



*Live the Life you Love  
with the Love of your Life*

# Conscious Dating Singles News

**November 2006**

**Welcome!**  
**This newsletter is designed especially for YOU**  
**if you are single and ready to**  
**"Find the Love of Your Life**  
**AND the Life That You Love!"**

## **Dating Red Flags**

### **Red Flag - Inappropriate Conversation**

I like to call this red flag "just add water intimacy." We live in a culture that has little tolerance for delayed gratification, and unfortunately, it's no different in the dating community. It's easy for singles to get into the "urge to merge" mode and speak before they think.

Launching into conversations that include intimate details with previous lovers, financial and emotional challenges, and a laundry list of what one is looking for in a relationship seldom sets the tone for getting to know the other person. One may think this behavior promotes intimacy, but instead it's more like pseudo-intimacy, where you actually believe you know the person after an hour of conversation.

How would you initiate a conversation with a new friend? Take the time to get to know someone just as you would with anyone with whom you would like to develop a friendship. Ask about their interests, their work, and their life experiences. Be curious about their goals and dreams. After all, aren't romantic relationships really the ultimate friendship?

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### **Red Flag - Virtual Relationship in Progress**

Technology creates extraordinary opportunities for global communication. Unfortunately, it also fosters illusions in the dating world. Constant contact via cell phone, e-mail or text messaging does not make a dating relationship real.

You miss the rich nuances of non-verbal communication. You think you're getting closer, but in fact, this limited contact often fosters fantasy and disappointment if and when you do meet. One of the telltale signs of "terminal singlehood" is prospective couples who only communicate via the internet, or engage in long, drawn out phone conversations, but are reluctant to spend much in-person time with each other.

Keep phone conversations to a maximum of 30 minutes, combined with one or maybe two rounds of e-mails. If you're not sure whether to meet the person after the initial "virtual contact," the chances are you won't end up meeting him or her. If your date insists on staying in "virtual dating" mode, my advice would be to move on. Next!