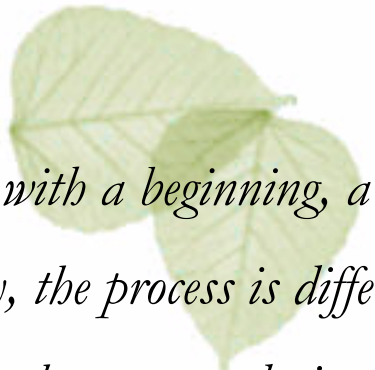


# Dr. Jackie's Top 10 eTips Making Sense of the Dating Process

By Jackie Black, Ph.D.



*Dating is a process with a beginning, a middle and an end.*

*Very importantly, the process is different depending on  
why you are dating.*

## Dr. Jackie's Top 10 eTips Making Sense of the Dating Process

(Excerpted from Dr. Jackie's book [Meeting Your Match—Cracking the code to successful relationships](#))

1. If you are dating to find your ideal partner, be crystal clear about it; the more you know what you want the more likely you will be successful finding your ideal partner.
2. If you are dating for friendship or to create social opportunities take the time to find the right words to let the men or women you are dating know that is why you are dating; be clear about not being ready for a committed relationship.
3. Be a good observer of your feelings and behavior. When you begin to notice that you are “falling in love fast and hard,” STOP and take a step back – remember, true love grows slowly and deeply.
4. Be willing to let the people you date experience you, in the places in which you are the most comfortable doing the things that you most love to do.
5. Think about all the places you go in a normal day and all the places you can *plan* to go where you can meet interesting men and women who might be your ideal match– then, go there!
6. Be actively engaged in the life that you love (activities, beliefs, attitudes, goals, etc.) and you will more easily attract the love of your life!
7. Be more focused on inviting someone into *your* life and learning about him or her, rather than “auditioning” for him or her!

8. Listen to your gut reaction/intuition and go with it!
9. Approach dating as a process of discovery, realizing that the end of the process is discovering your ideal match; it will save you lots of wear and tear on your emotions.
10. If your goal is to find your ideal partner, then stop dating the person you are dating as soon as you recognize that s/he is not your ideal match; don't keep dating just because it is convenient.

***Only You can make it happen!***

**Dr. Jackie**

