

Is Your Dating Mindset Holding You Back?

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Your mindset can predict success or failure in just about anything you might attempt. A skeptical or closed mindset can mean the difference in finding relationship success through the dating process.

You may be holding on to a dating past that was traumatic or painful in some manner or you may simply be unable to express yourself properly so that another can understand what you want in a relationship.

Without the right dating mindset, you can be assured that you probably won't find that partner you can connect and develop a deep relationship with. It may not be easy to change deep-rooted feelings about dating, but you can – it's up to you.

Let Go of the Past

One thing that could be holding you back in the dating process mindset is being unable to let go of the past. Obsessing about past relationships and what went wrong keeps you from being able to grow in a new relationship.

You won't have the time and energy to invest because you waste so much of it on the past. The emotional baggage you carry from an old relationship keeps you from embracing a new person in your life.

When you love someone or think feel that you're developing a deep connection and then have to let go of them for one reason or another, it's sometimes difficult to get back into the dating game.

The longer you cling to the past and refuse to get back into the swing of things, the more difficult it becomes. It's understandable that your energy

is drained, but rather than continuing to blame yourself or focus on the past, think of what you've learned.

Remember that each negative experience can be a lesson learned that will help us get closer to the ultimate goal of moving on. You can begin to achieve a new dating mindset by thinking of how much you grew and learned in the past relationship.

Find a way to get your pent up feelings out in the open. You might consider talking to a friend or writing in a journal. Being honest about the relationship will help you move on faster and more completely.

Put a label on the emotions you're feeling. Feeling bad or down isn't calling it what it really is – frustration, resentment, anger, sadness, rejection – or something else. When you truly focus on what you're feeling and name it, you're better able to release it.

Take care of yourself, both mentally and physically. If your previous relationship was all-consuming, you may feel empty and angry at yourself. Take some time to nurture your inner child.

Exercise, meditate, read and listen to motivational words and music. Be sure to be around people who make you feel good about yourself and help motivate you to be positive and light-hearted.

Getting over the impact that past relationships may have had takes time and compassion toward yourself. It will be much easier to move on in the dating world and find true love if you take a positive approach.

Define What You Want

A huge burst of confidence happens when you know what you want – out of life or out of a relationship. Once you can clearly define what you want it becomes easier for you to evaluate potential dating partners to know if they'll be a good fit – or not.

Know your value system. One of the most important actions you can take to increase your confidence in the dating world is to define what's really important to you – the non-negotiables that make you who you are.

What can you compromise on? For example, are you a city person who can't imagine living in the country – or are you firm about wanting no children or a houseful? Carefully considering the answers to your most important questions can help clear your mind.

Since the most important relationship we'll foster in life is with ourselves, it's extremely important that you know your own values before you begin to consider another person's.

During the dating process, you're going to assess whether a person will fit into your life seamlessly or will you eventually grow tired of compromising your values. Don't get so caught up in the thought of having a relationship that you make a bad choice.

Take some time to assess whether you're living your life as a single person exactly the way you want. Live your life with passion and enjoying each and every moment you can with the life you've chosen for yourself.

If you happen to date someone who doesn't fit in to that life, you should know almost immediately if s/he is going to fit in. Living your own life will help you form an image of the person who would most likely fit in to your lifestyle.

For example, if you find out your date loves to party until all hours and you are definitely a person who loves to relax in front of the television each evening, listening to music or interacting with your dog – that person isn't right for you.

Remember that the person who shows a lot of interest in dating you might not be someone who brings value into your life. The person who is interested in you can be totally wrong for you and make your life miserable as time goes on.

Get rid of the mindset that you're much better off with anyone rather than being alone. Being dependent on a relationship for your happiness is detrimental to your continued well-being.

Infatuation and dependency on another can sadly be mistaken for love and keep your mindset in confusion and turmoil. If that's happened to you in past relationships, work on yourself and be honest about what you define as love and happiness.

It's All in the Body Language

The importance of body language is considered from high powered meetings to dating. Not only do you want to learn about it so you can understand what feelings a date is projecting, but also for what messages you're sending.

Learning to detect what another's body language is telling you is one of the greatest and most useful social hacks you'll ever learn. And learning how to use your own body language to increase your impact on others in a positive way is even more valuable.

When on a date with someone you'd like to impress, you can sometimes use your body much more effectively than words. For example, when you tilt your head to the side it's perceived as a friendly overture and can be a powerful way to connect with another.

Leaning in towards another person during a conversation is another way to show your interest. It shows you're receptive to the person and are interested in what they're saying.

Mimicking is another way to show interest and increase your odds of making a good impression on your date. It's normal to like people who dress, speak and have mannerisms the same as you and mimicking another increases that familiarity.

When a person mimics your actions or appearance, you're more naturally drawn toward them. You quickly assume that they've had a similar background as you, including education and values. It also increases your likeability chances when you mimic them.

The only way mimicking could backfire is if you do it in a contrived manner. To prevent unnatural actions of mimicking, you should only imitate what is normal for you. For example, if your date leans toward you during conversation, you can do the same.

Just don't exaggerate the gestures or copy them immediately after the other person – wait a few seconds. Try to match the other's enthusiasm in terms of tone and speed of their speaking manner.

Eye contact is imperative if you want to show interest in another. It signals to them that you're listening carefully and that you can be trusted. When you're speaking to someone and let your eyes wander, the date gets the immediate impression that you're not paying attention.

Also take note of the intensity of your eye contact. You don't want to seem like you're intently studying a person, but you do want to show interest. Life coaches call this type of eye intensity soft versus intense eye contact.

Your date should see warmth in your eyes that comes with the soft eye contact. This will increase your likeability and attractiveness to the other person. You can improve your body language to help you have success when dating.

Pay attention to the body language of others and how certain gestures or nuances affect your feelings toward them. Learn from this awareness so that you can figure out which signals will work the way you intend.

Take Control of Your Dating Life

There's no such thing as bad luck when dating. The choices you make are key to your dating success – And when you take control of your dating life you'll create your own destiny and succeed beyond your wildest dreams.

Dating has become more complicated as the world has become more hell bent on making it easier for us. Now, we have so many choices for dating sites promising to set us up with the love of our lives – but there are so many choices and not enough time.

It may be easy to think that you're having a streak of bad luck when your dates seem disconnected and clueless about what it takes to make a relationship work. But the truth is that you may need to change the way you're approaching the dating life.

Rather than using the same old online dating sites time after time and getting bad results, consider paying a fee for a site that will zero in on what you like and eliminate what you don't like.

That move alone can get rid of the generic and quantity style of dating in favor for quality and value. Also, stop blaming the culture that seems to be more interested in hookups than forming lasting relationships.

Ultimately, it's you who are responsible for controlling your dating adventures. Anyway, you can't control what others do or think. You are the only one who contains the answers and makes the choices for your dating life.

You may feel uneasy or unsure of yourself when dating. The only way to overcome that obstacle is to figure out once and for all what you want and need and stick to the plan. Never turn over that control to someone else.

Figuring out what you want and need goes back to the first rule of clearly defining what you want. Unless you're clear about your physical and

emotional needs, you won't know which boundaries to put in place – a confusing dilemma.

Think about the details. How soon or what needs to happen before you let a person you're dating inside your home or to meet your family? What are the distinct qualities you're looking for in a date?

When are you willing to become intimate or go on a trip with the person? After you've clarified the criteria involved in the elements of dating, it's your responsibility to get them across to your date.

Even if you use online dating as a means to build a relationship with someone, also call on your friends to help. They know you well and may be able to match you with a person you'll click with better than you, yourself can.

Be open with your friends. Even if they don't have an immediate match in mind, the seed is planted and they'll surely be on the lookout for your dating well-being. Meanwhile, don't put your life on hold just because you don't have a partner.

Get out and enjoy life with your friends and family. Many also enjoy being alone and pursuing interests that truly make them happy. Stop comparing your friends' lives to yours if they seem to have found the perfect partner.

When you see those so-called perfect couples and families on social media news feed, remember that most people only choose to put the good times on their personal sites. Most of the moments you see are likely exaggerated or even fabricated.

Rather than looking at those pairings and comparing them with your single life, be grateful for what you have in your own life. Reflect and concentrate on those good things rather than miring yourself in what you believe others may have.

Remember that destiny has nothing to do with how the dating process affects your life. It's all about the choices you make along the way. Enjoy the life you have now and make the decisions only you can make to bring happiness to your life and future.

Taking full control of your dating life is the most important thing you can do for yourself if you want to be happy with the dating process. It doesn't help the situation by over-thinking about what might have been if you'd done something different.

Knowing deep within that you are in control empowers you to fully participate in the dating process and have fun doing it. When you're empowered your mindset changes and you become more positive to change. Never let your mindset make you settle.

An advertisement for PLR Content Source. The top half shows a close-up of a hand typing on a white laptop keyboard. In the upper right corner of the image, the text "PLR CONTENT SOURCE" is written in a bold, blue, sans-serif font. Below the image, the text "Your Source For High Quality Private Label Rights Content That You Can Actually Afford and Profit From" is written in a bold, blue, sans-serif font, followed by the website address "www.PLRContentSource.com" in a smaller, blue, sans-serif font.

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