



Helping singles discover their *best possible life!*



Life Coaching, Dating
and Relationship
Consulting

August 2005

Heartmind Connection™ Chronicles

By Amy Schoen
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This month's feature article: Learn the *5 Steps to Dating with Integrity*

Approximate read time: 3 minutes

Hi I'm Amy. Many of you know me from my other ventures, La Petite Classique and Amy's Eye for Style. Thanks for reading my new monthly ezine on dating, relationships and other relevant life issues. I would love to have your feedback on my ezine and any suggestions you may have for it. You may contact me at coachamy@heartmindconnection.com.

Quote of the month: Your heart often knows things before your mind does... *Polly Adler*

Come hear Amy speak at one of the following events:

Monday, August 29th at 7:00 p.m.

Am I Ever Going to Meet The One!

Location: TBD

Washington, D.C.

Contact: Harley Liebenson, 202-686-5990

info@jssn.org

Fee

Tuesday, September 13th at 7:30 p.m.

Dating Like a Pro

Greater Washington Jewish Community Center

Rockville, MD

Contact: Rita Cohen, 301-348-3866

Rcohen@jccgw.org

Fee

Thursday, September 22nd at 11:30 am
5 Steps to Improving Your Life Today!
eWomen Network
That's Amore restaurant, Rockville, MD
Contact: Debbie Dechambeau, 301-924-6567
debbiedeambeau@ewomennetwork.com
Luncheon fee

Wednesday, September 28th at 6:30 p.m. to 8:00 pm:
5 Steps to Improving Your Life Today!
Women Business Owners of Montgomery County, wbo-mc.com
Montgomery County Chamber of Commerce, Rockville, MD
Contact: Gerrie Beck 301-949-1204 or gerriebeck@maxispace.biz

Do you need a speaker for an event or meeting? Contact Amy at 301-564-9323 or coachamy@heartmindconnection.com.

Feature Article:

5 STEPS TO DATING WITH INTEGRITY

Here you are. You just have had another failed relationship, wondering do I want to put myself back out there to and try to meet someone just to be disappointed again. How can you take a different approach this time? How can you increase your chances when you do meet someone you are interested in? How do you avoid dishonest people in your search? These are the questions I asked myself when I was single and I was looking for my life partner. If you follow the steps outlined below, you will get better results in finding your great lifelong relationship!

Step 1: You need to know yourself and your life goals

A client of mine is a divorced and is having a difficult time getting back in the dating game. He really missed having a steady relationship and didn't feel very confident about getting out there to date. He took a shotgun approach on the internet and met a woman who came from a different cultural background, including a different religion. He was happy at first to meet someone who was interested in him. As time went on, apparent differences started to appear. Yet, he did care for this woman.

We worked to clarify his values as well as his goals for his life. How did he picture his life in the future as a married individual? First he wanted a family and one that honored his faith. He realized this would be a big stumbling block with the different cultures and religion. He also valued being prudent with his finances and realized his girlfriend had

higher expectations than he could afford. All in all their values were in conflict as well as how they wanted to live their life in the future.

What if he knew this information before going into the relationship? Perhaps he would have not ventured to date this woman and save himself the heartache. Now he has to start the dating and selecting process all over again. However, he will select someone more congruent with his values and lifestyle goals next time that will give him a better chance to have success.

Step 2: You need to know what you need in a relationship?

What *must* you have in a relationship to make you happy? Do you know? Do you crave romance, physical affection, a significant amount time with your partner? Do you need someone who is financially stable?

I know a woman, Donna, who became smitten with my friend, Roy*, and visa versa. They dated for at least 3 months and seemed happy. However, she lived in Virginia with young children and he lived in Maryland (40 minutes away) and had his own child. Neither would be able to move because of the children. In addition, Roy had started a new career that involved commission sales and was not yet financially secure. Donna broke up with Roy because he didn't earn enough income for Donna. What a tragedy! Roy was heartbroken.

Just imagine that Donna and Roy knew that the distance would be difficult in this situation and Donna knew her financial needs from a partner. They would have not invested their time and emotion in this relationship and would have sought relationships that meet their needs.

Just a hint, if you feel needy in a relationship, some key expression of love is missing for you.

Article continued below:

[Learn how to improve your relationships with Amy](#)

I have discovered the best way to know what you need and want in a relationship and life overall is through life coaching. Learn how to attract the right person to you or become clear on whether your current relationship is right for you.

Call me for an exploratory conversation to learn how I can help you.

Currently, I have openings for two (2) coaching clients this month. Evening and day hours are available. Take advantage of this and improve your dating success and your relationships today! www.heartmindconnection.com/coaching_services.html

Article continued from above:

Step 3: Do Take on the Tough Issues Early On

One of my clients was dating a man that she was falling in love with and was very much attached to. After two months, she discovered that he did not want anymore children than the two he had from his previous marriage. She desired to have a child of her own (a clear “must have”).

It was difficult, but she did decide to break up and try to find someone who had the same goal as she did. Time is critical for many women and learning this information quickly is very important.

What if she brought the subject up on the second or third date and said, “I’m looking to meet someone that I will eventually marry and want children of their own”? She would have found out right away that he choose not to have another child. You say, how can I say this? Won’t I scare the guy away? My philosophy is if the guy (or gal) gets scared and runs away, let him (or her)! Any serious contender will stick around.

Step 4: Don’t Get Too Physical Too Soon!

Time and time I see my clients get too physically involved in a relationship much too quickly and then regret how hooked in they became. They were in this quandary that they liked the physical relationship but did not see a future with the woman. And for women, there is a hormone released during sex that makes us feel attached to the male.

Resist temptation! It’s so important to get to know a person and let the emotional, intellectual connection, and spiritual connection for some, grow first. This is a foundation of a great relationship. If there is physical attraction, that’s great. It’s not going anywhere.

Take at least 3 months to date and really get to know each other without sex. If there is a desire to take the relationship to the next stage, being exclusive with the desire move in a serious direction, at least you know that you have the same values, goals in life and want the same things. Besides, if the relationship turns out not to be right, you will be able to walk away with respect and may be able to remain friends. This step alone will reduce the risk of failing in a relationship again.

Step 5: Make a Commitment to Be Honest in Your Relationships

In my dating questionnaire, I asked the question, “In dating and/or relationships, what makes you angry?” The overwhelming response is *dishonesty*. Yes, we can’t control how another behaves, but we can choose to be honest to another person. They will respect you for your honesty.

I recently had a client role-play how she would tell a guy that she was not interested in dating him. I asked her how she felt when she said to him, “I enjoyed meeting you. However, I do not feel that this is a good fit for me.” She said she felt empowered and felt good about herself for being honest and straightforward. I then asked her, “how are you honoring this person by being honest?” She replied, “I am showing them I respect them and not willing to waste their time so they can find someone more suited for him.” Bingo!

How can you prevent someone from being dishonest with you? *Go back to step #4!* Take your time and get to know your potential partner. The people dating with integrity will respect you and want to take the time for them to get to know you, as well.

By following the steps above, you are ensuring a better dating experience the next time around. By being honest and straightforward with others, you will gain their respect and be someone they may recommend to a friend if it turns out they are not the one. All in all, it will be win-win situation.

* The names have been changed to honor confidentiality of my clients and friends.

Questions?

Have a question about relationships or how you can get what you truly want and need out of life?

www.heartmindconnection.com/coaching_services.html

Get Dating and Relationship Tips

If you haven’t done so already, sign up for the newsletter, “Heartmind Connection Chronicles” to receive more articles on dating and relationships like this. As a sign up bonus, you’ll receive a “5 Steps to Achieving Your Best Possible Life”, not offered anywhere but here.

www.heartmindconnection.com/free.html

Help your Friends:

I'll be happy to send them my "Heartmind Connection™ Chronicles" newsletter. Send them a note about this newsletter at www.heartmindconnection.com/tell_a_friend.html so they too can discover their best possible life!

Here are some of my testi-monials about my coaching:

"Thanks to working with Amy I feel not only supported but empowered to make changes that enhanced my life and those around me. Amy impressed me with her extensive knowledge on personal and professional matters, as well as, her understanding of people and organizations."

-- Kathleen, Rockville MD

"Amy has been a live-saver! She helped me clarify my values and to focus on living a more values honored life, especially with regard to my entrepreneurial endeavors and my personal relationships"

-- Paul, Alexandria VA

"Amy focused me on the areas of my life that needed improvement and gave me the tools to reinforce that focus. Together we came up with creative solutions to problems and strategies to accomplish my goals. I highly recommend Amy for anyone who feels frustrated with the dating world."

-- Stewart, New York, NY

"Amy has definitely helped me have more self confidence in myself to go out into the dating world and take more risks."

-- Sue, Rockville, MD

Amy's Expert On-line Dating Profile Review -- Only \$99!

Attract the right people to your online dating profile. Improve the number and quality of responses to your profile. Sign up on www.Heartmindconnection.com/profile_review.html

Amy's review was so helpful! She took the best of me and made me shine! Finally, the kinds of men I want to meet are now contacting me. Thanks Amy!

-- Penny, Reston, VA

Wow what a difference! With Amy's assistance, I n.ow present myself in a more positive and active manner. This is so much more attractive to women. Also, Amy urged me to put a more flattering picture on my ad. N.ow women return my emails!

-- Stan, New York, NY

Amy's terrific! Her suggestions were right on target. I n.ow have included things I hold d.ear and have edited out comments that were in my ad that I n.ow see prevented men from contacting me. The response to my ad has definitely improved.

-- Tania, Silver Springs, MD

Amy's Vision:

“As a life coach, my goal is to bring you the information you need to make intelligent and heartfelt decisions about the relationships in your life. We all desire our best life possible. My hope is that you find this information helpful and achieve all your life long dreams.”

Amy Schoen

Heartmind Connection™

Coaching and Dating & Relationship Consulting

Helping you discover your best possible life!

301-564-9323

Rockville, Maryland

www.heartmindconnection.com

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