to face.

And again, as a woman I don't think it's appropriate. It's just going to come back to haunt you if you call the guy more than once. Because it's going to smack of you being needy and pursuing him. That's not a pretty picture.

David: Right, you want to take it slow. You want to allow yourself to really integrate the experience of this person. Who are they really? What is your reaction to them for real? You need a little bit of time to get in touch with that. You want to give it time to evolve. So weekly contacts and you don't have to have any contact in between. Maybe just a few emails saying "hi" or maybe an eCard, you know, Hallmark.com. Send an eCard or something. Let him know you're thinking about him.

But you want to take it slow. The definition of "take it slow" is that you give it time in between contacts. There's always room later on to spend every waking moment together once you become a couple. But now is the time to take it slow in the first three dates.

Frankie: Absolutely. OK, so let's go over the study guide. On Page One, "The Purpose of the First Dates," the first is to gain confidence, being authentic in a dating situation. The next is to practice dating and social skills. The third is to become proficient at sorting and screening. And the last one is to become attuned to your inner voice.

Number Two: "The Best Structure and Venue for the First Three Dates." Keep them short, focused and fun. The first date should be no longer than 45 minutes. You should always have an exit strategy. The venues for the first date should be a place like a coffee shop or a public park. The rationale is you're assessing and practicing and there's no need to rush because if this is "the one," it will be revealed to you.

So, the second date should be no longer than 90 minutes. Focus is on interests

and values. The venues are parks, maybe bicycling or skating, or an aquarium. Anything that won't take longer than 90 minutes. The rationale is you add an activity because the duration is a bit longer to make the time go faster and to help with any conversation lags. You're focusing again on more values.

For the third date it should not be any longer than two hours. The focus should be on interest and values. Giving you more time to chat and have discussions around some of these things. The venues could be things like museums or going to a wine-tasting or to the zoo or even having lunch. Again the rationale is you need more time to chat and explore similar interests and values.

Item Number Three: "Sorting and Screening Skills." The purpose of sorting and screening is to eliminate incompatible dates. So be single minded about that. Pay attention to your inner voice. Follow the red flags don't bury them. Ask the questions you want answers to. Keep your goals in mind. Be confident about being a chooser. Make notes and compare the words with actions.

Number Four: "The Safe Dating Practices." The general tips are use your own means of transportation. Mix or get your own drinks and don't leave drinks unattended. Get your date's telephone number. Then on page three. Tell a friend where you're going. Protect your valuables and your personal information. For online safety tips: Protect your security and your privacy. Be cautious about revealing information that could identify you. When you're meeting someone online you are really meeting them for the first time. So act accordingly. Don't forego safety precautions. And, for your first date, pick a place that's public and neutral if you're traveling to visit them in their hometown.

Number Five: "The Top Five Signs That Your Date is Not a Match." You have obviously different life goals and life visions. Your date exhibits behaviors that cause you concern. Your values system is vastly different. Your requirements would be unmet. Finally, in that section, what is being said and what is done don't match.

And then, "The Top Seven Signs That Your Date is a Keeper." The first one is keeps agreements. Is emotionally mature and responsible. Is honest. Enjoys being with you. Is a good communicator and is present. Has great relationships with family and friends. Then, finally, is emotionally available and confident.

So David that wraps it up for tonight.

David: OK, very good. So, thank you for joining us, everybody.

[End of Transcript]