



## **Conscious Dating Tele-Seminar Series**



### **Conscious Dating: Practical Tips for the First Three Dates Study Guide**

<b>Date</b>	<b>Thursday, October 4, 2007</b>
<b>Time</b>	<b>6:30 PM Pacific/9:30 Eastern</b>
<b>Call-In Number</b>	<b>218-486-3694</b>
<b>Pin #</b>	<b>9170752#</b>

The first 3 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 reactions, or unsubstantiated feelings.

How do you know if you have given your date a fair chance to demonstrate their “mate” potential? Or, are you so infatuated that you avoid seeing the obvious red flags that make this date a poor partnership choice?

This Tele-Seminar will reveal how to navigate the challenges of the first three dates to find the partner you really want.

\*\*\*\*\*

#### **1. Purpose of First Dates**

- Gain \_\_\_\_\_ being \_\_\_\_\_ in a dating situation.
- Practice \_\_\_\_\_ and \_\_\_\_\_ skills.
- Become proficient at \_\_\_\_\_ and \_\_\_\_\_.
- Become \_\_\_\_\_ to your \_\_\_\_\_.

## 2. The Best Structure and Venues for the First Three Dates

Keep them \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_!

### First Date:

- No longer than \_\_\_\_\_
- Always have an \_\_\_\_\_ and a commitment that you can't break.
- Venues: \_\_\_\_\_, \_\_\_\_\_

Rationale: \_\_\_\_\_

### Second Date:

- No longer than \_\_\_\_\_
- Focus on \_\_\_\_\_
- Venues: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Rationale: \_\_\_\_\_

**Third Date:**

- No longer than \_\_\_\_\_
- Focus on \_\_\_\_\_ with more time to \_\_\_\_\_
- Venues: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Rationale: \_\_\_\_\_

**3. Sorting and Screening Skills**

The purpose of sorting and screening is to \_\_\_\_\_ incompatible dates. Be  
\_\_\_\_\_.

- Pay attention to your \_\_\_\_\_
- Follow the \_\_\_\_\_ don't \_\_\_\_\_ them up.
- \_\_\_\_\_ the questions you want answers to.
- Keep your \_\_\_\_\_ in mind
- Be \_\_\_\_\_ about being a chooser.
- Make notes and compare \_\_\_\_\_ with actions.

#### 4. Safe Dating Practices for Men and Women

##### **General Safety Tips:**

- Use your own means of \_\_\_\_\_.
- \_\_\_\_\_ your own \_\_\_\_\_ and don't leave \_\_\_\_\_ unattended
- Get your date's \_\_\_\_\_ number
- Tell a \_\_\_\_\_ where you are going. Make sure your date knows you spread the word about them.
- Protect your \_\_\_\_\_ and your key \_\_\_\_\_ information

##### **Online Safety Tips:**

- Protect your \_\_\_\_\_ and your \_\_\_\_\_.
- Be cautious about revealing information that could \_\_\_\_\_ you.
- Remember that when you meet someone you've chatted with online, you're really meeting them for the \_\_\_\_\_ time. Act accordingly and don't forgo standard \_\_\_\_\_.
- For your first date, pick a place that's \_\_\_\_\_ and \_\_\_\_\_. If you're traveling to visit them in their town or neighborhood, you should pick a place you're comfortable with when you arrive.

**5. The Top 5 Signs that your Date is Not a Match:**

- You have obviously different \_\_\_\_\_ and \_\_\_\_\_.
- Your date exhibits \_\_\_\_\_ that cause you concern
- Your \_\_\_\_\_ system is vastly different
- Your \_\_\_\_\_ would be unmet
- What is being \_\_\_\_\_ and what is \_\_\_\_\_ don't match

**6. The Top 7 Signs that your Date is a "Keeper"**

- Keeps \_\_\_\_\_
- Emotionally \_\_\_\_\_ and \_\_\_\_\_
- Is \_\_\_\_\_
- Enjoys \_\_\_\_\_ with \_\_\_\_\_
- Is a good \_\_\_\_\_
- Has a great \_\_\_\_\_ with family and friends
- Is \_\_\_\_\_ available and \_\_\_\_\_

**For the complete written transcript and MP3 audio recording of this seminar please visit [www.consciousdatingseminar.com](http://www.consciousdatingseminar.com)**

## **Upcoming Programs**

➤ **Thursday, December 6th** - 6:30 pm pacific/9:30 pm eastern –

**Conscious Dating: After Divorce - Surviving and Thriving as a Newly Single**

NOTE: There will not be a November Conscious Dating Tele-Seminar

**Thank you for participating in tonight's program!**

- 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*

