



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

# **Conscious Internet Dating: Using Your Computer to Find Your Soul Mate**

**With Frankie Doiron and Sandra Rohr**

## **Transcript**

### **Frankie:**

Hello everyone. Welcome and 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. Please mark your calendar and be sure to join us on the first Thursday of each month for outstanding one-of-kind programs you won't want to miss.

Our topic tonight is **Conscious Internet Dating: Using Your Computer to Find Your Soul Mate**.

If you do not have the outline of tonight's call, it is available in PDF format. You can go to: [www.consciousdating.com/internet.htm](http://www.consciousdating.com/internet.htm) and print off a copy. The outline will make it easier to follow along and takes notes.

I'm Frankie Doiron, the President of Conscious Relationship Network. 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 to provide real-time coaching and relationship advice. For more information visit [www.consciousdatingteleclinic.com](http://www.consciousdatingteleclinic.com). We are absolutely serious about our commitment to helping you have fulfilling relationships, and we're excited you're here with us this evening.

Tonight I am joined by my special guest Sandra Rohr. Sandra is a certified Relationship Coach with Relationship Coaching Institute and is also a certified Life Purpose™ coach. Widowed—and dateless—for more than 6 years, Sandy started dating again at age 58—and fell deeply in love with a man she met over the internet. Since then she has become an expert on Internet Dating, helping clients use the conscious dating method to learn to date consciously, mate consciously, and live deliciously.

Tonight we are going to discuss many of the issues associated with Internet Dating and I hope we'll be able to inspire you to 'live deliciously'!

In this program you learn-

- How to avoid the top 5 pitfalls of internet dating
- How to be the 'Chooser' and eliminate feelings of rejection
- The 10 Tips for creating a winning profile
- How to sort, screen and test internet dates
- Important safety tips (for your profile and when meeting an online date)

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

Tonight's seminar will be approximately 1 hour in length and includes a Question & Answer period at the end of the program, so please make note of questions you may have as they come up during the seminar.

Let's begin. Sandy, would you like to tell us the top 5 pitfalls of internet dating

**Sandy:**

Well let me start by saying that none of these pitfalls is a reason not to internet date; rather, these are things to consider and plan for, and we will address them further during today's call.

1. **"Stranger Danger."** From the time we are very young, our mothers warned us against talking to strangers. And we have heard—especially in the early days of internet dating—how dangerous it can be to interact with people we meet this way. Everyone has heard of a horrendous story about what happened to an unwary dater. And it is true that all we know of the person who posted the profile is what he or she tells us.

To avoid this trap, use your common sense! Spend time communicating by email until you are comfortable with going further. If you are getting sexual comments early on, or if the person claims to love you before you have even met, these are red flags. Once a man sent me a full frontal nude photo of himself before we had even talked on the phone! Needless to say, our communication ended then and there! Then—and only when you feel comfortable—give your phone number. Because it is possible to look up an address by googling a phone number, I usually give my cell phone, which is not tied to an address. Then, when you feel comfortable meeting in person, meet in a public place, such as a coffee shop. Keep alert to any red flags that present themselves.

2. **Feeling Rejected.** Let's face it: It is emotionally risky to put yourself out there. But all worthwhile goals are risky. And we'll talk about this in a few minutes.
3. **Falling in "Love" before Actually Meeting.** I experienced this one—several times in my early internet dating (never happens now!). The profile can be so compelling, the photo so wonderful, and the emails and telephone conversations so exciting that we can allow ourselves to be carried away and feel that we have hit the jackpot.

And then, when we finally meet, we discover that there is absolutely no chemistry. None. Nada. Zip.

This one is fairly easy to avoid: keep a reign on your imagination and emotions as you begin your conversations. No matter how wonderful he or she may seem, don't yield to the temptation to be carried away in your communication; keep the tone friendly and warm, but light.

4. **Telling Someone Thanks, but No Thanks.** When we do meet that person who just seemed so darned perfect, it can be difficult to gently let them down—especially when they have shown clear interest in proceeding.

Here is where you really need to know your requirements, needs, and wants, and to respect your boundaries. Keep in mind that if you agree to proceed, you are essentially leading this person on—lying to him or her, and eventually, you will cause hurt. The best way to handle this is to practice saying gently and with a rueful smile, “I think you are a great person, but I just don't feel that we are a match. But I wish you the best of luck.” In my experience, both as giver and receiver of such a statement, everyone is relieved and grateful for the clarity. Don't promise to call or in any way lead the other person into expecting further communication if you know that you are not interested.

5. **Relying Only on Internet Dating.** This is, in my opinion, the greatest pitfall. Internet dating should be looked at as only one of many ways to meet people. And sitting at home, nursing our computers, waiting for a wink or a response, is isolating; we are not out there interacting in groups that are highly aligned with our own core values, where we are most likely to meet a partner.

In addition to internet dating, get out there and mix it up! To start with, just getting away from your computer will feel good and will make you a more interesting person. Join a group that is aligned with your interests. If you love to dance, take lessons. Join the Sierra Club and take part in their many activities. Join a church and become active. Volunteer for a cause you are passionate about. When you interact with people who have your same passions, you are likely to find someone who is highly aligned with your values.

**Frankie:** It is worth noting that the number one frustration people have with internet dating is that although there are so many candidates, only a few are highly qualified. The majority aren't a fit. And when you do find someone you are interested in, It can be very disconcerting when they don't respond to you. As Sandy said, Internet Dating should be one of many ways to meet people – not the ONLY way.

### **How to be 'The Chooser'**

Let's talk about being the chooser because it really does help to diminish feelings of rejection.

Many people struggle with the concept of being the chooser. I think it's because loving and being loved touches such a deep, personal part of us. It forms who we are and validates our self-worth. That is where we are most vulnerable.

Rejection is an issue that most people have experienced. But it is especially difficult for people who have low self esteem. To those people, rejection is a validation that they are not worthy or deserving of a great love relationship. That cuts deep and it creates strong feelings of fear!

When you add the stress of meeting new people, the experience can become unbearable. In fact one of my clients was so nervous anytime he went out on a date he literally threw up...he was so ill at ease.

But the desire for love is such a compelling need that in spite of fear, people are willing to take the risks.

Being 'the chooser' is the antidote to the fear of rejection. Once you become a chooser, you will never fear rejection again.

It is a perspective that will enable you to view your life from the inside out. By that I mean, as a chooser you create the life experiences based on **your** criteria for living a full life. You are not driven by others' opinions, expectations, or wants. You have a clear vision of your ideal relationship and you are not willing to compromise or settle for less than what you deserve.

As a chooser, you also realize the person you wish to attract will want to be with you and love you **because of who you are -- NOT in spite of it**. The more you are authentically you, the easier it will be for your mate to connect with you.

You won't need to fall into the "Marketing" trap to make yourself more appealing to a potential partner – the very fact that you are being selective means you will attract the right person.

When you are the chooser, your attitudes and behaviours reflect your understanding that not everyone is a compatible match for you; that when someone does not choose you, it is a clear sign that you are not a fit. As a result of this awareness, you don't attach yourself to the outcome of dates.

Sandy shared a great analogy with me. If you are an actor who goes on casting calls, you understand that when a casting director doesn't select you it has nothing to do with your worthiness as an actor. There are so many factors that influence the decision and they are not within your control. So don't base your self-worth and value on what someone else says or does.

I'm sure many of you have heard of the 1001 Arabian Tales, where a King married and then killed his new bride every night. Scheherazade, his last bride stayed alive by recounting stories. One of those stories is about a prince who was in search of his perfect bride. He had his craftsmen build a doorway with the silhouette outline of his perfect woman.

All the single females of the kingdom were required to pass through the door. As you can imagine, some were too tall and had to stoop to pass through the doorway. Others were too thin; some were too wide and had to pass through the doorway sideways. I think you get the picture! The point is, thousands of women passed through the door until one day a woman stood there with no gaps showing...she fit perfectly.

The lesson is a profound one for singles who have a clear understanding of their relationship requirements and needs. When you take the time to figure out the attributes of your ideal partner and ideal relationship, you can build your own mould. When someone doesn't fit your mould, why would you be upset? Why would you feel rejected? You wouldn't – because you are a chooser!

Being a Chooser is such a core principle of Conscious Dating that we are going to devote an entire Tele-Seminar to the topic. Next month's free Tele-seminar is called **"Being the Chooser: A New Paradigm for Loving Yourself"**, so be sure to join us then.

Sandy, let's talk about profiles. With so many people dating online, a profile is a way to set yourself apart. What are your key tips for profiles?

**Sandy:**

1. **Do your homework.** You are really not ready to describe yourself and your ideal mate until you have figured out your requirements, those absolute, bottom-line must-haves, your needs, and your wants in a relationship. If you haven't been working with a relationship coach, this would be a great time to get one, and know your bottom line.
2. **Browse the Sites.** Figure out how they work, and check out profiles of your own sex so you can get an idea of what others are doing—and you can see what works and what doesn't. You can use the better profiles as a model for your own.
3. **Pick a Site or Two.** In my experience, it's best to avoid the more expensive sites; most of the better ones fall into the \$15—\$20 per month range. I like the ones that include space for a lengthy written narrative. It's really easy to just click on pre-determined responses, but these don't give a vivid picture of you—or your potential dates. At this time, you might choose to go ahead and register and click on the "click here" responses, but don't post your profile yet. One note of caution: Be honest. There is no point in claiming anything that is not true. At some point, you will meet the person you have been emailing and chatting with, and then the truth will come out.
4. **Create a Life Vision Statement.** If you've been working with a relationship coach, chances are that you have already completed this step; if not, compose a narrative that includes the following: Your Life Purpose, the Values you want to share with a partner,

the Lifestyle you want to live with your partner, your ideal Family construction, and what you would like to do for Fun with your partner. Compose this statement in the first person, present tense, as in *My partner and I live in . . .*

5. **Write Your Narrative.** Using your Life Vision statement, you can begin to write what you are looking for. Do your composing in a word-processing document, which will check your spelling and grammar errors.

Start right in by saying something like: “I am \_\_\_\_\_,” and then add 3 or 4 adjectives that describe you. Examples are: “I am a worldly, educated, multifaceted, and multi-linguistic individual. Or, “I am a loving, caring, giving, honest, and loyal man.”

Follow that with a statement of your passions in life. Example: “I love to \_\_\_\_\_.”

A little flirting is great, but avoid anything that could be construed as offensive.

6. **Some No-No's.** First, don't claim anything that is not true.

Avoid “My friends say \_\_\_\_\_.” Just tell it.

Poor grammar and misspellings. Posting a narrative that is poorly written is sorta like showing up for a blind date uncombed, un-showered, and wearing a torn undershirt and flip-flops. Not a great first impression.

All Caps. This comes across as shouting—and it gives the impression that you don't know how to capitalize.

Most of all: Avoid negativity. Such comments as “If you are fat and ugly, don't bother writing to me” only show you as insensitive and critical. Or saying things such as “No game-players” or “I'm tired of people who \_\_\_\_\_” show you as negative and cynical.

Make use of the Law of Attraction, through which *your* positive, upbeat narrative will attract positive, upbeat people.

7. **Write a Headline.** Having done all this work—and it *is* work—don't spoil it all with a trite headline such as “Woman Looking for Man.” Find something catchy, perhaps a riff on something in your narrative. Many people use a quotation or a line from a poem in a headline. Ask yourself if *you* would be taken with your headline.
8. **Post a Photo.** It's absolute: Few people respond to profiles without photos. Remember that your photo is your only chance to make a good visual first impression, so it should be flattering. It is not necessary to get a glamour photo; your photo should flatter you, but it should also look like you.

Some photo rules:

Use a recent photo. If you don't have one, get one. Get a roll of film and a good friend to shoot the whole roll—or, better yet, use a digital camera.

Wash and style your hair and wear makeup if you usually wear it.

Dress attractively, and *avoid white clothing*, which will wash you out. In short, prepare for your photo as you would for a blind date.

Get at least one close-up of your face. And smile.

Avoid sunglasses or hats—at least in your primary photo. People want to see your eyes.

Also avoid “cute” photos, as such using a photo of a historical character or using a photo of yourself as a child or using a photo of your pet (if you post more than one photo, including a pet with you in a secondary shot is fine, but the emphasis should always be on you).

9. **Post Your Awesome Profile.** Follow the directions on the site, and congratulate yourself for a job well-done!

10. **Enjoy the Rewards!**

### **Frankie:**

Once you have figured out what you want in a relationship and have adapted a chooser mentality, the next step is to assess whether your date has the potential to become a compatible partner.

You do this through the process of sorting, screening and testing.

**Sorting** enables you to quickly realize that a date is not compatible so that you can take immediate action and disengage gracefully and respectfully. Sorting can occur very quickly – even in as little as 5 minutes.

**Screening** is a longer process of getting enough information to determine if someone meets your Requirements or not. Screening can occur during an afternoon walk or a series of telephone calls and e-mails over a week or two.

**Testing** is the process of gaining more experience and knowledge about the relationship and the potential partner. During the testing period you are consciously and patiently getting to know your partner **before becoming emotionally invested and exclusive**. Testing should take many months. In my opinion, it is important to take your time and test thoroughly. Relationships are not a race....don't think you need to rush to achieve certain stages...allow the relationship to evolve slowly and carefully.



At any stage of sorting, screening or testing, you need to be willing and ready to disengage if the relationship isn't aligned with your Vision and Requirements, or if there is no chemistry, or intuitively you feel something just isn't right. Trust your instincts. So many people tend to ignore their inner voice when it comes to love relationships.

In one of our upcoming free tele-seminars we will talk in-depth about sorting, screening and testing, so for today I am going to focus briefly on sorting and screening.

For internet dating, if you choose the right site, you'll find a great deal of information to help you with sorting and screening. You can find such information as the person's level of education, political position, spiritual affiliations, attitude toward smoking and drinking—and far more, in addition to that most important baseline: **whether they are single and available**. Further, if the site allows for a lengthy narrative, you can find a wealth of other information that may be unconsciously revealed by the writer.

Much of the communication you have initially with an online date should help determine if they are single. There are many players and liars online, so take everything that is said with a grain of salt. Don't become emotionally involved too quickly. You won't be able to remain objective.

Equally critical is to move the cyber relationship into the real world by meeting your online date as quickly as you can.

As Sandy said at the beginning of this tele-class, don't fall into the trap of falling in love and investing a lot of emotional energy and time into someone until you have met face to face. Often the reality doesn't fit with the cyber persona. And of course be safe!

Pay attention to obvious red flags:

### **Listen To Them! Does it Make Sense?**

I cannot stress enough the importance of really paying attention to what is being said – either in written form or on the phone. Do they sound too good to be true? Are there contradictions? Can they only speak or communicate at odd hours or for short periods of time. Are they able to speak to you on the phone? Do you have to make special arrangements for a telephone call? Are they secretive, do they speak in hushed tones or are they angry or upset that you called without notice?

If something doesn't feel right, follow your intuition and pin them down on "iffy" details - if they refuse to be pinned, or remain evasive, consider that a **RED FLAG** and terminate the connection.

### **Frankie:**

Join us next month on **May 3rd** for our next free Conscious Dating Tele-seminar where our topic will be **“Being the Chooser: A New Paradigm for Loving Yourself.”**



To contact Sandy, go to her website at [www.YourPersonalLoveCoach.com](http://www.YourPersonalLoveCoach.com)

If you are serious about finding the love of your life, I hope you will join me for my 4 week Relationship Success Training for Singles Tele-Class. It starts on Tuesday May 1st. We just completed a class and it was an amazing experience. For more information and to register go to: [www.consciousdatingprogram.com](http://www.consciousdatingprogram.com)

Be sure to join us in two weeks on April 19th at 6:30 PM Pacific, 9:30 PM Eastern for our Conscious Dating Tele-clinic for live coaching and advice. Just register at [www.consciousdatingteleclinic.com](http://www.consciousdatingteleclinic.com) It's free!

If you have questions that you would like addressed in a monthly seminar or during our Dating Tele-Clinic, write to us at <http://www.askconsciousdating.com>

Thanks for joining us and goodnight everyone!

➤ **We look forward to seeing you at our next free Conscious Dating Tele-seminar.**  
More info- <http://www.consciousdatingseminars.com>

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**Until next time!**

***David Steele and Frankie Doiron***

