

# The Dating Paradox

***The rules of dating myths that you've been taught are all wrong.***

Based upon my 35+ years of experience in my private therapy practice helping couples find lasting love I know what it takes

The top 5 worst dating myths:

1. Make the best presentation you can.
2. Be understanding, flexible and nice.
3. Don't hold back sexually and give him what he wants.
4. Play the cat and mouse game - pretending you're not available when you really are or saying what you feel.
5. Try to always anticipate their needs

What you want to do instead:

1. **Show your flaws early (let your hair down, don't be perfect)**

You want to be with someone who gets to know you from the inside out and you can't keep up a false presentation of yourself forever.

Eventually, your natural self will come out, and so why waste time and trying to make a presentation of yourself when you could just be yourself. So I say instead of trying to make the best presentation you can, show your flaws early, let your hair down.

Don't try to be perfect.

If this relationship feels like a minefield you are constantly worrying about one false step, one hair out of place that you forgot to do or you feel like you always have to dress up and wear make-up or you are always second guessing about what you said...

If any of these things happen (and they probably will), and it becomes a major problem for the other person, then that's the wrong person for you.

2. **Confront early. Respect your boundaries and find out if he will as well.**

I actually have learned from the women I've worked with, and even men for that matter, that the earlier you confront and not be so nice, the earlier you will get respect.

## The Dating Paradox

Instead of being understanding, flexible and nice all the time to a fault...when you are comfortable enough with yourself to be able to confront early, you respect your own boundaries and you will find out if he is able to respect your boundaries as well.

When he is able to respect your boundaries, he is demonstrating a level of maturity and emotional development which is necessary for a nourishing and sustainable partnership.

You also find out his capacity to be corrected and willingness to improve himself.

### **3. Go slow sexually.**

Go slow sexually....I have very, very strong feelings about this. Normally, I'm a guy that doesn't think in black and white terms, but this is one area where I have a very strong position.

This is the reason why

What I have seen in my practice, when a woman has sex, she's opening her heart and (due to her anatomy) her vagina as the man enters her energy space, and as a result many times women get attached too quickly.

And this oftentimes leads to missing warning signs that should be addressed. Because the woman is so invested in the relationship already, they are too willing to put up with behaviors and be over-accommodating because they have opened both their heart and body.

I say that's the biggest reason to consider going slow sexually.

### **4. Be open and vulnerable**

Playing the cat mouse game, pretending you're not available, or not saying what you feel or think never works. You should never have to work that hard when dating or in any relationship.

Instead it is healthier to be natural, spontaneous and flowing. It's important to be yourself and be vulnerable.

If you don't feel safe enough to be vulnerable, then listen to your gut. It often can see what you are not able to.

# The Dating Paradox

If you are with the right person, you will feel a freedom of self-expression. Even your flaws and imperfections won't chase them away.

Don't overthink things.. There's no need to play games.

## **5. Ask questions and be curious instead of thinking you should know what they want.**

I'll hear things in my practice like just feed them and have sex with them, and everything's wonderful. Well, the truth is that that's not the truth, and that there might be other needs that t, this person your dating has, and you don't need to figure it out before they tell you.

Instead, ask questions and be curious.

You don't have to be the world's foremost authority on this person or anybody for that matter. Let him be the expert on himself, and in turn you ask questions, What do you need? What do you like to do? What would make you happy?

This gives him an opportunity to express what he needs, and it might be easy for him or not easy for him, but at least you're giving him the opportunity to grow. If it's not easy for him to express what he wants, then it is his opportunity to grow in that area.

Asking questions is important in all areas of a relationship.

## **In Conclusion:**

Use the dating experience as a way to enjoy and learn about yourself. I understand when you're dating, you've put yourself out there, you are opening yourself up to possible rejection or judgement. Remember that any judgment or objection is not about you as much as it's about the person doing the judging and the rejecting.

You should try to control life's adventures and dating is one of those.

Experience them, and sometimes adventures work out beautifully, sometimes they don't, so then you just go on another adventure.

***Your whole intent when dating should be to enjoy the date as much as you can and enjoy being you.***

## The Dating Paradox

# Todd Creager is an experienced relationship therapist & coach

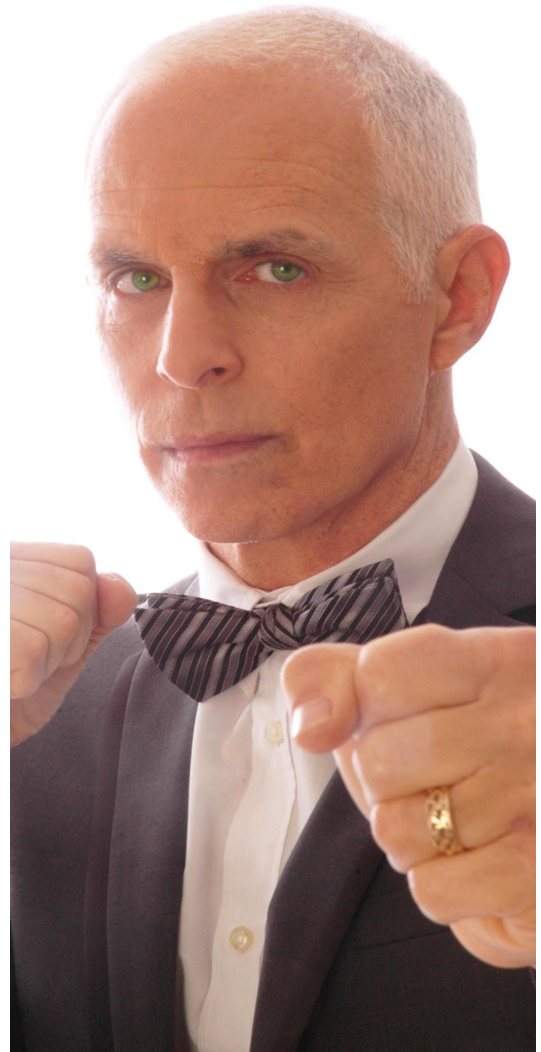
He specializes in marriage, sex and couples counseling.

From increasing intimacy, to a 90% success rate helping couples overcome infidelity, Todd has helped countless couples beat the issues that they face and as a result develop a deeper more satisfying relationship with their partner.

Author of the Long Hot Marriage, Love, Sex and Karaoke: 52 Ways to Ignite your Love Life, Todd spends much of his time helping long-term partners create passionate & thriving relationships.

He provides unique and powerful insights that lead to breakthroughs which result in his clients getting closer to each other and getting the love they want.

Need help? Todd can work with you in person, via phone or skype.



**You can contact Todd at 714-848-2288  
or [Todd@ToddCreager.com](mailto:Todd@ToddCreager.com)**