



Transcript: Radical Dating: Five Principles for Finding Lasting Love That Will Rock Your World

Hi and welcome to Radical Dating: Five Principles for Finding Love That Will Rock Your World. I am David Steele. I am founder of Relationship Coaching Institute and we are the first and largest relationship coach training organization, founded in 1997, very proud of that. I'm also the author of Conscious Dating: Finding the Love of Your Life & the Life that You Love. It is really a very seminal book in dating, and being single, and how you can live the life you love with the love of your life. Today I'm going to talk about some of the principles of conscious dating as they relate to radical dating, because, Darlene and I, my wife, Darlene and I, we coauthored a brand new book, Radical Marriage: Your Relationship As Your Greatest Adventure.

The model of Radical Marriage is one that is absolutely committed, and one in which you live life as an adventure, far beyond happily ever after. Most of us, really, what we have in mind, our dream is to live happily ever after with the love of our life. What happens when you get there? Does life stop? No, it keeps on going, so you can actually go much farther, and much higher than happily ever after. I like to call that, beyond happily ever after, so that's what the Radical Marriage book is about. Today's program, Radical Dating, focuses on how you can date in a way that you can find the love of your life, your soul mate, that then you can have a radical marriage with. Isn't that cool?

Before we get started, I want to share with you some endorsements, actually 2 endorsements from the same couple, Harville Hendrix, and his wife, Helen LaKelly Hunt. I want to share this with you, because, well, for several reasons. Really, it's not to brag. It's that Harville Hendrix is one of my heroes. He is a pioneer in the field of relationships, and when I wrote the book, Conscious Dating, and I sent it to him, he loved it, and he sent me a really, really, nice review for it and it's right here. Then, when we finished the book, Radical Marriage, I sent that to him and he loved that, as well, and he was actually the very first endorsement for Radical Marriage. There's a picture of them and their endorsement for both Conscious Dating and Radical Marriage, so life is coming full circle for me. I write a book for singles when I'm single, and I write a book about marriage, now that I've been married to the love of my life and Harville Hendrix loves them both, along with Helen, so that's kind of cool.

Let's talk about dating for a minute. Dating in today's world has changed tremendously. The marriage rate has gone down, quite significantly and now 51% of US adults are married. That is the lowest rate, ever. 44% of adults, under 30 anyway, believe that marriage is obsolete, and the overall statistic is 41% of all adults in the US believe marriage is obsolete. That's survey data. That's not like guaranteed that half the people that you talk to will believe marriage is obsolete, but that is just amazing. The divorce rate has been quite high for quite a while, and fewer people are getting married, and they're waiting longer to get married. Marriage is perceived as this ball and chain kind of cage, that you have to sacrifice your freedom in order to be married and have companionship and security. It's going to end up in divorce anyway. If you have security and you're somewhat happy you're going to have to give up a lot of what you want in life.



Transcript: Radical Dating: Five Principles for Finding Lasting Love That Will Rock Your World

I absolutely don't believe that. I love marriage and my model of marriage, the kind of life I want to have, as a married person, is one of absolute fulfillment. This really disturbs me that most people believe marriage is obsolete, and I really do see a need for the next evolution of marriage, and so I propose Radical Marriage as the next evolution of marriage. That, that's what marriage is headed towards. That is the future of marriage. That you have a committed couple who are living their life together as a greatest adventure. It is the platform for both of their fulfillment. You can only get so far on your own. To get the rest of the way, to live the life you really want, you need a committed partner. This really, really disturbs me that so many people are giving up on marriage, and with the old model of marriage, who can blame them?

The cohabitation rate, over the past 30 years, has increased over 1,200%. It seems like, with this trend, that what most people do when they're single is they date and they find [inaudible 00:05:43] somebody and the very next step is, they move in together. That might be okay. I've done it, several times, but the problem with that is that the failure rate of cohabitation is over 80%, closer to 85. When you live together before marriage it actually increases the risk of a failed marriage. Why is that? What's the problem?

It seems like a good idea. Let's go ahead and test this thing out before we make a commitment, but what happens is, couples are getting together, and they do not have a committed mindset. This is my own take on it. This is my interpretation of this situation is, they are testing things out, they're seeing how things go, they don't really have a whole lot of relationship skills, and so when problems happen they don't really know how to work it out. When the problems get worse, it's either, if they can't be fixed, then you leave. That's my guess as to why cohabitation, the failure rate of cohabitation is so high, and why it results in failed marriages is, because the attitude is, if it doesn't work, I can always leave.

What I've learned and what the research shows is that commitment is the glue that makes marriages work. If you're not committed to something, anything, it's not going to happen. If you're not committed to finishing school, you're not going to get a degree. If you're not committed to showing up to work every day, you're going to lose your job, and on and on. I could give you numerous examples of that. Commitment is really necessary for success, including, in relationships.

One thing that I've learned, that I've come to is what I call, the truth. There are very few absolutes that I believe in or that I will state, flatly, with absolute positivity, but this is one of 'em. Relationship success starts when you're single. The choices you make when you're single determine your success when you are in a relationship. That is the whole idea behind Conscious Dating. What can you do when you're single to set yourself up for success, find the love of your life, and live happily ever after? What can you do when you're single? You are absolutely not helpless. When you are single is the opportunity, is the time to set yourself up for success. The



Transcript: Radical Dating: Five Principles for Finding Lasting Love That Will Rock Your World

whole Conscious Dating book is about what you can do during that time and then how you can date in a way that finds the love of your life. It's just really, really important to acknowledge this truth that the future of our relationship success starts when we are single.

Here's the problem as I see it. The problem is that, for a lot of people, if not most people that I talk to, finding your soul mate, finding the love of your life. That one person that you want to spend the rest of your life with feels like locating a needle in a haystack. Look at the picture in front of you. It's a barn with the doors open and there are stacks and stacks and stacks of hay in there. Can you imagine a needle in there someplace? And how in the world are you going to find it? That's what it feels like to most singles that I've talked to. If they are this despairing, that finding my soul mate is this hard, and this impossible, then the tendency is to either give up or settle and both don't work. Both tend to be self-fulfilling. If you give up, of course you're not going to find the love of your life. If you settle, of course you're not going to find the love of your life.

The solution, as I see it, is Radical Dating. We are going to talk about exactly what that is today. Radical Dating is like using an electro-magnet to find that needle in the haystack. Imagine you had a huge truck-mounted electro-magnet and you drive it into that barn of hay, you're going to find that needle somehow, some way, within a few hours. It's not going to take you forever. What does that electro-magnet look like and how can we develop our own electro-magnet? That's the rest of the program.

What I've discovered is, it can happen very, very quickly when you're clear about what you want and how to get it. In my own story I put it up on my website and here's the short URL for it. It's www.darleneanddavid.com My own story is that I found Darlene within 5 months, from being single to finding my soul mate took 5 months. I tell the story at darleneanddavid.com and Darlene is here, she's going to tell you a little bit a too, but it's absolutely amazing what clarity will get you. It's like a lot of singles, how to date effectively, and how to find true love or whether this person is a good fit for you. It seems very opaque. It seems very cloudy, like, not quite sure, let me see. I'll try it out. Let's see how it goes. With Conscious Dating what I've discovered is that you can be so clear, you can spot it a mile away. You can spot it right away. It is not opaque. It is absolutely clear. That kind of clarity gives you a lot of power.

If you are not clear, then there's a lot of things you can do to get clear and that's what the Conscious Dating book is about, and we'll talk about a few of those. I have for you today 5 Principles of Radical Dating. Then I will go into some of the most effective strategies for implementing these principles. Very exciting!

Principle number 1: You deserve to love and be loved. I would guess that most people attending this webinar tonight believe that to be absolutely true. Yes, I deserve to love and be loved. The problem is we don't really believe it deep down and our relationship choices don't reflect that. I



Transcript: Radical Dating: Five Principles for Finding Lasting Love That Will Rock Your World

lived this journey for 50 years of my life of knowing intellectually that I wanted to love and be loved for who I was, but deep down not really feeling like I deserved it. The relationship choices that I made were women that couldn't really give me what I needed and I worked very, very hard to earn their love like I was trying to earn my mother's love when I was a kid.

This is just too, common that we don't really believe we deserve to love and be loved. Radical Dating, in my mind, starts with fiercely believing and standing up for yourself, that you absolutely deserve to love and be loved, and this sabotages us when we don't believe it and we don't act on it. Whether or not you believe it, you can still act on it, you can still take care of yourself. What happens is we end up either pleasing, or settling, or giving up.

I played the pleaser role, so that's the trap that I fell into the most. Settling means that you don't believe you can get what you really want or that you deserve what you really want, so you settle for what you'll allow yourself to have. What's comfortable for you, because true happiness is not comfortable for you, or you just give up. I've talked to a lot of singles that have just given up. It's not going to happen for me. It is absolutely self-fulfilling. This is the really, really sad part. You know how easy it is to spot it when other people do it? Of course it's a bit harder to spot when we do it.

This is the time to look in the mirror. If you're not dating right now, if you are not actively seeking the love of your life and you want to find that person, then you have pretty much given up. You could tell yourself, well, I'm taking a break, or the ones who I want don't want me, or I'm too old, or I'm too overweight, or it's too, late. We tell ourselves lots of these things. It's absolutely self-fulfilling and it means that you've given up. If you are here it means that you don't want to give up, so please, don't give up. You must learn how to love yourself. That's a journey that, maybe you could do it by yourself, probably not, it certainly takes a lot of time, but you can certainly shorten that time when you know what to do and you have support to do it. Please don't do this alone. If this is an issue that you struggle with get the support that you need.

Principle number 2. Be ready and available for commitment. Now, if you are not ready for something, you will not succeed at it. It's just what happens when lottery winners win the lottery or when you might get a job promotion that you weren't prepared for, you're not qualified for. You will fail. You must be ready and available for commitment if you want to find the love of your life. If anything is interfering with that, ask yourself, what might interfere with my ability to be committed? What might interfere with my being ready for a committed relationship? Anything that might interfere, if you still have an unresolved custody battle going on with your ex, if you are going through bankruptcy, recovering from whatever it might be, whatever could interfere with the success of a committed relationship.



Transcript: Radical Dating: Five Principles for Finding Lasting Love That Will Rock Your World

You probably need to take care of that first, because you absolutely must be ready and available. When you are ready and available it can happen as fast as you want it to. When you finally meet that person, you're ready to go. The tragedy is when you meet somebody and it's the wrong time, you're not ready. It's like ships passing in the night. It's a tragedy when you find the love of your life, and it's just not meant to be. It's the wrong time. If you're not ready, the relationship is doomed before it starts and if you try to make the relationship work, it's not going to work. Part of being ready and available for commitment is that you will stay single, you'll stay available and you will seek out the love of your life, rather than, what I call recreational dating.

Recreational dating is dating for fun. There's nothing serious and the criterion for hangin out with somebody is to have fun. That is absolutely okay when you are single and you want to be casual about it, but if you're on the journey to find the love of your life and you want to date radically, Radical Dating is about finding your partner for Radical Marriage. You need to be fierce about it. You need to be serious about it. You need to have your eye on the ball. You can't be fooling around with people that aren't aligned with what it is you really want. There's nothing wrong with recreational dating at all, unless your goal is to find the love of your life and settle down and live happily ever after. Then, committed dating is what I call the journey of finding a committed relationship and your primary goal is, you're going to say no to what doesn't work for you long term to find that person that is a good fit for you, and they are ready, too. We'll talk a bit more about how to do that.

There is such a thing as a law of attraction, whether you believe in it or not. It's going to work for you or against you. The role of the law of attraction, when it comes to dating is, that if you are ready and available for commitment and you stay single, and you really seek that person, the law of attraction helps you. It really, really does. Just think about this. The person that you want to meet, the person that's right for you, they are seeking you, so you're not alone in this search. They are seeking you out. The law of attraction wants you to find each other. However, if anything's interfering with your availability or your being ready, then the law of attraction will hold them off because you're not ready.

What a lot of singles do, I've noticed, is that we don't want to be alone, we don't want to be lonely, so we hook up. We hang out with somebody who's not necessarily long term. This is good enough for now. This is my buddy for now, but that is not being available. If you're involved with somebody, you are not available, even if you think they're not long term, and you're really looking for the love of your life, but you are not available. The law of attraction is going to keep them away from you, and that's really sad.

Principle number 3 of Radical Dating is to honor your deepest needs and requirements. If you're familiar with Conscious Dating, you're absolutely familiar with this, which is you do have non-negotiable requirements. Things that you require in order for a relationship to work for you. If



Transcript: Radical Dating: Five Principles for Finding Lasting Love That Will Rock Your World

one is missing, the relationship won't work. It is absolutely doomed. These are really critically important things. If you want to have a family, hopefully you choose somebody that also wants a family. If you value fidelity and monogamy, you are with somebody who values fidelity and monogamy. If they cheat on you, then that violates your requirement. That's one of the easiest explanations of requirements. For most people, if your partner cheats on them, it's like uh-uh, I can't have that. This relationship is not working, it's over.

You can recover from affairs and cheating, but it's a great illustration that we absolutely have requirements, and they must be met for the relationship to work for us, and you need to know what they are. You need to find somebody that is aligned with all of them, not just some of them, not most of them. If one is missing, the relationship won't work for you, it's really, really important, so if you're not clear about what your requirements are, or the whole thing isn't making much sense to you, please do get the book *Conscious Dating*, because we cover it very, very well there.

Then there's your needs. Your physical needs, your functional needs and your emotional needs. Physical needs are easy. You need air and food and shelter and all that kind of stuff. Functional needs are what you need for your life to just work, for you to be okay, just to be able to function. You like to pay your bills and have the electricity work in your house, things like that. Emotional needs are what you need to feel loved. Since we get into a relationship and we want to love and be loved, this is a romantic relationship. This is not a work relationship. This is not a business partnership. This is about wanting to love and be loved, so emotional needs are tremendously important, and you need to know what they are. You need to have the ability to get them met in a relationship, and you need to choose a relationship in which your emotional needs can be met.

Remember, we talked about choosing relationships with people, because when you're a pleaser, you don't really believe that you deserve to be loved, and that's one thing to watch out for. Now, in terms of honoring your deepest needs and requirements, boundaries and assertiveness. Boundaries are the line between what's okay and what's not okay for you in a relationship. Assertiveness is how you protect your boundaries and how you get your needs met, because you need to say something. It is not a bad thing. It is not a negative thing at all. Sometimes people believe that if they have to be assertive, then they're being mean, or they shouldn't have to be assertive.

However, it is a critical relationship skill. It is impossible for somebody, anybody, including the love of your life, to read your mind all the time, and you must speak up for yourself. You must make a request. You must simply tell your truth about what you need and what works for you and what doesn't work for you. It isn't just about a partner delivering all your deepest needs and requirements on a silver platter. It is also, very much about your ability to protect your



Transcript: Radical Dating: Five Principles for Finding Lasting Love That Will Rock Your World

boundaries and to request what it is you want and to make sure that your needs are met in a relationship. Critically, critically, critically important.

Then there's your wants. Your wants are the icing on the cake. They are what makes life pleasant and enjoyable and the reason I have it here, is simply to mention 2 things. First, you can be in a relationship and be ecstatically happy, and have none of your wants met. Why, because wants are changeable. What you want today is not necessarily going to be what you want tomorrow. The other reason is that, what many singles do is they mistake wants for needs or requirements. They focus on the fun stuff. They focus on the icing, instead of the cake, and they make relationship choices based on fun, or based on wants, rather than requirements and needs. In my mind, it's really important, in terms of being conscious and Conscious Dating, to be clear about, not only your requirements, but your needs and your wants, and to know the difference between them.

Make sure that you are choosing a relationship that's aligned with all your requirements, in which the partner that you're choosing is able to meet your needs and work with you to get your needs met. In other words, when you make a request, they're receptive to it, they're willing to work with you on it. It's not that they can read your mind all the time, and deliver it to you without you doing anything, but you can be a team. You can meet each others needs effectively. Then the wants, the wants are optional. The wants are nice when they happen and chances are, if you make a good relationship choice you will have all your wants met and more, but you can't focus on that. You can't choose a relationship based on wants.

The thing is, the choices that you make become habitual. We have patterns of choice making. Nothing is random. Nothing ever occurs just once. We have habits. We have patterns, so honoring your deepest needs and requirements needs to be a habit that you establish. It needs to be a pattern that you follow 100%. There can't be any exceptions. Remember, nothing ever occurs randomly just once, so make it a habit, make it a pattern to be aware of what your needs and requirements are and to honor them all the time. That is Principle number 3.

Principle number 4 is be true to yourself. This might be clear and obvious, but we don't do it and whether or not we think we deserve it, or we want to avoid conflict. We have many, many reasons why we're not true to ourselves, but if you're ever wondering, how can you find the love of your life, how can you live happily ever after, how can you really be in love and experience a Radical Marriage. I'll tell you, this is probably the most important, is to be absolutely true to yourself.

What does that mean? That means that you are living your values 100%. You're not giving them up for anybody or any thing, not because people disagree with it, not because they think it's stupid, not because they judge it. If that's you, and that's authentically you and that's your values, you live it 100%. You do not need anybody's approval, you are not going to modify your



Transcript: Radical Dating: Five Principles for Finding Lasting Love That Will Rock Your World

values for anybody, especially, when you're dating. We already talked about loving yourself, that's part of being true to yourself. I love this one. This was probably one of my biggest life lessons, is to require 100% acceptance.

That means if you want to hang out with me, especially if you want to be close to me, you need to accept who I am 100%, including my faults, including my quirks, including the things that I'm not proud of, 100%. Otherwise, I spent my childhood with people that rejected me. I've had too many relationships in my life that didn't work for me. I'm too old for this. I want to live happily ever after with the love of my life. I want to live my life my way. This is my life. I've only got one chance at it, and if you want to hang out with me, you need to accept who I am 100%.

You can't be my friend and just accept this and this, but you don't accept that and that. And then every time we get together you're going to argue with me, and you're going to criticize me for the things that you don't like, so if your agenda is to try to change me, go someplace else. I require a 100% acceptance for who I am. This is an example of Radical Dating and being true to yourself, required, and do it for yourself. Oh, my gosh, please, love yourself enough to accept yourself 100% as you are. You are perfect, you are okay, as you are. There might be some things that you wish you could change about yourself. There might be some things that you judge could be better, but hey, you're on this planet for a reason. You are the way you are. Maybe you can change some things, probably not, so love yourself and accept yourself 100% as you are. You are perfect as you are.

When you have that attitude, when you truly love yourself as you are, then you can allow somebody else to love you as you are. If you don't, then you're going to hook up in a relationship where that mirrors that. The interesting thing is, you cannot hide in a relationship. You can be a pretender when you're dating. You can have a persona and put on a show, but you can't keep it up forever when you're in a relationship. Who you really are is going to come out. And who you really are is going to connect with and intersect with who your partner really is. That's where the relationship needs to go. Two authentic beings who love and accept themselves 100% having an authentic relationship with each other. Accepting each other 100%, because you can't hide anyway, so why try?

This includes being honest about your faults, or the things that you're not proud of. The very, very cool thing about this, is that your authentic self is your best attraction tool. Being who you really are, naked, I don't mean literally naked, I mean figuratively naked. Just putting it out there 100% is your absolute best attraction tool that will make it easier for your soul mate to find you, will make it much easier for you to determine if it's a good fit, because if you are being absolutely authentic in who you are and it doesn't click with them, then it's not a fit. It's not a match, and you can identify that right away.



Transcript: Radical Dating: Five Principles for Finding Lasting Love That Will Rock Your World

I've had so many coffee dates, and I call them coffee dates because when you are practicing internet matchmaking, or when you're being set up with people and you're looking for somebody and you're single, the first thing that you do is get together for coffee, right? It's maybe 30 minutes, maybe a little longer and you get to know each other, and what I've discovered is that it only takes one coffee date. You can know within 5 minutes, actually, you don't need a whole 30 minutes, if it's a good fit or not. I've been on so many of these coffee dates and the great, great, great, great majority of them did not result in a second date and that was frustrating.

On the other hand, it was also very, very effective, because if it didn't result in a second date then that meant that I was single and available and I could continue my journey to find the love of my life. If it went on for a second date or a third date or a first month or a second month or a first year or a second and third year and it wasn't a good fit, and I have done this, you're going down a dead end. And you're spending a lot of time and energy in a relationship that is really not a good fit for you, so your authentic self is your best attraction tool.

You notice the graphic up on the screen right now? It's a picture of shoes. Why do I have a picture of shoes on there? Well, there's a story behind that. Those are very special shoes and they're called KEENs. A lot of people think that KEENs are funny looking, kind of like years ago people thought Birkenstocks were funny looking. I love Birkenstocks. I have Birkenstocks. Now, people think KEENs are funny looking. There's some people that like KEENs and there's a lot of people that don't like KEENs. They wouldn't wear 'em in a million years because they're funny looking. However, I love KEENs. It wasn't my primary screening criterion at all, but when I first met Darlene, and she was wearing KEENs, I had this reaction like, oh, she's so adorable, because certainly she was an adorable woman, but also because she was wearing KEENs that gave me an indication that she's her own person. She's not caring about what other people judge about what her foot wear and we have that in common. That was very, very cool. That really lit me up that she was wearing KEENs.

Darlene has her own story about KEENs that I'd love for her to share with you, because she tells it far better than I could, so Darlene, can you join us and tell your story?

Darlene: Yeah, I'm actually wanting to tell my story, because, yeah, you didn't even set this up right. The funny thing about these KEENs, well, the very funny thing is this graphic that you used, look, I'm wearing those exact same shoes right now. Yeah, me too. Yeah, you are, too. The key story, for me really started about, probably about a year after my divorce. I got divorced after being married for about 23 years and that first year, I certainly wasn't- I hadn't even considered dating or anything. I knew that I really wanted to kind of find myself, and really discover what it is, who I really was, because I wasn't really sure if I watched certain TV shows because I liked them, or I just got in that habit with my ex-husband.



Transcript: Radical Dating: Five Principles for Finding Lasting Love That Will Rock Your World

I really wanted to just find myself for that first year. After a while I thought, okay, I'm going to start dating. About that exact same time I was going to go to Disneyland, and I wanted to find a very comfortable pair of sandals to wear. Walking around Disneyland, you walk all day, so you need a very comfortable pair of sandals. I was totally attracted to these KEEN sandals, but they looked just like this picture here, right? They're very clunky and to me, adorable, so I bought the KEEN sandals, I put 'em on, and I practiced walking around my neighborhood just to see how, if I would be able to walk around Disneyland. I remember, so strongly, as I was taking this walk, and I was just about deciding to start dating, I thought, oh, my gosh, I am never going to attract a man wearing these shoes.

Yeah, David's snickering over here, because-

David: That's so funny.

Darlene: It is, it's really funny- What the heck, what was I thinking? I really strongly remember thinking, no man is going to want to be with a woman wearing these funky looking sandals, so I really sat with that for the next couple weeks. By the way, I ended up taking those back. They weren't comfortable on my feet. But I sat with that notion for the next couple weeks. I thought, wait a second, yeah, there are going to be a lot of men who would just turn around and walk away if they saw me wearing those sandals, but that's what I actually want to have happen. I don't want to attract a man who is going to think that my funky choice of footwear is bad. I don't want to put on a favorite pair of shoes and have them roll their eyes at me. I want to find somebody who loves funky shoes.

David: The fact that you wore KEENs just really cemented it for me, although that wasn't my primary screening criterion, thank you sweetheart. Okay, Principle number 5. True love requires risk. If you stay in your comfort zone, you're going to be stuck. You're going to stay stuck. Your life isn't going to change, and success happens when you leave your comfort zone, and you go for it. When you think about your comfort zone, what is your comfort zone? Your comfort zone is where you feel comfortable, and there is a zone, the lower part of your zone is your pain threshold. It is the level at which you can't stand any more pain. But also, and few people know this, we have an upper threshold, your upper limit in which you can't stand any more happiness. In between those 2 zones, your pain threshold and your upper limit, is your comfort zone. This is where most people live and stay. It is their goal to stay in their comfort zone.

What I've discovered is that if you want your life to be different, if you want to achieve success and fulfillment in anything, including love, you must leave your comfort zone, otherwise you're going to stay stuck, nothing will change in your life. If it's scary, you are doing it right. Congratulations. I have a model of decision making that I came across recently. A friend of mine wrote a book called, Yes Yes Hell No, and his name is Brian Whetten. I just love his model. His



Transcript: Radical Dating: Five Principles for Finding Lasting Love That Will Rock Your World

idea is that, well, we have our mind, which is our cognition, which is our intelligence, it's where we figure things out intellectually. And then we have our intuition, which is that inner voice inside of us that inner feeling and knowing and then we have our emotions. The most powerful emotion that we tend to be driven by when it comes to decision making and living life, is fear.

His model of decision-making is, if your head is saying, yes, yes, this woman is adorable, yes. If your intuition, your inner knowing, your inner voice is saying, yes, I really want to do this, yes, I really want to go for it, but then you have fear coming up and your fears say, hell no, well, that's a signal that you should probably feel the fear and do it anyway. If your head and your heart, if your intellect and your intuition are lining up and saying, yes, this is good for you and don't let your fear hold you back. However, if your head is coming up with all sorts of red flags, oh, don't do it because of this and this and this, and if your inner voice is saying, well, there's a lot of reasons on paper to do this but, no, I'm not feelin' it, I don't really want to do this. Then, whether or not you feel fear is irrelevant. You need to follow your head. You need to follow your intuition, but if your head and your intuition are lined up then go for it.

I love this decision-making model, and I wanted to share it with you today, because a lot of singles get confused. Should I or shouldn't I? I'm so excited about this relationship, but I'm afraid. Follow your heart, follow your head, but don't follow your fears, that's the best advice I have for you here. The cool thing about a relationship is that intimacy is scary and is exciting. Real intimacy. Now, a lot of couples are not intimate. You go to any restaurant, you'll see a bunch of couples sitting at tables, and they will not even be acknowledging each other. They'll be looking around, they'll be looking at their phones, they'll be focusing on their meal. They won't even be talking, they won't be holding hands, they won't even acknowledge each other's existence. To me, that's scary that couples can be that disconnected.

Real intimacy means that you are connected with your partner. You are talking with your partner. You are close with your partner. You are sharing your inner secrets, your deepest desires and fantasies, your deepest thoughts and feelings and needs and wants and requirements and issues and everything else. You are not holding anything back. To have that level of intimacy is scary to say things that you're embarrassed about or you're ashamed of or that you're afraid that you might be judged for. It's scary, but if you are with the love of your life, somebody that you trust, somebody that accepts you, and loves you for who you are, then you need to go for it. That is what makes relationships intimate and exciting. If you are bored in a relationship, it just means that you're not intimate enough, because real intimacy is scary and exciting, they're 2 sides of the same coin.

Those are the 5 Principles of Radical Dating and in my mind, Radical Dating is the most effective path to radical marriage, so Darlene and I wrote this book, Radical Marriage. It's based on my professional work over the past 30 years. It's also based on our own relationship. Things that I've learned in our relationship. I could absolutely have not written this book by myself, no way.



Transcript: Radical Dating: Five Principles for Finding Lasting Love That Will Rock Your World

It's really a very cool thing that through our relationship we both have been able to discover what Radical Marriage is and be able to describe it and share what it is, and how to do it with other couples, so very, very excited for the book to come out. It's going to be out shortly and Radical Dating, where we're talking about today is the best and fastest easiest path to Radical Marriage.

You can have a Radical Marriage without practicing Radical Dating by all means, but if you are single and you are starting out with the goal of Radical Marriage then my recommendation is to practice Radical Dating. What does that look like? What do you do? Let's get into that.

Strategies of Radical Dating, what do you do? You need to get into action. Being on your couch, watching TV with your cat in your lap is not how it's going to happen. You need to get into action, so what do you do to get into action? First there is scouting. This is the Conscious Dating principle of scouting, which is the process of finding somebody to meet and Darlene and I met online using one of the major internet matchmaking companies and the same internet matchmaking companies I used for over, in the past, all of my single years I estimate over 200 coffee dates. It took me over 200 coffee dates to find Darlene. Some of them were pleasant encounters and some of 'em were a waste of time, some of 'em I was quite frustrated at the end of it. I experienced discouragement about being single many, many times. Now I look back on it and that was my journey to find Darlene and I'm grateful for it.

Scouting is the process of finding somebody to meet. There are many, many ways to do that. The internet and there's apps nowadays and there's work and there's friends that introducing you, but you need to get into action and actually scout. Singles do it anyway. We're at the grocery store and we check out the attractive singles in the check-out line. We check each other out anyway, but we need to practice radical dating and get into action, be very clear about who we are and what we want and to go and seek it out, and use our electro-magnate and the strategies of Conscious Dating of how to become that clear. Your vision and your purpose and your requirements and your needs and your wants. That is the key.

If you're not clear about that then please do get the book Conscious Dating. Please do talk to a Conscious Dating coach. Then there is sorting. An example of sorting is the coffee date. It is when you meet somebody and you are able to quickly determine, because you're so clear whether this person is a good fit for you or not. Now, do you know everything about them? No. You don't need to. You are using your head, you're using your intuition and you're going to listen to your intuition. There are so many coffee dates that I've been on that I came away thinking, okay, this is a very nice lady, a very attractive lady, but I had no chemistry, I had no interest. I didn't want to see them for a second date. I didn't want to pursue the possibility of a relationship. Did I understand why? Not really, but that's what sorting is. You allow your intuition and your head to do the sorting for you and it's important to listen to yourself.



Transcript: Radical Dating: Five Principles for Finding Lasting Love That Will Rock Your World

Then the next step, if they pass your sorting, is screening. Screening is the process of learning enough about somebody to determine if your requirements would be met. This is where the coffee date turns into a walk through the park or going to a movie. It's the second date and you are learning more about them. Your goal is to collect enough information to know if your requirements would be met and also to allow your head and your intuition to collect more data. If they pass your screening and you want to see them again, remember, listen to your intuition, do you want to? Then the next step is testing. Testing is where you are going to continue to see them a bit more. You are going to want to test them a bit, especially around your requirements.

There's many ways to test. There's no one right way. This is where it's kind of fun. You can get creative. For example, when I was single and I was dating I have twin boys. They were pretty young at the time and one of my sorting strategies, by the way, I just love sharing with somebody I first met, oh, yeah, I have young twin boys. They're 3 years old, they're 4 years old. I just would watch the reaction I would get when I shared that. Some women when I shared that would have such a positive strong reaction say, oh, twin boys, oh how fun, you're so lucky. And other women I shared that with would say, oh, twin boys. Well, do you ever get time for yourself? And those women that had that reaction seemed like children were something that got in the way. That was a very easy litmus test for me, it's a very easy sorting technique for me to figure out who had a possibility or not, because if you want to hang out with me and I have young twin boys, you better love kids.

Then testing, so how could I test if somebody loves kids or not, or they're comfortable around kids or not. Maybe we could have a picnic lunch in a park by the playground and I can see them in action around real kids, screaming and yelling and being kids. As a dad, I'm very comfortable around crying children, oh, their diaper must need to be changing, oh, this one fell and scraped his knee. To me, it's normal, everyday stuff. To people that are not kid people, who are not parents, they get annoyed by screaming or yelling or crying kids and that's just one of my requirements and just one way that I screened, that I sorted and I tested for it, so those are some examples. I call that scouting, sorting, screening and testing. Those are the 4 steps for Conscious Dating.

Now, for Radical Dating. Remember, Radical Dating is Conscious Dating on steroids. It's practicing Conscious Dating to find the love of your life, to have a Radical Marriage with. It's very, very, very focused. Here is one of my favorite, favorite, favorite strategies for Radical Dating. It's the concept of screening in versus screening out. Screening in is when you give everybody a chance, when you find a reason why a relationship might work. If you get together for a first date and it didn't go so well, say, oh, well, maybe they were having a bad day or maybe something didn't click. I'll give it another try. You're finding a reason why a relationship might work, whether it's because you want to be nice or you're afraid of being alone, or you- whatever reason, it's just too, too common.



Transcript: Radical Dating: Five Principles for Finding Lasting Love That Will Rock Your World

Screening out is the opposite. Screening out is way more effective. Screening out is finding any reason why a relationship might not work. When you are scouting and sorting and screening and testing you are looking for a reason why a relationship might not work. And if you find one, you say, thank you very much, nice to meet you, have a nice life, and you move on. It's very, very important that you have the ability to say no to what you don't want, so that you can be single and available to seek out what it is you do want. You must be able to screen out. So all those 200 coffee dates, I screened out pretty quickly and pretty effectively. I went on very few second dates. I didn't want to waste my time, and I would recommend that you do this too.

Now, a lot of singles I've heard object to this strategy, because they're afraid that they would be rejecting somebody that's a good fit for them. Maybe, but I don't think so, because, remember Brian Whetten's concept of your head and your intuition, when they are in sync, when they are working together, that is your truth, so if some part of you is saying, not really, no, don't want to, then listen to that. There's a good reason for that. You don't even need to understand what the reason is. When I first met Darlene I had an experience that I've never had. I've married and divorced twice, I've been single and I've dated around and went on those 200 coffee dates. When I met Darlene, I had the experience of, that was so strong, it was visceral, it was physical, it hit me like a tidal wave. It was so strong and so positive, it was scary. And it was hard to trust it.

I ended up calling my own relationship coaches and mentors saying, "Hey, I met somebody and I'm falling in love and I'm scared to death here." I remember, I called one mentor and said, "And I can't find any red flags, and there's always red flags, and why am I not finding any red flags? And, I'm not trusting myself." She calmed me down and she said, "David, stop looking for red flags. If they're there, they're there, stop looking for 'em. Don't be afraid that they're not there." With Darlene it was just so strong, it was scary, and there were no red flags. Red flags by themselves aren't a deal breakers, they aren't the end of the line. They're sort of reasons to be careful, but screening out means that if your head is saying no for some reason, or your intuition is saying no for some reason, then go ahead and say no. Walk away. Don't screen in, don't try to find a reason why it might work. Don't give them second and third and fourth chances.

The other strategy of Radical Dating I would like to share with you is that you can achieve anything with the right support. It is really hard to be successful alone. When you think about it, you can climb high mountains, you can build buildings, you can fly, you can accomplish anything you wanted to accomplish with the right support. If finding the love of your life is important to you, and you're struggling with it or it's not happening, then get support. There's no reason for you to do it alone. There's no need for you to struggle. Please don't tell yourself, it's too late for me, or all the good ones are taken. I've heard women say, oh, all the men my age want younger



Transcript: Radical Dating: Five Principles for Finding Lasting Love That Will Rock Your World

women. We talk ourselves out of happiness and finding true love. Don't talk yourself out of it. Get the support you need to find the love of your life if you're struggling with that.

I have a thought for you. This is one of my favorite ones. It doesn't matter where you've been. What matters is where you're going and how you'll get there. It doesn't matter where you've been. In my case, divorced twice, unhappy childhood, parents divorced, had no models for what a good relationship, or marriage, or family look like. Doesn't matter where you've been, what matters is where you're going. Where you want to go. What your destiny is. What you feel drawn to and called for, and how you'll get there. It's not too late, you're not too old. It's not that there's more men than women or women than men, or all the good ones are taken, or whatever it is you're telling yourself. What matters is where you're going and how you'll get there.

We covered some of those principles and strategies today and I really, really do hope that you'll take them to heart. I really highly recommend that if you haven't read the book yet, please do get it, *Conscious Dating*, and you can check it out at consciousdating.com or Amazon and if you would like some support, go to consciousdatingcoach.com and contact one of our coaches trained by Relationship Coaching Institute and many of them are happy to provide a free consultation. They will meet with you no charge to get to know you, talk about what your goals are, and your situation. They want to help. They really, really, do. This is their calling. This is their life purpose. They're passionate about relationships. They're passionate about helping their clients live the life they love with the love of their life. Go ahead and go to consciousdatingcoach.com and contact one, just read their profiles and see what seems to be a good fit for you.

Many of them, on their website, they have an invitation for a free consultation or strategy session. Don't go alone if you don't need to. If this is important to you it's worth reaching out and getting the support you need. And if you like the idea of helping others with their relationships then you can be a relationship coach. You can be a Conscious Dating coach. You can be a Radical Dating coach. You can be a Radical Marriage coach or just a plain old relationship coach. You can join Relationship Coaching Institute. We have a free relationship coach starter kit. Go to RelationshipCoachingInstitute.com and download that and this is what we do. This is what we're passionate about, and thank you very much for joining us today and sharing our passion with us.

Let's go ahead and see what kind of questions came in. Let's see. Jan is asking, "David, on those first coffee dates is there ever a time when you would go on a second date if you didn't necessarily feel that spark? Or, you were kind of, eh." And she's seen dating coaches recommend not making snap decisions. I'm actually the opposite. Go ahead and make that snap decision. I've learned to trust myself and Brian Whetten explained it so wonderfully that your intuition is wise, your inner knowing is working for you. Your mind, your intellect, your



Transcript: Radical Dating: Five Principles for Finding Lasting Love That Will Rock Your World

cognition is working for you, as well, and that's a combination. They work together very, very well. Listen to yourself. If the fit is there, you'll feel it, you'll know it.

I had the experience with Darlene that was so unambiguous. The problem that I have seen over and over again with singles is that it just seems so ambiguous. It seems so opaque of like, oh, is this a good idea, a bad idea? Is this a fit, is it not a fit? I'm not quite so sure. I have a theory. I have a practice and I've done this in my own life and this is what I recommend. Of course, you don't have to do it. You're free to disagree, but my practice is, if it's not a strong yes, it's a no. That's part of screening out. If it's not a strong yes, it's a no. If you can't find a strong reason for yes, then it's a no, so Jan, that's my best answer, regardless of what those other relationship coaches are saying.

I have one comment here, "Brian's book is awesome!" Yeah, I read an advanced copy. It's still not available yet. Wonder when it's going to be available. Susie is asking, "Do you consider chronic illness a not ready criterion?" Like Chronic Fatigue and Fibromyalgia. This is a really good question, Susie, thank you. We have chronic conditions and they can impact our relationships. Lyme Disease, Chronic Fatigue, Fibromyalgia, there's lots and lots of health conditions that could impact a relationship and they could also be reasons for no, right? You can tell yourself, oh, well, a relationship is not for me because I have Fibromyalgia. Well, guess what? That's just another reason for no. You're making that up. That's a story.

The truth is that, at the same time that you are seeking the love of your life, the love of your life is seeking you and your Fibromyalgia will not matter. Yes, you could make an argument that let's say, you have cancer and you are in the middle of chemotherapy and you feel miserable and this is the hardest time in your life. Probably not the right time to start dating. Probably not the right time to meet somebody that could be the love of your life, but if you are in a stable situation, you have chronic illness, chronic pain, this is your life. This is the new normal for you, then there's nothing holding you back from living your life to the fullest, except yourself. So, Susie, that's my best answer. Thank you very, very much for the question.

Let's see, ah, yes, the program's recorded. We record everything. Anne Marie is asking, "How do I know whether a man is marriage material?" What a great question. Thank you, Anne Marie. At the same time that you need to be ready and available for commitment and you need to ask yourself, what could get in the way? In what ways am I not ready? What could possibly sabotage a relationship? You need to be looking for and asking your potential partner about that. Please don't be afraid to be up front. Too many people are afraid of offending or they're afraid of driving somebody away by being honest. Be absolutely honest.

You say, I just got to be honest with you about something. My goal is to be married. I want to be married, in fact, I don't just want to be married, I want a Radical Marriage and hey, here's a book, and this is what it looks like, and if this is what you're interested in too, then maybe we



Transcript: Radical Dating: Five Principles for Finding Lasting Love That Will Rock Your World

can go out on a second date or third date or to see each other again and if not, please do both of us a favor and tell me now. Remember, your authenticity, being honest, is your best screening device. It's the best way to help the law of attraction find the love of your life. If it's your truth, then be absolutely honest about it.

The best way to know whether a man is marriage material is to talk about it. The ones that are comfortable talking about commitment, the ones that look longingly and say, oh, I would just love to grow old with my soul mate, okay, they're marriage material. The ones that hem and haw and say, oh, you know, I'm not so sure, oh, well, nothing lasts forever, well, maybe not. Pay attention, because people will usually tell on themselves. They usually tell the truth right out front, in fact, I can tell you, 100% of the red flags, in any relationship I've ever had, they were always apparent from the very beginning when I met that person. I just didn't pay attention to them. Why, because I felt I didn't really deserve to be loved, why, because I didn't want to be alone the rest of my life and I figured, well, if it wasn't this person, then I wouldn't find anybody. I really talk myself into relationships big time. I don't want you to do that. That's my best answer, Anne Marie. Thank you very, very much for the question.

Let's see, what else we got here. Gayle, she's 60, divorced a couple of years and met a guy and they had a fun 1 hour phone call and then a great 3 hour meeting and then she had to go on a 3 week vacation and he said that he'd like to take things slow, so no problem and she never heard from him again. They had a lot of fun and she went on a 3 week vacation and she came back and never heard from him again. Now she's wondering what happened? Is this typical? Is he not interested? Gayle, there's something called reality, and this is something that we all need to pay attention to. Pay attention to reality. If the reality is that he's not returning your calls, or emails, or your texts, then pay attention to that. That's a very, very strong, clear message. Don't wonder why. It's just a reality. We don't need to figure it out, or explain it or justify it. We need to pay attention to reality. He is showing you his reality, so Gayle, time to move on.

Anne Rose is asking, "I'm an elderly widow in my late '60s, been widowed for 6 years, in all the talks there's always mention of singles or divorced persons." And she's wondering, "What about widows?" Anne Rose, when I say the word singles, I mean people who are not in a relationship that want a relationship, and there's many singles that don't want a relationship and I call them, single by choice. I have a great program about singles that are single by choice on my website of RelationshipCoachingInstitute.com Click on blog and find the program Single by Choice. In my mind there's 2 kinds of singles. There's maybe 3. There are the singles that want a relationship, there's the singles that are not quite ready for a relationship, but want a relationship and then there's the singles that don't want a relationship. Singles include divorced and widowed.

I do get that you feel different because you're widowed and you like to hear the word that this applies to singles and divorced and widowed. In my mind it's either you want a relationship or you don't want a relationship. That's what's important so, in terms of my own semantics, Anne



Transcript: Radical Dating: Five Principles for Finding Lasting Love That Will Rock Your World

Rose is also asking, "I would like some ideas to find a lasting relationship without comparing all men to my late husband." This is not just true to widows and widowers about your late husband or wife. This is also true about comparing future partners to your ex or to your first love or to your father or to your mother. The comparing thing happens a lot and you know what? Go for it. I don't see anything wrong with it, unless you're being unrealistic or you are using it to hide behind. In other words, you're avoiding intimacy by finding a reason to say no, because they don't line up, they're not as good as my father, because of this so there's no deal.

There's the kind of thing that you might use to hide behind or sabotage yourself and then there is what I call, your experience. Your experience just happens, Anne Rose. It's the thoughts that just pop into your head, it's the emotions that you feel that come up all by themselves. It's the bodily sensations that happen that you can't control. Your experience just happens, so if you find yourself comparing someone to your late husband, or your ex, or your mother, or your father, that's involuntary. Now, you have a choice about what to do with it, but if it happens, it's okay. Your experience is always valid. It is okay.

You don't have to judge it, you don't have to try to control it or change it, it is okay. What you do with it is up to you, so this is where being conscious comes in. If you are not conscious you are just going to follow whatever impulse comes up. If you are conscious you can then make a conscious choice. That's really the most important thing, just to be aware that you're doing it, and to not let that dictate your choices. As long as you're not letting it dictate your choices, Anne Rose, that's fine, go ahead and compare all men to your late husband. Nothin' wrong with that. We all do it in some way. We compare this person we're meeting to our ex, or our mother, or our father, or our brother, or the last person we dated. It's just automatic, we can't help it.

Great, great questions guys. Thank you, thank you so much. Oh, Jan, you're asking one of my favorite questions. "Do you recommend being radically honest in your profile for online dating?" I absolutely do. Remember, you are looking for The One. You're not trying to screen in and this is not a marketing thing where you're just trying to reach everybody possible and get them interested in you. You are trying to find the one, and so make your profile so specific that you will exclude 99% of the population. Don't waste your time, and that is how you can get the law of attraction to help you find the one. She's also mentioning, "So many coaches recommend not leading with being clear about wanting commitment, fidelity, marriage and children up front." Jan, if that's your requirement, that's important to you, leave that right up front.

Want children, want to be married, I'm your gal. You want to find men who are aligned with who you are and what you want. You don't want to waste your time with anybody that isn't, and no man of any quality is going to be turned off by you being clear about wanting marriage and children. The ones that are not mature enough, or ready for it, or don't want it, they will run away screaming, and let them. I love Darlene's attitude about, any man that doesn't like my



Transcript: Radical Dating: Five Principles for Finding Lasting Love That Will Rock Your World

KEENs can go wherever he wants to go. That made her way more attractive, and she found the man that loves KEENs, who thinks she's adorable in KEENs, so please Jan, be radically honest in your profile. I highly, highly, highly recommend it.

Let's see. We got some very nice complimentary comments, thank you very much. I'm not seeing any more questions, so okay guys. That's everything I have for you tonite. Thank you for joining us for Radical Dating: Five Principles for Finding Love That Will Rock Your World. This is a great segue to Radical Marriage. The book is about to come out, and we're looking forward to it. I wish you to be able to live the life you love with the love of your life, so bye for now.

[END OF TRANSCRIPT]