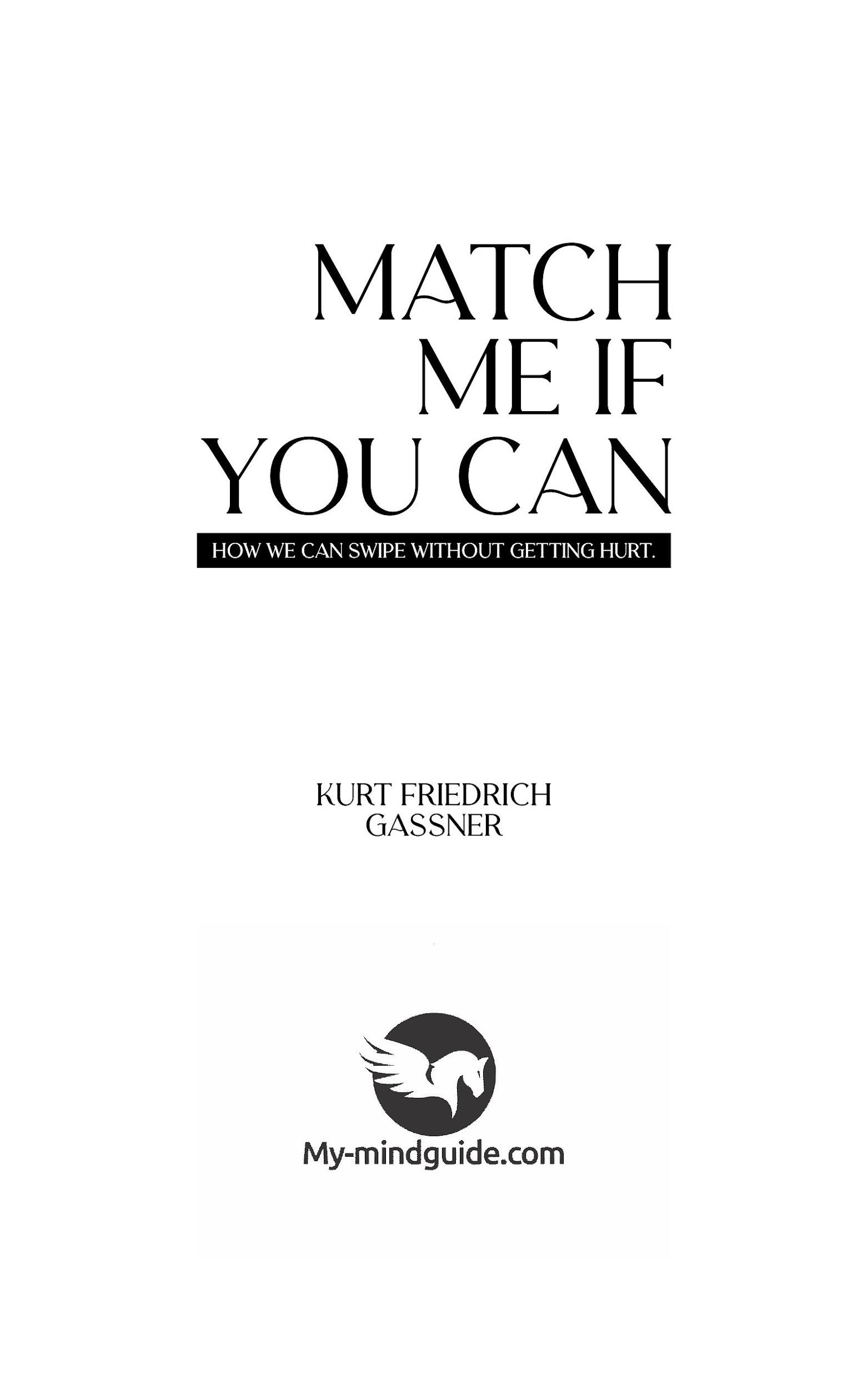
****

**Match Me If You Can,**

**How We Can Swipe Without Getting Hurt.**

It can be discouraging kissing many frogs, losing hope of finding your prince or the one on online dating platforms but persevere, have courage, your uniqueness, and your determination are all inspiring. Soon with these factors mentioned in this book, things will align for you.

You will find the love and happiness you desire, the love deserving of you. This is a self-help book on the online dating scene. This book seeks to help ladies who from the pains of meeting the wrong men have lost all hope to meet their soulmate and partner. From great work research carried out in this area of life. This brought about this book to help give ladies more success stories from online dating. This is a book that stemmed from the need to help you navigate online dating. Discover yourself and learn how to win on online dating. This book is a manual, an engaging self-help book that gives an expert status in mindfulness, Love, Self-discovery and happiness.

**CONTENT**

**INTRODUCTION**

1. **FAKE IT TILL YOU MAKE IT; THE CRUEL REALITY IN THE MATCHING WORLD.**

**WHAT PEOPLE DO, TO BETTER THEIR PROFILES.**

1. **YOU ARE IN A FLESH MARKET; DON'T BETRAY YOURSELF.**
2. **THE RED FLAG SIGNS PSYCHIC PROBLEMS.**
3. **TALK BEFORE YOU MEET.**
4. **BE A NONBELIEVER; CHECK IT IN, CHECK-IN OUT.**
5. **CHECK OUT THE FRIENDS, THE FAMILY THEY TELL A LOT.**
6. **LOOK FOR PASSION IN ALL FIELDS.**
7. **IS THERE A LACK OF CONSISTENCY?**
8. **TALENT & WILLPOWER BEAT INHERITED MONEY.**
9. **THE SOCIAL FIT.**
10. **DON'T WASTE YOUR TIME.**
11. **THE HAPPY FINAL.**

**INTRODUCTION**

This book is packed with practical tips, made from a great amount of research done for people whose lives are a practical example of,

"Yes I have kissed frogs and am still searching for prince charming, but this time let's take a different look at what can be done differently," and I am here to let you know what I have learned so far from experiences of people I have come across, what I have studied and things that can be done differently to bring about desirable results.

This will be of help to you and aid you to improve your Internet dating experience notwithstanding if you are already in the online dating scene or you are thinking of just getting started there. Open the pages of this book to discover the new secret of online dating, learn and discover mind blowing secrets that will improve your online dating life for good.

Many women are using dating sites, their numbers go up to a million and there are a million men too, and most do not have any prior experienced coaching to dating, they say the wrong things, do the wrong things and just look for a way around it all. Some men come with a target, some women too come with a target. Some women who have natural marketing talent have been doing just fine, some men who have the flair for the marketing talent but are bad for good women are also doing fine. So many women report that they receive few responses to their profiles or are not attracting their type of men, the men they hope to have, the man of their dreams is somewhere far off out of their reach.

Your experience can be improved greatly with the contents of this book, with guidance from the lives and experiences of various women like Camellia who have had first hand experience at these things.

Just like her, I believe there are many young rising, talented women with incredible jobs, working with good companies, having had solid education from good schools, owning their businesses, and smashing profits left and right.

Businesses that have received solid funding and all from the best of best, but when it comes to the dating scene it's like they're failures.

There will be tips in this book on how to avoid the whole fake it till you make it the reality of the matching world. How to identify fakeness or men with psychic problems.

The ways to follow to make sure you're not playing into the hands of a wrong man who has mastered the art of marketing himself to the right women who are wrong for him. Stopping their chances of hoping to meet the one for them in the online dating world.

You will learn how to enjoy your first date whether or not they're the one, you will learn how to bid their time and not waste yours in tho process. Most especially you will learn how to enjoy the process because when you see the red flags coming and you can identify the time wasters that make you feel as though you're leftover like how our Camellia felt for a while, just like how the women who have experienced great hurt now feel.

Men, who make you wonder if all the good men are married or if those married what you're seeing, you're probably wondering if your friend in her not-so-happy marriage married these people you see just to settle? But on a second look, you say no.

Just like most things in life dating can be seen as a game. In this game, there's an algorithm that favors those who have hacked into it, who can see through the loops and holes to meet their target of getting the man of their dreams. Some are lucky and on the first trial meet the one for them but this book is not about them.

This book is about you who have felt like you've kissed too many frogs and there's no hope for you in the dating scene. The truth is there is hope for you, the heart broken, dejected and tired woman with bad experiences as there is hope for our Camellia.

In this book, you will get to know through stories of people who have shared their experiences, friends of people who have been hurt by online dating and now decide to do things differently . what was learned, through age-long wisdom, and experience how best to go about the online dating scene as an intentional Top Tier, A list woman that you are.

Most of all, you will get insight from the lives of women who have survived in your shoes! I bet you are curious, maybe a little nervous, and doubtful if this could be true. If there is a possibility of meeting your soulmate through dating online dating.

Maybe you are not certain how you can go about establishing yourself up for the best feasible result? Do not worry, it is all sorted out in the pages of this boom. With the experience of these women, my friends and advice shared amongst men on how to identify the solid man for you, you would come to know that you are not alone in your experience with online dating, you will know that you are not the only one with shitty experiences. So I understand you, we understand your pain and heartaches. Everything that you feel is very valid and I am here to tell you, you're not a leftover. You are an amazing top-tier woman who would get the love she deserves soon. Here I understood what works and what doesn’t, both from the perspective of a man and that of women, and, overall, I would love to share with you. Take you on this amazing journey with me.

My goal in writing this book is to share how you can win in online dating. I want you to have happiness and success, too.

“Success” can also be enjoying the process without anxiety by encountering intriguing freshmen in a safe atmosphere without making ridiculous or unreasonable mistakes that limit your options. Also being able to filter out men only meant to waste your time and energy and avoid feeling like trash after encountering them.

Now let's begin, shall we?

**CHAPTER ONE.**

**FAKE IT TILL YOU MAKE IT; THE CRUEL REALITY IN THE MATCHING WORLD.**

**STORY OF CAMILLIA, MY FRIEND'S DAUGHTER.**

As fathers when we come together we can't help but share our children's wins, struggles and pains even sometimes. And as good fathers one thing is for sure we look for a solution. How to solve the issue our children face. Most especially our daughters.

Here's a brief story of my friend's daughter, Camillia. which I think can sum up what Top tier women face. She is a beautiful girl, Top tier lady, 5ft9 inches, beautiful, hazel-eyed, with an amazing chestnut hair color, she's well educated in good schools, and has a thriving business. Camillia is a beauty and her parents are most proud of her.

She attended a boarding school in England, graduated with high grades, got her Bachelor's degree from Harvard University. One of the Elite Universities in the world, Masters of Molecular Biology. Impressive track record. Her career was well planned. A young emerging talent employed by the best companies and one who gained promotion in the early years of her work. She's not just doing well, she's thriving and her father cannot help but be proud.

She has found her own business – got funding from star investors and the online business in the health sector. It's an app created to help people with the help of an online doctor be diagnosed and told the cause of their ailment all on the AI branch, a merge of tech and medicine. The business looks very promising.

So we sat down and asked ourselves, as fathers, why is it so hard for her to find the right match? We wondered.

Of course – men are attracted to her and when she enters a room it’s a head-turner. She has lots of friends, to show you she's got a friendly persona, entertaining, thoughtful, and incredibly charming. "What the fuck is wrong?" Her dad asks me often.

He advised her to join the online dating scene and see what's going on. One year now she has been swiping. She has kissed a lot of frogs, but no Prince insight.

The encounters have left her wounded and unsure of herself and her father is most worried. Being such a passionate and vulnerable woman she is hurt easily. Now her admirable passion and engagement makes her susceptible and bruised.

She starts questioning her self-worth: Am I a leftover? Are all the interesting men married?

All the men she had met all had psychic issues. All men are less-achievers in life, none doing up to what she has done in her life.

Not low performers or eternal seekers but very often not doing great, not reaching up to her achievements, none surpassing hers.

The psychic issues the men had were as follows:

Cleanness disorder, unsocial behavior, Stinginess, lack of willpower, lack of will to commit to a relationship, a goal, or a cause. The list is long and depressing.

All claimed to have a desire to build a relationship but were not eager to carry on when it started being serious. And it made us wonder if it was the city she was living in that was causing it?

Is this you?

Is your story similar to that of Camillia, my friend's daughter ? Is this your predicament?

A high-flying woman attracting men that are bad for you.

* Men who can't meet up.
* Men who can't measure up to you or find it hard to commit to you
* Men who are not in any way close to the man of your dreams.

Here's what I have discovered wrong.

First, we ask ourselves, why do high-flying, top-tier women. Is this based on poor dating choices or just a natural aura of opposites attract?

It is no news that you have to be tough to make it big – especially as a woman.

It's hard work being focused and feisty and dogged to be able to meet your goals easily.

Smart and successful women are perceived as people who do not need someone to look after them because they're so competent in looking after themselves.

What they forget is that smart and successful women more than ever would be awed at the fact that someone decides to hold them in esteem and choose to look after themselves, even though they are capable of looking after themselves because you don't become a robot just because you're successful: it's human to be vulnerable.

Sometimes I think location can play a role in this dating game, it is no news that some stereotypes of people from a particular place seem to be true by 50%.

So I thought, is her location, Vienna the problem? It could be. Location plays a huge role in online dating, proximity is good but sometimes you are stuck with rotating the same character of men in different bodies. Geographical stereotypes are a thing, though it is an oversimplified perception of the characteristics of people of a place.

To every rule, there is an exception but how many wrong persons would you meet to get to meet the exception to the rule. There are many scientific explanations on how the geography of a place influences the mindset, thinking, and behaviors of people in that place and this varies differently from female to male, and most times there's a common factor between these typical behaviors prevalent amongst people of specific geographical locations. It may seem a bit simplistic, but an underlying though a necessary truth based on assumptions and theories of geography is that to understand exactly how geography affects certain people and how the places really get to them, one must first, at the very least, know where the people you wish to go on a date with are brought up, where they lived and how those places are. Location matters.

Before we get to what matters and doesn't matter in online dating.

Let's begin with yourself.

The Online dating scene can be tasking, on your mind when you keep meeting men who just don't do it for you. To avoid that you have to be sure of yourself, how do you go about that.

Maybe your life is like Camillia, who has kissed a lot of frogs. This is not to say that good fortune couldn’t strike in line at the market or gas station or in the departmental store, but your chances of meeting a man are better online than physically simply because that’s where there are more available men.

Men who are trying to meet women go to the Internet because they, too, want success and don’t want to waste their time with unproductive activities so you as a woman it is only right you define your wishes. There are surveys these days that show that dating sites have a balanced enrollment: 50% women, 50% men. So this is both parties wanting the best out of the dating platform.

Here are things you need to first and foremost do for yourself before you dive into the Online Dating Scene.

* **Who Are You?**
* **Define Your Wishes, Define Your Dreams.**
* **Start Loving Yourself, Caring For Yourself.**
* **Be In a State Of Power.**

**Who Are You?**

You know it is really important every human being knows who they are, themselves, what they stand for, what your agency would allow, what is even your agency as a woman, and how best you can be your authentic self.

Knowing who you are, makes you independent of the viewpoints, statements others make about you. Knowing who you are in life can give you a strong sense of self-confidence. You know what you stand for in life, you have a sense of purpose and you're able to easily identify what goes and what doesn't go. To explore life to your full potential, you have to know yourself. To be yourself you first have to know yourself. To attract the man you want you to have to know yourself and know what is compatible with your spirit.

Self-awareness makes you know your strengths and weaknesses, which is nice because you build your life around these things. You will be able to work on your strengths and enhance them. Look for qualities of the opposite sex that would complement your strengths and weaknesses.

You are capable of understanding the full depths of your emotions, your vulnerability, desires, and abilities, what you can allow and what you can't allow. What you can compromise and what you stand firm on with no compromise whatsoever.

How to know who you are.

Ask yourself " **WHO AM I?"**

That's not the only question you ask yourself when you want to know who you are.

I bring you 25 questions You can ask yourself once you're in the process of discovering who you are, making a note of writing down these answers in a journal or diary would bring you clarity.

Before you even begin your journey of self-love, self-esteem which we would talk about in this book you have to first start your journey of knowing yourself.

Learning about yourself is not a job you complete in a day, as this is a never-ending process. It is a journey you go on with yourself; your body, your mind, your tastes. Change is constant right so you see learning about the changes in yourself is welcome. Knowing yourself isn't easy,

it isn't straightforward,

it is never-ending,

It is just research that the object in question here is YOU.

There's no manual to it because people discover different parts of themselves, some parts you discover before others but all stages of discovery are valid. You want to know everything you can about yourself.

Then, you learn exactly how to develop yourself, nurture yourself, focus on yourself, talk to it, validate your feelings, grow yourself, praise yourself, know what makes you tick, what's your kick, and use yourself in ways most effectively and efficiently possible.

How would you respond to these questions?

Use them as your daily Journal Prompts, meditation prompts, knowing yourself prompts anyway at all just look for a way to write the answers, document them, one it on social media or any writing platform. There's a different kind of clarity that comes with writing on pen and paper, you get depths of clarity and understanding. Though this does not invalidate using other digital means of writing.

Here are the questions to ask yourself to get answers to the question "**WHO AM I?**

1. What does your standard day look like, what describes it, what happens on your perfect day?
2. What did you hope to be in the future when you were younger?
3. Who inspires you the most, what do they do to inspire you and Why?
4. Who is the one person in the universe you would love to meet? What would you ask them?
5. What habit would you most like to break out of? What habits would you most like to start? What areas of your life would the new habits improve?
6. Think of that one person you truly admire. What qualities do you like about that person? Would you love to have similar characters in your life?
7. How do you like to relax? What do you do in your leisure time? What would you love to do better in your leisure time?
8. When was the last time you did something you were afraid of? How daring are you? Would you love to no longer be restricted by fear?
9. What are you most proud of? In yourself, where you come from, family, and in your body, or your achievements in general be they big or small?
10. What do you fear the most?
11. If life stopped today, what would you regret not doing? Go on ahead and make plans to do them now!
12. Who would you like to connect (or reconnect) with? Why?
13. What qualities do you admire in others? What are you drawn to first in a person? What are the three top qualities you cherish?
14. What practical skills do you wish you had? What skills would you love to have?
15. Imagine you’re in your 90s. What memories would you like to have? What stories do you want to tell? What do you want to be surrounded with?
16. What is your favorite book/movie/song? Why?
17. If you could make one change in the world, what would it be? And why?
18. What do you love to do for, or give to others (not an object – something from you personally)?
19. What excites you? What's your kick? What makes you giddy and out of breath easily with joy?
20. What do you wish you did more of?
21. Pretending money is not a necessary object. What would you do?
22. What area of your life, right now, makes you feel the best? Which area makes you feel the worst? Why? Do you wish to change it? How would you proceed to change that which makes you feel worse? How do you address it?
23. Let’s jump forward a year. What would you like to have achieved in the past year?
24. What piece of advice would you give to a five-year-old? Sixteen-year-old you? Twenty-one-year-old you? Right now?
25. How do you want to be remembered in life? What would you love your obituary to look like? Write it out.

When you have all these it becomes easier to define your wishes easily and your dreams.

What's a dream?

A dream is a long-term goal you wish to achieve. It is a long-term wish that fuels you to achieve your goals. It gives us the passion and strength to push further.

A Wish is our desire or hope for something to occur, but we don't actively pursue it. You wait for wishes to happen.

People have the desire to fake it till they make it, and that is the shocking reality in the matching world of online dating.

Most times many people are not their best selves and on the internet now people are found putting their best foot forward. Nobody is willing to be vulnerable, let their guards down, and breathe. There's a whole lot of lies, pretense, and best people at first glance till you get to know them.

On the surface it is really kind of phony, women can easily be vulnerable, for men though quite a task but the issue of pretending to be an alpha male and at the end of the day a woman ends up with another man with psychic problems.

It is phony to think about faking it when it comes to dating of any kind or relationships in general. That is like free will to be inauthentic and what do you attract when you are inauthentic, the wrong set of people for you.

As a woman to win in the game of online dating there are times you fake it and there's a time when you should let go of the charade.

Do not misinterpret the context of fake it that I mean.

As someone who is hoping to find love, you know and believe that the right person for you is out there and you're going to find him. That's your attitude of faking it till you make it. Pretend that is your reality before every date.

Fake it till you make it does not mean going out on a date with a man you don't like because you're afraid you will end up alone. That's a negative way of faking it.

The right context is all about putting your right foot forward even if you don't want to. Going on a date even if you don't feel like it because you're bound to give it your best effort, what do you have to lose? Be cautious but be willing to always look at the date with the possibility that he might be the one and he might not but no harm done. You're one man down to getting close to your dream man.

Use the 'Faking it' Method to boost your self-esteem, energy, and mentality but certainly not to solve all of your dating troubles because that won't work, you will only end up being frustrated.

The idea of faking may seem ridiculous but the psychology behind it is not, it is really about reframing your opinions, looking at it from a new attitude even if it does not feel usual, stepping outside your comfort zones sometimes is the actual way to improve and grow in life and add new adventure and meaning to your life.

The advantage of "faking it until you make it" in this way is that you'll approach dating with a positive attitude that your partner is out there looking for you and you'll find him and bring you the love you desire,” says psychologist Bauer.

This notion will enable you to navigate the ups and downs of dating and make choices from a place of worth rather than from a place of desperation or hopelessness.

**What People Do To Better Their Profiles.**

Your online profile should not bring men who will distract you from your goal or desires or even make you second guess yourself. Because If the wrong men are encouraged to contact you and you engage them, you will waste your time and there's nothing as painful as time wasted in the wrong person.

Your online profile should be created to bring you a man who will be your partner in achieving your set goals, compliment you, make your wishes come true, or help you wish or desire for them, someone who ticks off every value on your box. Your profile should also act as a filter and remove men who are incompatible partners for you or men who will waste your precious time, so filter them out from the beginning because there's filtering to be done even when you still get men compatible with what you have put on your profile.

I know from Camellia's experience shared with me by her father and also from research of ladies' experience of being single, lonely, and in need of male companionship that there may have been some terrible choices made in need to just meet someone.

Single women were still called “spinsters” when I was younger—It was a term I could not understand as it was unnecessary. Though the biological clock for women ticks and my friends who have daughters are aware of that, Camellia for one wants to be able to beat that and we the parents also want them to be able to beat that.

Women are generally expected to marry by the time they are in their early twenties, then become a stay at home moms, take care of kids and support the husband through his dreams and career. Earlier in my time women got married at twenty - twenty-four even twenty-five was considered late. We were carried away with the social standards of our times. Today, most women are so much more clear-sighted and have the insight and courage to choose from a broader range of choices. They follow their careers, have good educational backgrounds, have great personalities and so much going for themselves that a man isn't seen as the ultimate prize. But despite that many women have the need to want a successful man. They have seen it happen and do not think their case can be any different. So they venture into the world of online dating because it is easier and safer.

Creating an enticing Profile is like creating a portfolio for your brand so you put your best foot forward, so you have to be goal-oriented and know yourself well and what values rank top three on your list of values because that influences your profile writing and regardless of you state your objectives clearly in your narratives or not. For now, it’s enough that you can understand what you want.

People use great pictures to make their profile look good, keep your focus on you, and as you know different kinds of men are attracted to different hairstyles, outfits, and overall outlooks. If you're going to play the "fake it till you make it" game, play it to the latter.

Research about yourself and then research about the kind of man you want.

Look for things that make such a man attracted to a woman, tweak your profile to somehow suit that kind of man you desire while still maintaining elements of your authentic self. Do not be lost in the process. Just a little here and there be it in the description, or the profile, or your likes. Include a conversational opening, including full pictures of yourself. Stay positive and authentic while searching for what you want. Avoid doing the usual thing, cliches, being self-centered, or blowing trumpets around your achievements. You would value a man who loves you for who you are and not what you have, not your certificates not where you work not where you're from. Just you, your values, and your being. Someone happy you exist.

**CHAPTER TWO.**

**YOU ARE IN A FLESH MARKET, DON'T BETRAY YOURSELF.**

As a therapist will always say

It is not good for a sober newbie to go into a bar just to order water, he will certainly sip alcohol and there he goes like a dog going back to Its vomit, the cycle of regret begins again.

If you love a little bit of company, touchy-feely here and there. That may be in your way of finding the love you desire, there are no manuals to these things. Yes. You can meet a man today, you click and vibe and have amazing sex and he sticks with you forever. Though the chances of that happening are slim.

You can also meet someone who is all cool and perfect and it ends in a short while. Online dating helps you get your priorities right. What you want in a partner if you're seeking to be with a man you would love to build with or spend the rest of your life with, it is not advisable to throw yourself into the flesh market early or at all till you find the one who fits your requirement and fits the goals you set to achieve. Someone who makes you happy and loved and appreciated.

So as you know that you are in a flesh market, where the majority of people seek sexual satisfaction from people they meet on online dating platforms, don't betray yourself. Your body, your values, your goals for the desire that you might regret and call a mistake.

The dating scene can be a place for hookups for most. Many people do not hope to get the best out of dating sites and it can be agreed that Tinder is dominated by men and women looking for hookups. Bumble is a bit easy on finding people who match your values and preferences, less of shitty men and women there, though they're there as well.

Some people pretend to be what you want, in the long run, they're also there in the flesh market hoping to get a taste of you. Be watchful they don't pretend for too long but also be vigilant because insecurities are sometimes loud, it is us who don't listen.

In the long run, you find one who fits your needs and you feel comfortable with them to make sure you do the following before you have sex because we live in a world of disease despite the advance of medicine it won't hurt to take caution;

* Insist that he gets tested before you have sex with him, make sure he is clean, that would show you value your health and body. It's your body, it's your agency, know what you will allow and what you want. Sex positions you're not comfortable with, discuss them, discuss what you're okay with, in and during sex and what you aren't and acknowledge to yourself that that is okay. Not everyone would be okay with that, the right one for you will and that's beautiful.
* Tests for STDs are easy to find, reasonably cheap, and should be compulsory for any new sexual companion you choose. You don’t know where he’s been! Even if he’s not worried about the results, he shouldn’t resist getting tested. If he is worried about the results, you should be, too. You should want to know exactly what is going on and if you can advise if you can't, you can let him be.
* Get tested yourself, know your health status too, everything, it is self-care.
* Your sexual companion has every right to be just as cautious as you are. It’s a silly myth that men are so driven to have sex that they will ignore everything in the pursuit of getting laid.

Take control of the pace and set the mood? Don’t wait until the last minute when both of you are hot for each other, in the mood, and ready to have sex, stripping off your clothes, and already in the act before you begin asking about each other's health status. Be rational. Be direct and be conscious about your health. There will never be a safe time to bring up this uncomfortable topic, but you can make the best of it by being gentle, considerate, and matter-of-fact. It’s a discussion you should have for your safety, whether you want to or not. Just do it to be on the safe side and be able to continue your relationship easily with nothing in between.

If you are treating an infection of sorts I recommend it's best to be truthful. Sincerely, I advise keep off sex till you're good. You may be lucky you'll see a man who would understand and be with you for you and not for your cookie.

Above all stay true, sexy, confident, and kind to yourself.

No matter how good a man looks remember using a condom should be a law when it comes to your body. Do not always depend on the man to take the initiative and provide protection always.

Also check with your doctor, gynecologist about which activities require the use of condoms. Intercourse, of course. Some physicians propose condoms for oral coitus. You should gather all the current information you can about the current happenings in health, sex, and your body and make a conscious choice that will ensure your safety. These things written here are not any form of medical advice as I am no medical practitioner nor is anything written in this book meant to be an alternative for a qualified medical opinion.

Stay educated about yourself and stay safe!

**CHAPTER THREE**

**THE RED FLAG SIGNS, PSYCHIC PROBLEMS.**

Psychic problems are defined as commonly a mixture of irregular thinking, reasoning and emotions, behavior, and relationships with others. It is also known as an extension of mental disorders that includes: depression, bipolar disorder, schizophrenia, and other psychoses, dementia, and developmental disorders including autism. This is in no way discrimination against people who suffer from mental disorders.

They're all capable of love and it takes a strong and willing mind to love them. It can also be tasking loving them hence why I mentioned some level of strength and expertise is needed in showing love to them. You need a considerable amount of patience and self-love to be able to Pour your love easily on men with psychic disorders.

As men, we certainly do not want a man with psychic problems for our children. My friend does not want any man with psychic problems for his Camellia, because it has been draining for them as a family.

Remember in this book it was mentioned that the men she had met all had psychic issues and no this is not a case of attracting who you are. She's so much better than that and has quite a stable head on her shoulders.

All men had less achieved in life than she did.

Not low performers or eternal seekers but very often not doing great.

All men had psychic issues:

Cleanness disorder, unsocial behavior, Stinginess., lack of willpower,

lack of commitment are also as mentioned before. I could go on and on as the list is long and depressing.

All claimed to have a desire to build a relationship but were not eager to carry on when it started being serious.

They've already put her mental health to the test and it was not a healthy case. Quite a trying time for their family. So for women like her, who have had similar experiences and are tired of meeting men with psychic problems. It is best to know what signs to look out for so these types of men will not constantly keep putting your mental health to a test.

It didn’t take fraudsters or fake men and lying artists long to take note of the fact that millions of women are searching for love online. Same with psychic men who want to be loved but not ready to put in the work. Many of them have taken advantage of the online dating scene to hook women who are vulnerable and seeking for a partner. Most women are too sensible to be hooked in by a man with a crazy, implausible story of temporary hardships.

Unfortunately, there are vulnerable, believing women who do not know better and get deceived and duped.

Signs to look out for when meeting con men are:

* They ask you "What do you do for a living?" No man should ask you what you do for a living on the first day of getting to know each other. It is normal if he introduces himself and states what he does for a living first and in return, you can offer information on what you do for a living as well. But if a man comes to you, and after the Hellos and HIs he proceeds to ask you 'what do you do for a living?' While forming a closeness you don't feel in the chats, know you're dealing with either a con artist or a fake man, or someone who has a warped view on life. Because they want to size your pockets and see how easy they can sweeten their words to get to you or your pockets. They begin to see you and respect you based on what you do, rather than who you are and what you value. Before you know it they begin asking you for money.
* They give you warnings about themselves, you hear the oh I am not usually a this and hope you don't have any problem with it. They test your boundaries to see what kind of a person you are. If you are going to be comfortable with what they do. They tell you their Love language is sex so you know you have to keep giving sex to them to sustain the relationship. That's bullshit, that's crap and no woman needs to put up with that kind of a person.
* They say 'I love you within a few days of talking with you, they want to form a bond by all means even when it's not there, they tell you "Calm down" a lot when you try to state your boundaries or what you are not comfortable with, they don't want you to question their reasons why they do things the way they do. If they say "I love you" and you ask "Why?" Do they look for a vague way to answer or tell you to not be uptight? That can't one just love you for no reason?

They do not want to explain themselves to you or their plans or what their intentions are.

* Either they send you excess pictures of themselves or no pictures of them at all. Either one is a red flag, too many pictures of themselves, or no pictures at all a Red flag through and through.
* They talk about their Ex a lot or their past relationships, how they were hurt, how their ex was shitty and hurt them. They're never at fault. It's always the person in their past that hurt them. They would tell you stories of how they were the best spouse anyone can have in the universe and the most romantic man ever, red what? Red flag my dear. A man who talks too much about himself seeing no faults in his actions is a threat to anyone in his life as he would be manipulative as fuck. Emotionally hurt and abuse you and that's even a sign of narcissistic tendencies. You can't change them. They can only mess up your head.
* Very heavy on Sweet Talks; If someone you just met is sweet-talking you in an attempt to butter you up, this is a red flag. They might tell you continuously how beautiful, smart, and unique you are. How they are obsessed with you, in awe of you. They might even act like you are the best person they've ever met after talking just once or twice. Someone who acts like this probably has motives that aren't in your best interest. You might enjoy hearing these things, but you have to remember that this person doesn't know you at all, everything they're saying is based on the surface shallow level of what you have chosen to show or tell them, so how can they base the l love they like or love they claim to have on just what they know on a surface level unless they are infatuated. A sweet-talker will not let up on their compliments, which may be an endeavor to lure you into a toxic relationship.

We have dealt with some red flags in general above, now you will read the red flags of Psychic Problems:

* One of the first red flags or signs of psychic problems is the decline in the care of their health. The environment of the body. Sleep or appetite patterns change either slowly or drastically.
* They have apathy. There's disinterest or lack of desire to participate in any activity at all, there's a feeling of disconnection with them and their environment, and most times on dates. It is like they are forced to be there. They feel either too relaxed because they could care less about going home, or they could be tired and can't wait to get this done and over with so he can be home. He looks like he is only there to fulfill all righteousness.
* Illogical thinking or problem in thinking; there's an unusual belief about their power or self. They hold themselves in high esteem. There's an exaggerated belief about a lot of things, they hate everything and everyone except themselves. It would look like a child talking in an adult body as they cannot even make up their minds about questions asked and there's this excessive need to either talk all by themselves or not talk at all.
* There's Antisocial behavior with them. Social phobias or social anxiety. An extreme form of not wanting to be in a social gathering, they prefer places with little people, though they are people who generally do not like crowded areas, they might have a phobia for places where excessive or even minimal social activities are carried out.
* Stinginess, A stingy man you met from an online dating platform's ideal date is at your home or his home. This is a red flag unless you have talked at great length which we would look at in this book. If you have talked to great lengths and you're comfortable and have taken all the necessary caution then that's on you but you shouldn't meet someone on a first date that their home.

Stingy men do not want to spend too much, so they avoid dates that would make them spend. He tells you cheap things are better and how he prefers shopping at the local kiosk. He tells you he doesn't like impulse buyers. He neither spends on himself nor spends on you.

He sees taxis as a waste of resources; he would rather walk long distances. This kind of behavior is neither good for him nor good for you.

* Lack of Willpower

Our lives would be greatly improved if we all had willpower in some things. Many humans have willpower but for some activities, there's a lack of willpower for them as they hold no interest to us. Most men Camellia and the ladies who work for me encountered on the online dating scene had a lack of willpower. Lack of willpower is one of the most significant barriers to change according to the statistics of the American stress survey carried out in 2011. Willpower is the ability to resist short-term attractions to meet long-term goals.

When a man lacks willpower he succumbs to the silliest temptations and would love to lure you into some.

I had this friend, she went out on a date, she met on an online dating platform. This guy talked so loud, was quite judgmental, and had a lot of personal biases on a lot of things. This man was not your 'It guy,' he was as basic as they came 5ft 4 inches tall. According to my friend he was fat or on the big side and that made him look like a round ball even in the pictures she showed me.

She endured her date with this guy and it came to an end, she needed to use the restroom as this was a place not familiar to her the guy in question decided to show her the way to the female's restroom. He showed her the way and entered the female restroom with her.

He told her he always had a fantasy of having sex in the female restroom and decided to act on it with her, someone he is meeting for the first time. She said there was no condom and guess what?

This guy brought out a condom to show her he came prepared. This is someone who has just seen my beautiful friend because she's built quite nicely with an hourglass body. This man lacked the willpower to resist temptation and went ahead to ruin a date that was already being endured.

When on a date with a man who lacks willpower you've got to be cautious and watch out. Expect anything also because there's no limit to what can happen.

* Doesn't Want to commit to you.

There are two reasons why a man would not want to commit to you. First, it could be him. In the case of Camellia and some ladies researched, it was always the men.

Second, it could be something you're doing.

Learning to decrypt the variation between the two would protect you from heartaches not just from the guy but from all other men you will be dating as this would feel like you have broken down into the code.

Many women find themselves in an endless tango with a guy who is not in a relationship with them and who is not a friend either because he is more than a friend but not a boyfriend and that can be draining. The dynamics around such a relationship are not healthy. If he does the following he is not ready to commit to you and maybe he plans to pass time with you.

* He cancels plans last minute and sometimes does not even let you know. When he does let you know it is with some silly excuse.
* He doesn’t treat you with the kindness or love that you think you deserve and is very comfortable with that. He is comfortable doing the bare minimum for you and not having a care in the world.
* He acts like a different person physically than he did online.
* He isn't willing to appear in a way that shows he has an interest in you or you look like someone with whom he wants a future. Zero to little display of affection or heroic traits like helping you open a drink, set your chair, or open the door for you.
* He hasn’t taken the time to introduce you to his friends or family or even tell you about them in chats or physical dates. You know little to nothing about his family, just the basics. You have no connecting story to his childhood or times he grew up, he doesn't inform you on his past or family time. Neither do you know about his future?
* He doesn’t plan things with you and just expects you to be ready whenever he is. Just throws plans at you and expects you to show up or come through for him.
* He loves it when you guys “get physical” but acts distant once it is done, you find yourself asking for hugs, cuddles, kisses, etc he isn't allowed to do those things once he is done getting physical with you. The closeness you have doesn't go beyond the bed where you had sex. He isn't protective of you outside.
* He doesn't mind being on long calls that are not work-related in your presence. He doesn't apologize for that or just says sorry that was a friend and it ends there.

These are solid red flags of a man who doesn't want to commit to you.

There is nothing you can do to make a man want to commit, take it from a man. Men would go for what they want when they want. It is futile trying to do anything other than being yourself to get a man to commit to you. He should want you to be his in every sense as soon as possible or be in a mutually exclusive relationship with you.

He might also be scared of commitment, that's why things are not moving towards the commitment line.

There are multiple reasons that things went wrong in their past so they're now scared of committing. They could also have someone they're serious within their life but out of a thirst for something else found you. Their mental health may probably not be in the best shape at the time and so commitment becomes a thing they run from. Several things could have happened to them to make them scared of commitment, but 'commitment-phobes' hardly ever know what they want.

Though they want to be around you and they like you, they’re afraid of beginning a relationship with you.

So, they’ll show that they like you through small things—like being all in when they’re around you. But then they pull away or even say things that may hurt you, or their body language suddenly becomes cold towards you and you can see them closed off.

This indecisiveness can leave you confused and anxious about the relationship. You might not even get good sleep, hence why in the beginning I mentioned knowing yourself, knowing your goals, and knowing what you came into this market for. So you can easily detach and close the door to someone who has you in chaos, messing with your head with mixed signals.

You will find the one who would come for you and come correct in every way possible.

There are things you might be doing wrong that could make you come off as desperate. You could have also friend-zoned yourself without you knowing. It is no news that men love mean women with standards. Let's look at a couple of things you may have done wrong and made you end up friend-zoning yourself.

* Maybe you don’t make him feel needed, just wanted, you're independent and it shows and they cannot be two bosses in the room. An alpha female and an alpha male would be chaos. Men are instinctive creatures and it’s in some of them's DNA to want to protect and be chivalrous. I put some there because these days you can see the disgraceful men that litter around waiting on a woman to do the man's job.

Again, this shows that this hero's instinct is inborn. Even if you shower him with all the attention, that might not be enough to trigger his hero instinct, so you have to study him and also research if he is someone worth the shot.

* You are ALWAYS around and available. You made things way too easy for him. We live in a generation where yes women can be direct with their wants and needs and not have to be looked down upon or treated otherwise. But that doesn't stop the fact that human beings, in general, take for granted things that come too easy. Now he understands that all he has to do is pick up his phone and text you, and you’ll come running to him without fail.

Male brains like to “gamify” things. That means, just like in video games, they want things more they feel like they have gotten the right to earn what they get through constant leveling up.

* You became “too familiar” too fast. Have you ever liked a guy so much you wanted to be completely honest with him? The truth is, honesty isn’t always the best policy when it comes to men. People need time to get accustomed to each other’s peculiarities and attitudes.

If he already knows everything about you before even having the chance to fall in love, he won’t see your less attractive qualities as an extraordinary part of who you are. If anything, he’ll just see them as reasons not to be with you.

* You hurt him without realizing it. Either with your words or actions. I could bet it to be how you behaved because men take note of how you behave. We don’t all have exact sensibilities, and you might be turning him off without realizing it with little things that you do.

Whether it’s being overly critical, clingy, or judgmental, there’s something about you that he doesn’t like and is keeping him from fully committing with you.

* The relationship exists more in your head than it does. The simplest rationale of it all: he simply doesn’t just want a relationship with you. No games, no mystery. It might be that all this romance is just in your head, or maybe he’s set his desires or standards for the relationship and you choose to ignore it following the voice in your head and seeing things that aren't there.

At the end of the day, you can’t force a person to be in a relationship he doesn’t want as I said earlier, and don't be the woman who decides to give all when she is only getting the bare minimum.

I have prepared a checklist of questions you need to ask yourself before you decide to move on or before you decide to stay and help that man realize that you are who he needs to settle down with though that's a task I won't recommend, you know better. If you love him or have developed a bond you don't want to lose easily then there are some things you need to do. Some questions you need to ask.

* Have you talked with him? Does he know how you feel, is he open to a conversation with you regarding your feelings?
* Have you given him a reasonable amount of time to process everything?
* Is he honest with you, or at least, does he try to be honest with you?
* Do you feel that you are wasting your time and you deserve more?

Is he hindering your growth as an individual?

* Are you trying to force something that nobody else believes in?

How much of this predicament comes from him, and how much comes from you? Are you believing the fantasies you've created of you both in your head?

* Have you given yourself too much of him? If you’ve been open and supportive to him and he still doesn’t want a relationship, then take it as a sign that he simply isn’t the commitment type and won't commit to you.

At this point, there’s little you can do but move on and find you a better relationship elsewhere.

Remember: there’s only so much you can do to help out a man decide at the very least what he wants with you. He has to want to work things out with you.

You can only support the relationship to a certain extent. If he’s putting in the effort to make it work, not doing anything to help you both move forward, and the effort is just one-sided, pack your bags and leave the non-relationship immediately.

You deserve better. So much better. And you will see better because the man of your dreams is out there somewhere. The man you would love to have children with. The provider, the man who takes charge, who knows what to do and how to do it without you having to give out signals left and right to be understood or loved the way you deserve.

A guy who doesn’t know what he wants but keeps you around anyway doesn't deserve you, and you don’t give such a person too much access to your time, body, or heart they don't deserve it. You deserve someone who will love you, want to get to know you, and who is willing to put in the effort to get the achievable result of a healthy, functioning relationship.

A man who keeps you around but doesn’t want a relationship isn’t going to be worth the time and effort. He can always come back around when he’s ready for a relationship. But in the meantime, you shouldn’t wait around. Because truthfully, it doesn’t happen very often. If you are looking for a fun time with a man. If your goal is to have a fun time then you can stick around and enjoy the ride but women who are here on the pages of this book want something solid to build on.

If it’s bothering you, as it should. The best thing to do is probably cut ties with them now.

If after having a conversation with the guy you’re in talking stages with or the stage of being more than a friend but not a boyfriend, and he steps up and wants to begin a relationship, then you have your answer. If he avoids defining the relationship or beats around the bush, it’s time to cut ties like the Queen that you are. Do not waste your time. The one for you is closer than you imagine. Do not let anyone slow down your progress in meeting him.

As much as that sucks and would leave you with feelings you won't like, it will make you happier. You don’t need a relationship to feel good about yourself, and a man that’s half-in is only going to make you feel awful and affect your mental health.

You don't have to ask why he’s keeping you around if he doesn’t want a relationship. Nothing good comes from that question.

It’s a tough discussion to have, and you may be scared to do so. But, you truly do deserve better. You’ll find a guy that’s all-in and ready to start a relationship. It may take time and it may not take the time. It's all how you keep maintaining the positive aura around you. All I can say is that it will be worth cutting ties with the guy that’s keeping you on the side and draining you.

In saying that…Although kicking him to the curb is a choice, here’s another one for you:

Try to get inside his head and understand what he’s thinking. If a guy won’t commit, especially if he seems delighted with you, there’s always a reason. If you like him, maybe it’s up to you to figure out what it is?

With years of experience, the missing link in any relationship is not sex, communication, or a lack of romantic dates. All these things are significant, but they are hardly deal-breakers when it comes to the success of the relationship.

The missing link is this:

You have to comprehend what the guy is thinking at a deep level. They are different things that make a man tick in a relationship and things that spur him into action, but as a believer in the fact that the one for you would not put you into studying the psychology of the mind as things with him would flow, there would be hiccups definitely but it isn't something you can't work together on. Moving forward would be easy because you can see the effort he would put in to help make things work with you. After all, he values you and doesn't want to lose you.

**CHAPTER FOUR**

**TALK BEFORE YOU MEET.**

It is mandatory to talk before you meet. Many women feel nervous or uncomfortable about reaching out via email or even on an online dating platform inbox to a man before he contacts them.

Other dating platforms like Tinder & co may allow for a man to contact a woman first. But I love the dynamic bumble brings your way. It makes sure that the woman messages first. You take charge and again give you the power to continue a conversation or not. Ends conversations easily and previously made matches. Letting down the holdover from our traditional requirement that a man is supposed to make the first contact? Many people don’t feel comfortable putting themselves out there, mostly because they haven’t had the practice and it could get uncomfortable or awkward for them to take the lead. Acknowledging these feelings of being timid and uncomfortable is essential in your journey of overcoming them so you get to know and talk better with your prospect before meeting them. So you can get past this and discover how to be a proactive participant in your love chat and get to ask questions that would help you know your prospect better before meeting them!

Don’t be held back. Confidence with practice becomes a habit, a part of you easily.

It’s a new world out there in online dating. If you take the inactive position and allow a man to take the reins of your conversation know he would steer you in the direction he wants and before you know it you're giving out information about you and have nothing about him.

Your experience with knowing different types of men will be diminished because you will be excluding the greatest source of activity in your life: you! If you want to meet the man of your dreams you should be prepared to filter first in chats and phone calls before meeting them. So you know when you're meeting someone it is someone who has fit your goals mentally and you would have enough fodder to feed on as the conversation grows physically.

you must be active and do your fair share of poking and getting to know someone. You must learn to first reach out and keep the conversation going in the direction you desire so you get the necessary information you need. While you do all this subtly.

As an intentional woman despite your shyness or feelings of awkwardness you have the urge to push through and move forward because you have a goal in mind. So you don’t have to get over being shy or feeling awkward. You just need the methods to be able to continue anyway. What you need is the determination to change your life and get the desired results you want, and the faith that with discipline, you will be able to reach out first and not let the man steer the conversation in ways that favor him only. You'll be in charge and discover the perks of what being in a flowing conversation brings.

**YOU CREATED A PROFILE,**

**NOW UTILIZE IT TO GET YOU THE BEST OUT OF IT.**

Your profile is your business, it's your project, it needs attention, treat it like an upcoming business you've got and don't want it to fail. Putting up your profile is like launching a brand personal to you, you can logically see the next step: publicity. Like “Sales and Marketing” by a more respectful name. Anyone who has worked in marketing knows that you cannot create a product and hope it will sell without any publicity. You must relay the news to prospective clients, that yes this thing you need is available.

The dating sites that have good algorithms for matching people will do some publicity for you when they create matches for you. You already know you can put matching measures into the general search at any time, or you can depend on the automatic searches that some sites provide.

Bumble has an easy way, you are mostly matched with men with similar values you put in, so they swipe and if you swipe at them a match is made, but if you don't swipe nobody intrudes on anybody's space.

Tinder needs to do better because it's easy to meet men centered on sex there. Though many people have had success with Tinder & others like OkCupid has a “Quiver” with three quick matches that they send automatically. You then rate their choices and the algorithms learn your preferences.)

Aside from the matching functions, the dating sites are not going to promote you if you're inactive, not ready to take on conversations. It's very important to realize this because the ball is totally in your court to take action if you want effective results. Dating sites provide the dance floor for the party. You as a participant should not choose to stand against the wall. Darling, you're no wallflower. You should move towards the center of the dance floor baby girl and have fun, explore, come into the spotlight and make your selections.

This is all under your control. You are the architect of your experience. Take action, communicate poke stories that don't sit well with you, do that gracefully like a queen, so you don't feel bad when it doesn't work out, you are 100% sure you gave it your best shot. Their loss, not yours. Anyone who has issues with a woman with standards is one sneaky fellow and you're better off without them anyway.

To get the much-needed confidence you need to navigate through men in a quest to find the one that matches your soul, sets your heart on fire, and makes you feel you're home.

You need to get the following things straight:

* Start Loving Yourself.
* Start Caring For Yourself.
* Put Yourself First.
* Be In A State of Power and Self-Esteem

**Start Loving Yourself.**

**Self Love**

Oscar Wilde once said, "*To love oneself is the beginning of a lifelong romance"*

All too frequently, we find people scrunching up their noses at the recognition of self-love. They see it as a bit of a cheesy notion and a self-indulgent thing to carry out. But learning to love yourself is one of the most substantial and significant things you can do in life. Your heart is your power and when you become the source of love in your own life it changes everything, it changes your life. Your relationships, your career, your health – they all flourish when you start to love yourself.

But while we all know deep down that it’s important to love yourself, we find the area that people get stuck on is knowing how to do it. People do not know the art of how to love themselves. How to proceed in this self-love journey.

Well, there are various ways you can love yourself right but I present to your core 13 ways to do the job right, from there you navigate your way around loving yourself right and I hope it opens your mind to peace and gives you security in yourself.

1. Nurture yourself:

If you’re new to the art of self-love then start with focusing on nurturing yourself. Nurturing your body is the fundamental form of loving yourself, it is where you begin. So take time to become more aware and conscious of yourself, your body, and every part of it. Become mindful of what you put in your body – provide it what it loves, what it thrives on. Feed your body good food, take your hygiene personal. Take care of your nails, teeth, hair, underwear, and all. Launch your day with healthy food, cooked food, or a delicious nutrient-filled smoothie. Treat yourself to a raw chocolate snack and make time to cook yourself a nutrient-packed dinner, if you're clueless purchase a meal plan from any meal planner and stick with it. The way we feed ourselves reflects how we love ourselves. Have you not heard the phrase you are what you eat. So get good at nurturing yourself and begin laying strong foundations of self-love for yourself and your body.

1. Take yourself out on dates occasionally.

If you’ve never taken yourself out on a date before then make it a point of note that you do it. Solo-dating is all about spending an excellent moment with yourself and doing something unique, just for you.

It is one of the most powerful things you can do when it comes to carrying out self-love. By doing something special for yourself – something you’d only normally do with someone else – you’re giving yourself the love and attention you normally give to other people. You turn that love on yourself. You pour all the love you have first on you.

Do things to yourself from treating yourself to coffee dates and a cake at your favorite cafe to taking yourself away on a weekend getaway. Whatever it is you do you will always come away buzzing from it.

1. Start a gratitude journal

It has been proven that just by writing down 5 things that you’re grateful for each day, you can train your brain to be more positive, giving yourself an overall feeling of happiness and something to look forward to in life. It is a key tool when it comes to practicing self-love because it has us step into an attitude of gratitude, love, and abundance.

Go get yourself a gratitude journal or a plain journal and at the end of each day, make it a habit to write down 5 things you’re grateful for and see how good it feels to end your day that way. This is something I recommend to any person, most especially ladies, *it is said that to understand yourself you must write about yourself, write to yourself*. I began journaling quite early in my life and it's been a wonderful experience so far.

And as well as giving thanks for things that have happened to you that day and the people in your life that you’re grateful for, people you're appreciative of, things they've done to put a smile on your face. Also never forget to include yourself in your gratitude practice. Find at least one thing you can thank yourself for each day and you’ll see your relationship with yourself shift into a dynamic incredibly loving place.

1. Make your body happy

It is important when learning to love ourselves that we focus plenty of time and attention on our bodies and mind. How we feel about our bodies directly affects how we feel about ourselves. The hurt you feel in your body or mind has a way of affecting how you feel in total. Often feelings of loneliness and lack of love stem from our minds when we disconnect with our bodies. You want to keep that beautiful body of yours feeling energized and full of vigor. So it’s essential that as part of your self-love routine you do things that make you feel great in your body; whether that’s yoga, meditation, running, hiking, dancing like Michael Jackson get your body moving, a moving body makes the heartbeat thereby improving your moods.

1. Express yourself

It is necessary to find ways to express yourself and feel free to be you. Be it dancing, writing, singing, painting, acting, sculpting, cooking, making music, sketching, pottery or poetry, any creative hobby at all– everyone has something that does it for them. It’s often something we did naturally as children. It’s always something that makes us come alive.

So what is it for you? Find what is it for you. When do you feel you can let go and be who you truly are? It may not be something you do at the moment, so you have to think back to earlier years. What made you come alive and connect with the deepest parts of yourself? Now go and make time for it in your life. Sing like no one’s listening or painting in bold colors, just for the fun of it, you must make time to do the things that allow you to express yourself from the heart. Things that make you come alive. So your life is even interesting, filled with colors to hold someone's interest long enough to make them fall in love with you, the way you've fallen in love with yourself.

1. Write a loving letter to yourself

Pick up a pen and with the same love and fondness, you’d write to a sweetheart, write a letter to yourself. Write about the things in your life right now that make you very happy. Write about the people in your life that bring you joy, inspiration, and kindness.

Write about qualities in yourself that make you unique, be they silly or funny. Even if it was eating 12 doughnuts at a sitting.

Write about parts of your body you like, write about how well you recently handled a situation that was meant to break you or make you sad. Write down every heartache you've moved on from. Write down things you're proud of, moments you were proud of yourself.

Reflect on how you’re feeling, give yourself a pep talk if you feel you need one, and do record your dreams and wishes for the future. Write down your goals. If there’s something in your life that you’re struggling with at the moment, see what advice and encouragement you can give to yourself, celebrate your achievements and sign your letter off with love.

1. Shower yourself in feel-good vibes

We are far more powerful than we often realize. To create the feelings we want to experience in life, no matter where we are or what’s going on around us. We just have to learn how to tap into those feelings of power.

An easy way to do this is to think back to a time in your life where you felt full of joy, happiness, peace, or fulfillment – whatever emotion It is you want to feel – and then look for a photo of you from that time that reminds you of what it felt like to feel that way, so much so that once you take a look at the picture, you begin to feel that way again.

Now put that photo somewhere where you’ll see it daily: save it as your wallpaper or print it out and stick it up on your bathroom mirror so you're able to see you're beautiful happy self every morning you wake. Whenever you need a boost to your day, take a look at that picture and let yourself flow in those feel-good vibes.

These are the physical practices of self-love and now we will go to the mental aspect that has to do with accountability, self-care on a level of staying true to yourself.

1. Be receptive to feeling pain and taking accountability for your feelings.

Step 8 is mindfully taking note of your breath to make sure you are present in your body and embrace all of your feelings. It's about going towards your feelings rather than running away from them with various forms of self-abandonment, such as concentrating in your head, judging yourself, turning to addictions to numb out, etc. All feelings are enlightening.

1. Move into the purpose of learning.

Dedicate yourself to learning about your emotions, even the ones that may be bringing you pain so that you can move into taking loving actions for yourself. You know what habits to unlearn and what to do to make your life better.

1. Learn about your false notions, beliefs, and ideas you've held for so long...

This is a deep and humane process of exploration—of learning about notions held for a long time, your beliefs and behavior, and what is happening with a person or a situation that may be causing your pain. Ask your emotional self, your inner child: "What am I thinking or doing that's causing me the painful feelings of anxiety, grief, doubt, depression, shame, jealousy, low self-esteem, anger, loneliness, or emptiness?'' Allow the answer to come from inside, from your instinct and emotions.

Once you comprehend what you're assuming or doing that's causing these feelings, ask your ego about the fears and false convictions leading to the self-abandoning thoughts and actions.

1. Start a conversation with your elevated self.

It's not as hard as you think to connect with your elevated guidance. The key is to be open to knowing more about loving yourself. The answers may come immediately or they come over time. They may come in words or images or dreams. When your heart is open to learning, the answers that you seek will come.

1. Take loving action.

Sometimes people believe in "loving myself" as a feeling to be made up. A good way to look at loving yourself is by intensifying the action: "What can I do to love myself?" instead of "How can I feel love for myself?"

At this point, you've already opened up to your pain, addressed what is causing you this pain, moved into learning, got an understanding of what you need to unlearn, began unlearning them, started a conversation with your emotions, and tapped into your divine guidance. You are involved now in taking loving actions you have identified earlier. Actions that make you happy and make your body vibrate. However small they may look at first, over time these actions sum up to become a positive habit.

1. Examine your actions and begin again as necessary.

Once you take the loving action, check in to see if your pain, anger, and shame are in the gradual process of healing. If not, you go back through the steps until you discover the truth and loving actions that bring you peace, joy, and a deep sense of intrinsic worth.

Over time, you will discover that loving yourself enhances everything in your life—your relationships, your health and well-being, your potential to manifest your dreams, and your self-esteem. Loving and becoming one with yourself is the key to being able to love and connect with others and create loving relationships. Loving yourself is the key to building a passionate, fulfilled, and positive, happy, and joyful life.

Now that we have established self-love in your hearts and mind let's have a look at questions you can ask your potential online date while talking to them online before you meet them.

Asking some of these questions in reserve is like having dialogue insurance. It’s a safety net you can fall back on to keep the discussion moving generally.

So here are interesting questions to ask a guy online, ranging from standard get-to-know-you questions to deep ones about life. So you get to have a look at who they are in general. One way or the other, even if they're pretending, they can't pretend for long, they would slip along the line of you asking you these questions.

**The Most Interesting Questions to Ask a Guy Online Before You Meet.**

**The Basic Questions**

Let’s begin with some basic questions. These questions lay down a solid foundation for the rest of the conversation.

* Where are you from originally? You would love to know where he's from.
* Where do you live now? When tells you where he lives, offer yours too if he asks, ask him what he likes about the place and possibly what he hates, what the environment he lives in looks like.
* Do you have any siblings or you're an only child? Offer the same information about yourself too if you're comfortable with that? Ask in a way that doesn't look creepy.

* Do you have any pets? Would you love to have any pets? The pets a man has or the pets a man would like to have tell a lot about him and the kind of person he is.

**Getting-to-Know-You Questions**

Simple but necessary questions, the following section provides some background information on who your prospect is. Avoid making it sound like an interview question, no one loves to feel like they're interviewed to meet up to a love interest or a potential love interest.

* Nice to meet you, do you speak any foreign languages?
* What’s your favorite part about your job? What do you enjoy about it?
* Do you have any nicknames, given to you by family or friends, or colleagues?
* Where’s the favorite place you’ve ever lived?
* Do you have any tattoos? You can also let them know you love tattoos if you don't keep those thoughts to yourself and be open-minded. Do not Judge.

**Childhood Questions**

A person’s childhood can tell you a lot about them. So when you’re thinking of engaging, intriguing questions to ask a guy, these are an absolute must.

Maybe he was a science nerd? Or was he always very driven as a kid? Disclose it all with these questions as they would give you insight into who his inner child was.

* What’s your favorite childhood memory?
* What were you hoping to be when you grow up?
* What was your favorite subject in school?
* Who had the biggest impact on you as a child?
* Who was your favorite teacher and why that teacher?

**Personal Questions**

This is a more intimate territory with the following numbers. If the conversation is flowing nicely, you can ask him these. Understand what makes him tick.

* What’s your greatest fear?
* Are you close to your family? You should know some people won't be comfortable talking with their family because they may be in a tight fix with them, so do not push but that would give you insight into what's up.
* What accomplishment are you most proud of?
* What do your friends believe is your best quality?
* What do you believe is your best quality?

**Dating History Questions**

Sharing details about your past relationships is a necessary milestone for every intending couple. But it’s also quite time-sensitive. Wait until you two feel comfortable chatting before asking him about his romantic past.

* When was your last relationship?
* Are you usually the dumper, or the dumpee?
* What’s your greatest dating pet peeve?
* Would you describe yourself as a romantic person?
* What’s the most romantic thing you’ve ever done?

**Fun Questions**

When you’re looking for interesting questions to ask a guy online, it can be tempting to only include heavy-hitting ones. But sometimes serious questions can get boring and seem like interview questions if not asked with the right tone.

Remember, you want to date him, and you're looking at your potential partner not to hire him for a job! So don’t be afraid to get silly, funny and naughty maybe! Having fun is key to a beautiful healthy relationship.

To lighten the mood, throw in a few of these fun questions his way.

* What’s a place you’ve always wanted to travel, but haven’t been to yet?
* What one thing always makes you laugh?
* If you could have one superpower, what would it be?
* Have you ever seen a ghost? Would you love to see one? Do you believe in them?
* What's one naughty thing you've done? What a naughty thing you're willing to do?
* What was your first car? If he doesn't have what car would you love? What kind of house do you see yourself in?

**Personality Type Questions**

If you are looking for a partner who matches your personality type? Or one who is the yin to your yang? And you're a believer in astrology, personality tests, and all.

Discover what kind of a guy your potential date is with these questions.

* What’s your zodiac sign? What signs are you most compatible with naturally? What signs do you admire?
* What’s your Myers-Briggs personality type?
* What’s your love language?
* What’s your enneagram type?
* Which Hogwarts house would you belong to?

“**Favorites” Questions**

When you’re getting to know someone, uncovering their passions is vital. See what you two have in common with the following numbers.

* What’s your favorite cuisine to eat? What do you love to cook easily?
* If you could only watch three movies for the rest of your life, which ones would you choose?
* If you could eat three things for the rest of your life what would it be?
* What’s your favorite book? Who's your favorite author?
* What’s your go-to drink order?
* What TV show could you watch over and over without getting tired of it?

**Deep Questions**

There's a saying that goes that men are like onions. To see what’s inside you have to peel off all their layers. Your deep questions peel back the layers from your potential date so you can see who he truly is.

* Do you believe in life after death?
* What’s something you could talk about for hours and never get tired of, what can you give a presentation on passionately and talk for long hours on?
* If you could go back in time and start over, knowing what you know now, would you do it?
* Who or what inspires you?
* What are the mantras you try and live by?

**Flirty Questions**

In case you are always wondering how to flirt with your potential date online? The following numbers promise to spice things up for you.

* What was your first impression of me?
* What do you like about talking to me?
* What made you want to chat with me?
* What compliment would you give me right now?
* What would you do if we were having this conversation in person?

“**Would You Rather?” Questions**

Sure, it may sound childish, but this category is always a crowd-pleaser! Make the options as silly or severe as you’d like.

* Would you rather read the book, or watch the movie?
* Would you rather have the power to fly, or the power to be invisible?
* Would you rather always be early, or always be late?
* Would you rather be able to see your future or somebody else’s past?
* Would you rather have free food for life or free airfare for life?

And there you have it!

Remember, these questions are here to keep the mood conversational, to lull him to a minimum. Not to grill him. So resist the temptation to list off all 55 of these fascinating questions to ask a guy online in a row. MAKE IT SUBTLE.

Instead, choose the topic that feels most applicable to the mood you're both in. Then you can ask your favorite questions beginning from there. Before you know it the dialogue will be flowing naturally and you two will be hitting it off well.

Good luck! Enjoy the benefits talking with your potential spouse provides you, your safety is intact. And you should know that while you can never be 100% sure, getting to know someone well over the Internet before meeting them in person is a much safer way to vet your potential partner or date.

Also when you get to know someone online for the first time, you can forgo that whole awkward date situation. Getting to know someone over a casual texting session, or a getting to know you session or you are both comfortable and choose to communicate via a friendly video chat, or even during a heated discussion, lets you get to know the person without that clumsy, blundering first date or encounter.

It is also super comfortable as there's less pressure and just from the comfort of your bed and home, you chat up your potential partner or date easily. Virtual meetings take the pressure away. You're able to comfortably steer the wheels the conversation takes.

Cheers to taking charge.

**CHAPTER FIVE**

**BE A NONBELIEVER: CHECK IT IN, CHECK-IN OUT.**

Online dating, swiping left and right may appear to be the swiftest route to love, or something similar to it. But until you win the grand prize keep your eyes open and never believe a thing they say totally, leaving room for doubts. Doubts you won't show openly. Just have your reservations about the person and what they say, even when meeting keep an open mind to be shocked so you don't feel betrayed when things aren't the way they seem. Remember you're the captain of this ship, you know what you're hoping to get from this game of chess you're playing on dating sites. Sometimes you encounter people that make you want to say "never again am I going to do it again" but you always find your way back to it, because maybe for you dating online feels like a last resort, the final sign that you possess a fatal flaw that has prevented the attainment of true love through one of the more traditional routes: pulling a stranger in a bar, meeting someone at a house party, sleeping with your employer, falling in love with a coworker, finding a friend at the park, meeting through community activities or church activities.

You are glad you get a chance to do online dating. Even though your married friends think it's a terrible choice. But you both know that when you ask them if they know any nice single men they can introduce to you, they declare that all their friends are awful.

you are maybe in your 20s, 30s, or 40s at least, but you can not argue the fact that online dating is more popular now and almost everyone is doing it or meeting people online. If not from dating sites, maybe social media, Instagram, Facebook, Twitter, Snapchat, the world has moved to connect people from different worlds easily online.

People tell you they’ve gone on a date, it’s safe to assume that they met that person online. In the last few years, that my friend's child has been single, she has been asked out by a man in the “real” world just once and he was married.

These days, if you can go on a date with someone you meet out in the world, everyone is very surprised and they get very excited wanting to know how you met him, where you met him and how it happened “You met him how?" They ask, "In real life? Tell us again about how he talked to you, how it happened!” they say.

Still, when you meet someone online they ask you to be careful because they feel something may spring up on you somehow but you should keep your mind open and not ruin what you're building with doubts you have in your mind.

The increase of websites and dating apps has not necessarily been a good thing. I know quite a few people who have found love through Elite Dating, bumble, and Tinder – marriage. In a couple of cases, it's been a beautiful thing and that gives hope to those wishing to find love the same way to persist there. Notwithstanding there are people who have been on two or three dates with nice people who have drifted and disappeared after a promising start and that's so heartbreaking because you're left wondering what went wrong. Meeting people online is one thing, but getting to know them – well, properly, that requires a lot of effort when there are so many other people lurking on your phone. The rise of Tinder as the default platform has especially increased the speed and volume of choosing and rejecting. Once you read long-form profiles, now you have maniacally, obsessively screen candidates in milliseconds. Most apps put a time stamp on everyone’s profile so that you can see when anyone has last been logged in. For example, you could find out if the man you went on a date with last night was looking for other women while you popped to the loo in the middle of dinner you both were on and that's sickening hence why I advise you to be a non-believer; check it in, check-in out.

Online dating is a great way to meet interesting people, but it's also an easy place where you can meet psychopaths. People who are not what they say they are. The best thing is carrying on a meeting with a stranger online that is prefigured as a “date” gives you permission to ask outlandishly personal questions, which is how you learn fascinating things about the man who is your potential date. You can learn about the weird backgrounds they come from. You get to meet a bunch of characters which you won't meet in your local, everyday, ordinary life.

It’s not that scary talking to strangers, when you get the hang of it, the rejection, talking with new strangers don't look as frightening as it used to be when you started initially. You become great with it and there's an ease that settles into you. Online dating can influence your interaction with strangers in real life, you're more confident with saying hello first and holding a conversation easily. Once you’re proficient at having an hour-long discussion with a stranger over a beer it’s not a far leap to do it with one on a line, over a desk, or at a project you're working on, which helps you carry out the findings you need to check if their suitable for you or not, you hear tales of their lives or environment.

Remember that despite holding on to your doubts, checking in, and checking it out remember that falling in love requires vulnerability.

It’s so much easier to let your guard down, get drunk with a stranger who can’t hurt your feelings. So you are tempted to be vulnerable even if it is just for a minute. With vulnerability there begins a connection, you don't have to be vulnerable easily even though you're tempted to be. You should not. Be watchful, subtly though.

Online dating may have solved the pool challenges of romance, easy sex partners, but it hasn’t solved the biggest problem of all: emotional intimacy and vulnerability, which takes hard work. It means allowing yourself and your partner a kind of vulnerability that is constantly taken as a sign of weakness and a source of the fear of (taken for granted) It’s still the case that nothing is less socially understandable than acknowledging that you’re lonely and want to be loved. This should not push you to be vulnerable to the wrong person or open up to the wrong person because the regret that comes would be hard on you.

It’s not about you. There's a story of a friend of mine I would like to share with you, she met with a guy who she was matched with on the bumble dating app. After two dates he canceled the third with an email in which he described a fanciful scene wherein he arrived home from a weekend getaway to find his female bestie crying in his apartment declaring her endless love for him and he had to accept her because yeah he's been digging her too for a long time. “Can we be friends?” he later asked her. She was angry. You should learn to remember that if things don’t work out with someone you have met online, it’s less likely to have anything to do with you and more likely to be related to the many years of real-life experience that the person had before you met them. You're amazing, don't forget that.

Look at how in this case things like this could be avoided if you are check-in and check it out properly. Ask your intended date, before you get serious if there aren't any baby mamas, besties, talking stages, and whatnot in his life. Be sure he doesn't have any significant females in his life before you become vulnerable with him or allow your likeness of him to run deep.

People who are always “meh” online don’t magically improve in person and bring a different them when you meet so be sure.

Men who you have found their messages to be tedious but their profiles intriguing are not worth your time do not make excuses for them. Telling yourself that maybe he’s not just a good writer or communicator like me, don't think that.

Because why put in the effort to meet a man who doesn't intrigue you with words or put in the general effort to make you know he is interested. This type is only good at making you become desperate or doubt yourself or your worth. Swipe left with ease and no hard feelings left. Filter as much as you can. If you feel the energy dwindling take a hot picture that makes you feel like the boss and update it and watch them come rolling in droves again.

The ones that you doubt beforehand never turn out to be men you want to get to know in person. So girls do not waste your time. If they don’t intrigue you, bring their A-energy with the words they say in your dm before you meet them, delete them.

If you've brought great energy in the chat, being clear, being direct about your needs and he's not matching your energy please delete them. Or Unmatch easily as the connection is not there.

Timing is as significant as compatibility

In theory, it should be easy to find a relationship online because there’s a belief that the other people you’ll come across want one, too.

That’s why you’re there. In practice, mutual interest is not enough: you also have to want the same kind of relationship at the same time.

The most successful relationship that emerges from online dating comes to be when two people are open about the goals they want. Be careful some men would only want sex when you would want a relationship. It's no problem at all. Look at the words they speak, how they answer some questions you ask. Some are just probably obsessed with the fact that you're a fascinating person and would like to have a taste of your cookie. Some want to just probably see you seize you up and confirm to themselves that you're not all that as they perceive. Stay clear of such men.

So it is proof that when you both want the same thing out of a relationship it is easier to move forward. This is more important than any test of compatibility you'd both put each other through. You could be compatible and want different things out of online dating.

But you really should do a smart check on what anyone tells you about themselves on dating sites immediately you find yourself attracted to them or seeing yourself vibing with them and this promises that there would be a possibility of you both meeting in the future soon.

Also, create a life for yourself outside of your dating apps, sign up for some gym training, some painting classes, join something safe or fun, sign up for karate classes, learn self-defense moves. One can never be too safe in a world where women are easily attacked or targeted. You might be shocked at who might probably show interest in your life or activities, who knows there could be an attractive single man of appropriate age suitable for you.

Each week you see one day it could move to something different, or you talk or walk up to them to introduce yourself. Complimenting something you seem to like about them. Compliment them warmly, make sure you're not doing anything that is offensive or crosses the lines of propriety. When next you see you could discuss their interests, if a volunteering task you ask if you could help, that's after making findings of it and are clear that this is a safe zone for you.

This is one experience of a girl who shared her experience with us in an interview concerning this book. With her permission of course I write. Now I share with you my reader, she has this friend of hers who jogged around the park quite a lot, she met with this guy and they got talking, so every time they encountered they talked and one day he volunteered to pair up with her in her exercise routine.

Jogged alongside her. In the penultimate week of their meeting, he hit her gently in the face with his elbow. She likes to think it was a mistake though.

So he took that as an opportunity to soothe her face, he touched the spot where he hit and then stretched around her face and he touched it several times. She thought that was the 'moment' like finally, he would become close as she desired. But when she ended her jog and it was time to part, he just pulled out his phone and stared at it, didn't ask for her number or anything, and stayed silent. She never saw him again. Except, on Tinder, of course.

To be able to conduct research properly on a man you're dating online or the potential partner or date to be, to be assured that you are not talking to someone who would cause you harm, a person with psychic problems, etc. You have to be sure that the name he has given you is his full name, you have to look for a unique way to get his full name if you don't already have it so you're able to check it on Google, Facebook, and LinkedIn.

You should pay heed to the news you see about them online, though no news is bad news unless they're married and claiming to be single in your dm. If you’ve spent hours researching your potential partner online then and you don’t find anything, then be worried. The biggest red flag of all is no information regarding the person at all online.

Also, you can check on Twitter, the posts, tweets, and information a person comments on, Twitter can tell you so much about them. Their friends who they engage and what excites them. Does he have fun bashing women? Bullying women online, what gets his attention and makes him itch on Twitter, sometimes it may be difficult to find their username on Twitter so you can always ask though if you're comfortable enough in the relationship or talking stage.

Sometimes you can't tell if you're chatting with a catfish account though you're not sure because they've not asked you for money or done anything out of proportion yet.

If you're the type that gets paranoid or doubtful then it'll do you well to ask. For example, I once read an article online on forbes.com where it stated that somebody's client was quite a wealthy man. He was dating this girl who had no digital footprint whatsoever -- nothing of her could be found online and he became concerned she was making up her identity (thinking maybe she was a gold digger?) He ended up confronting her about it and having her scan her driver’s license. While some might see this as an overreaction, it gave him peace of mind and the option to continue developing a relationship.

Also, know that your potential dates are also digitally stalking you. For instance, you can discover that a person who was bisexual, had been previously married to a man, and now wanted to date women. While this is information that usually wouldn’t come upon a first or second date. But funny enough when you decide to Google him the first item that appears would be a wedding announcement or a wedding picture on Facebook.

Even with all the information in the world, trust your gut, trust what your instincts are saying. While online daters are lucky to have so much more information than people who dated in the past, the facts about matches – their job, their family members, even their stated values – don’t determine whether or not they are your match. While we have access to all this information, what ultimately matters in a relationship is the way you interact with one another.

So do not focus too much on your research so that you miss out on all of those special moments that build a relationship.

**CHECK-ING OUT**

Be discreet when you're carrying out your findings, you have to mind the line between cyberstalking and honest-to-goodness concern for your safety. Digging too deeply just to satisfy your curiosity can be seen as offensive.

Some dating experts believe you should do only the minimum research to ensure you are safe. They advise against digging, to avoid clouding your judgment. Finding something surprising might cause you to decline the chance to meet a slightly flawed, but very human Mr. Right, or be so vested in a person with an impressive profile that you miss warning signs.

If you are concerned about any obvious, big problems, check the National Sex Offender Registry in his area to be sure you aren't dealing with a sex offender.

Also, if you’re in a hurry and need good data to make a quick decision on someone you just met who is giving you the vibes or due to past experiences you're now cautious about meeting new people. Then you need a data aggregator site. Data aggregators combine public data like a person’s criminal history, public filings, and marriage and property records with info from all their social media accounts to sketch a good outline of the person you are interested in.

What if no information can be found on them when you do your findings then know that there are a few tricky methods to get closer to the person you are interested in. If you are desperate for information, or want to test his reactions to a particular situation, or cannot find an honest way to learn more about him, you can create a fake media profile to approach him as an interested third party.

However, you are now definitely on shaky ground, you're a Catfish! Set this problem aside until you have more clues to work with, or risk it all and just ask.

Perhaps he simply made a conscious choice to keep a low internet profile and to delete and avoid social media platforms.

Remember as said earlier that he may be cyber-stalking you just as you are stalking him.

**CHAPTER SIX**

**CHECK OUT THE FRIENDS, THE FAMILY, THEY TELL A LOT!**

When you proceed with your date to be or go on a date, now you have to check out the friends and the family.

Some dates get so comfortable he invites you to meet with his friends easily or can introduce you to his family, somehow though these days that does not mean much. You can meet with a man's family, friends, ancestors and if he is not ready to commit or be the one for you it's all futile but that's also a good sign in this generation because it is easy to meet with a man's friends but the family might not be that easy. Some people are saints in their families too but with their friends, they become demons easily with no caution as they feel free.

It is no lie that the kind of friends and family a person has tells a lot about them. Most of our choices in life are influenced by friends and family, from the kind of house we would want to our clothes, down to the kind of toothpaste we use even our health choices are often impacted by our friends. Somehow it can be consciously or unconsciously. You could see it somewhere, talk about it online, or offline. Even your online friends on social media affect our lives. That's why I recommend checking out the friends and family for they sure do tell a lot.

Birds of the same feather flock together after all.

Society tends to prioritize romantic relationships. They think that just finding that right person ends there but that's a lie. You know deeply about a man from his friends and family. How does he treat them, what are they comfortable talking about? How do they behave in his presence? What is he bringing to the table when with them, who is he amongst his friends and family? Because research shows that friends are even more important to our psychological welfare. Friends bring more happiness into our lives than virtually anything else, with friends we can be at home.

Friendships have a great influence on your mental health, behavior, habits, and happiness. It's not a lie that good friends relieve stress, provide comfort and joy, improve lives, bring about new and healthy habits, prevent loneliness and isolation.

Close friendships can also have a powerful positive impact on your physical health, you organize jogging together as a team. Hold each other accountable. Someone who lacks social connection may become prone to bad habits like being at risk of smoking, drinking too much, or leading a passive inactive lifestyle.

Some friends are even tied to longevity. One Swedish study found that, along with physical activity, having a rich network of friends can add significant years to your life. The bad habits listed can also be achievable when one has a bad network of friends which can be a red flag.

If someone you like tells you all his friends are womanizers and only he is a faithful person, do not believe a word of that lie. Or all his friends smoke and he is the only one who doesn't smoke, drink not party. He is not only lying to himself but also lying to you.

Because close friendships don’t just happen, for people who say they have no friends, one reason or the other. I know a lot of people struggle to meet people and develop quality connections. Whatever the age or circumstances, I know it is never too late for a person to make new friends, or even have old ones, there should be a time when they had a circle of friends. Either way, no one is a loner. Good friends greatly improve the social life, emotional health, and overall well-being of an individual.

**How do you know a person has good friends and is a good fit for you with his Quality of friends?**

If he has friends that improve his mood after talking with them be it on call or physical, there's a nice vibe and connection. And he feels relaxed, cheerful, and great after spending time with them be it online or offline. He is always happy to tell you about his friends because spending time with his happy and positive friends elevates his mood and boosts his outlook on life.

They help him to reach his goals, always ready to be supportive and he is also supportive of the endeavors of his friends. It doesn't matter if they’re trying to get fit, give up smoking, or otherwise improve their life, encouragement from good friends can boost your potential date willpower and increase the chances of your relationship being successful.

This reminds me of a story. This girl met with this guy online after months of talking, they met, surprisingly he was not what she expected him to be. He looked shorter than necessary, which showed he lied about his height, but this guy was a great conversationalist and he talked well with her that she was willing to give their relationship a try. This guy was a people's person always with friends and with these friends they did nothing aside discuss people, they talked a lot about people, and on this particular date, he was with his friends already before she met him, not long the girl started to feel uncomfortable she felt like once she leaves the table the next topic of discussion is going to be her.

So she decided to test this logic, she turned on her phone's recorder and set it in her bag, and stood up to go use the restroom for a while. When she returned she noticed the mood of the place changed. There was a weird energy around that wasn't there before and her supposed date was unable to meet her eyes when she spoke with him.

Later she had the chance to play the recording with her earphones plugged in. She listened and heard how the guy spoke wrong things about her. He said she was being too difficult and was not easy to get to bed. That since he knew her it was just kissing and spoke about how she would refuse anything to go beyond that.

His friends also made nasty remarks concerning her. She kept her cool together, took a taxi home, and blocked the guy that evening with no explanations as to why she made the decision.

So you see a man's friends can contribute to either the success of the relationship or not. Just a few men would not allow their friends to get into their relationship that way but I have never known a man to choose a woman he just met over his friendship of year's worth.

Good friends around a man help him reduce stress and depression and other psychic issues because having an active social life can strengthen your immune system and help reduce isolation, a major contributing factor to depression and psychic issues.

The way he supports you can also tell you if he has friends or family who through tough times supported him.

It easily shows if a man comes from a background of good standing and has good friendships and relationships. Does he have friends he can share his problems with and friends who give him good support? Even if it’s just having someone with whom he can share his problems, good friends can help a person cope with serious illness, the loss of a job or loved one, the breakup of a relationship, or any other challenges in life. Are the friends around him capable of being that?

Do they seem like the kind of men who would help a friend through a rough time? Judge their bond, see through it and I bet you, you would know where the friends of a man stand with him because men are more clear with their emotions so you know what type of a bond they share, a good one or the type that has no value only vibes, alcohol, and women or some more shady shit.

What is his family like? What is their support system like? Are they the type of people that can support one of their own as they age? Take life-changing choices? Through tough ailments? Because as one grows old, retirement sets in, illness may come, and the death of loved ones can often leave you isolated. You realize that you need supportive family and friends to help you get through life. Sometimes life is worth living because of the friendships all around us. Knowing there are people you can turn to for companionship and support can provide purpose as you age and serve as a defense against depression, disability, hardship, and loss. Also, it affects how we view life whether you are a cup half full person or a cup half empty person.

Good friends boost a person's self-worth. Friendship is a two-way street, and the “give” side of the give-and-take contributes to your sense of self-worth. So take a look at the self-worth of his friends or the people around him. Are they happy being there for him? Is he happy being there for his friends? Do they bring him a sense of purpose and make him feel needed?

**Online friends only**

Some people say that they have no real-life friends, the purpose they came online was to make online friends but having only online friends who you've made no effort to meet is a red flag. It is either they are not online friends aren’t enough to be eager to meet each other and place a physical face to each other.

When a man tells you he has only online friends and there's no friend in his life you could meet, that should be a red flag. It is either he has something fishy going on or has an underlying issue he doesn't want to tell you about. Technology has shifted the definition of friendship in recent years. With the click of a button, you can add a friend or make a new connection. But having hundreds of online friends is in no way similar to having a close friend you can spend time with in person. Online friends cannot hug you, offer you comfort when a crisis hits, readily show up for you when you need them to, help you if you are alone and need someone to help you do things you can't do for yourself when sick, or even visit you when you’re sick, or show up with wine to celebrate a happy occasion with you.

As humans, the most important and powerful connection happens when we’re face-to-face with a person or group of people.

So it is strange for someone to say the only friends they have are online friends, either such a person, detach easily and move through people with no significant bond being formed long enough to make him wish they met in person. It is good for humans to make it a priority to stay in touch in the real world, not just online.

Such a person would find it hard to meet with you in real life, either he will drag the relationship online or end your relationship if you insist. A man who likes you should be eager to want to see you unless there's an underlying issue which he should try to explain with you. Have an open mind to hear what he has to say about the no friends policy he has or the Online friends only policy he has. Either way that would be one stressful ride so you have to let him be. You should make an effort to show at least that one person who is in his life or call it quits.

**What to look for in him that shows you he's a good friend, a person with good Friends and Family.**

His friends should be people you trust and feel safe with. Most importantly trust your intuitions with them when he shows you his friends and when they are around you what vibes they let off. His friends should be people with whom he could share a deep level of understanding and communication. People who are wise or seem wise enough to advise themselves if the other is wrong. Friends are willing to tell themselves the truth always regardless of their bro code.

If he has good friends you will notice some qualities in him and his friends in general below are some of the things that may be noticeable:

* He will show a genuine interest in you.

He will show interest in what’s going on in your life, what you have to say, and how you think and feel he will put those into consideration because his friends too either do the same or in his family people are treated right. Somewhere along the line that shows he has been with good people in his life and still has good people in his life.

* Accept you for who you are.

He Listens to you attentively without judging you because he comes from a background that shows that yes you need to listen or be around his friends he learned that growing up. He never for once tries to tell you how to think, feel or react to a pain you feel, or tries to change the subject when you're talking.

He feels comfortable sharing things about himself with you, easily tells you past stories of his friends if you ask, and tells you about them with the happiness you can feel emanating from him.

As friendship works both ways, his friends and family are also people he feels comfortable supporting and accepting and are people who value trust and loyalty and feel they are people with whom you can share the bond of trust and loyalty.

* You should focus on the way their friendship feels, not what it looks like.

The most important quality in a friendship is the way the relationship makes you feel—not how perfect or beautiful or orchestrated it looks on paper, how alike they seem on the surface, or what others think.

You look at them and you can ask yourself honest questions:

How do I feel after spending time with him and his friends?

How do I feel with his family?

Do I feel better after spending time with them?

Do I like the way they relate? Is this something I look forward to doing? Are they teachable people? What did I learn from these people?

Do I look forward to seeing them or do I find their presence bearable?

Was I enduring the meeting all through?

How was he like around his people?

Is this what he is like when around comfortable people and do I like what I see?

Am I around his friends and family?

Was I playing to fit in or I naturally was myself all through?

Do I feel safe, or do I feel like I have to watch what I say and do in their presence?

Is the person supportive of me and ensures I am treated with respect?

Are his people persons I can trust?

The bottom line: if the friendship and relationship he has with his family feel good, it is good. But if a person tries to control you, criticizes you, wants you to be someone you're not when with his people, is callous and does not care if you're abused or not, he abuses your generosity, or brings unwanted drama or negative influences into your life, it’s time to re-evaluate and know that the friendship and relationship he has with his family is not one you want to be around you. Good family, good friendships do not require you to compromise your values, be who you're not, disrespect you, talk bad about you, force you to always agree with them, or disregard your own needs or feelings.

If after all, you have discovered you're scared to let go because you have more general insecurities or a fear of rejection, it would help to examine your attitude. Do you feel as if any rejection will haunt you forever or prove that you’re unlikeable or destined to be friendless? Or you're bound to attract the most basic of men. These fears get in the way of making satisfying connections and become a self-fulfilling prophecy. Nobody likes rejection, but there are healthy ways to handle it:

Just because someone's friends are bad, the family's not welcoming and they're not interested in talking about it or addressing the issue at first doesn’t automatically mean they’re rejecting you as a person. That may be their friends, their family, that's not them really, so you should just give it time a little bit to see. Get distracted, or have other things going on for you. Do not let it look like you're bent on them changing their friends or their family just to be with you. Breathe and have more confidence in yourself and your choices. You won't settle for that, make it clear but don't be pushy about it.

Then, if someone does reject you because you won't accept what you've seen so far that doesn’t mean that you’re worthless or unlovable. Maybe they’re just not ready for growth. Accept that and move. Maybe they misread you or misinterpreted what you said. Or maybe they’re just not a nice person!

You’re not going to like everyone you meet, and vice versa. In dating building, a solid network of friends can either be helpful in the game or spoil the game for you.

If you barely like numerous people around you and you're often in the habit of often exchanging a few words with strangers you meet or friends of your potential date rejections are less likely to hurt because you were not that invested in the first place. Know that there’s always the next person. Focus on the long-term goal of making quality connections, rather than getting hung up on the ones that didn’t go as planned.

Keep rejection in viewpoint. It never feels good, but it’s rarely as bad as you imagine. It’s unlikely that others are sitting around talking about it. Instead of beating yourself up, give yourself credit for trying and see what you can learn from the experience to better your next!.

Cheers!.

**CHAPTER SEVEN**

**LOOK FOR PASSION IN ALL FIELDS**

**"Passion is the genesis of genius..” –Galileo**

You can't dispute the fact that being passionate is important in life, but it also can be a difficult thing to deal with in a passionate person. For one who is not passionate, it could be frustrating as you won't comprehend why a person won't be passionate about any activity at all.

Passion is a good thing it shows an active mind, but just like with all good things, too much of it can be damaging. However, signs of passion in a person are healthy signs. It shows they do not have psychic problems first, because depressed people are most of the time dispassionate about life. Passionate people, overall, do live happier and satisfactory lives than the average person.

Passions bring us purpose, but more than that, we have the feeling that we have a purpose in our lives. Being passionate isn’t just about knowing – it’s also about feeling. That’s what makes passions so significant; they make us feel that we’re on the right path in life and give us hope for a satisfied, promising, and exciting future. Passionate people lead considerably different lives from their less-than-enthusiastic counterparts.

Here is a list of things that passionate people do differently so you're able to identify if this man is passionate. The benefits of being passionate and the wrong sides that come with it.

* Passionate People Start their days early.

They’re early risers. Passionate people are far too excited to jump head-on into their days to sleep in. It’s not that they don’t like to sleep; they’d just much rather be following their passions. When the cock crows, their minds are engulfed with ideas and enthusiasm for the day ahead.

Passionate people enjoy sleeping. But most times the work to do is fuel enough not to enjoy sleep as much as a less passionate person would. Even if the particular project or tasks they are working on at the moment may not excite them, their future aspirations and the passion they have for what they do drive them to get out of bed rather rapidly. Passionate people are all about doing and you can’t do much if you spend half the day in bed sleeping. Check the sleep routines of the person you're with, is your intended date always lying around sleeping in bed, having nothing to look forward to? Then know that you're dealing with a dispassionate human being.

* Passionate people are often obsessed, people. They often have their passions in mind.

Passionate people are obsessed people. Put simply, passionate people are fascinated with things, be it their muse, project, or task. All this is not in an unhealthy OCD sort of way. The obsession is always a positive, healthy kind of obsession, the kind that inspired the quote, **“Do what you love, and you’ll never work a day in your life.”** Because no matter what is going on, their thoughts keep returning to their passions. They do not feel pressured or burdened by it. They’re just always so excited to go about their passions. They’re obsessed with their source of inspiration because it motivates them and makes them greatly pleased.

Passionate people live in their world where the exceptional things that matter to them in life are things that involve their passions which they love.

* Passionate people get more excited than your average person.

Do you know those people who probably wouldn’t care if an unusual animal like a dragon or dinosaur landed in front of their house? Yeah, that’s not how passionate people operate. It’s not that they’re never steady, or even get bored. It’s just that they can be excited easily about things that may be ordinary to you. so they get excited more frequently and stay excited for longer periods. One theory is that they commit their energy to just one or two things at a time, so it is easier for them to make more progress, and that momentum drives their excitement.

Passionate people have reasons that come naturally to them to be excited. They make more progress easily than those who split their time amongst many things because they focus on a task at a time.

* Passionate people are prone to have anger outbursts easily because they're often more emotional than your average person.

Just as passionate people get fascinated easily, they also can come off as moody people sometimes. They can go from delighted and active to angry, tired, and unhappy. As passionate people, they are much more emotionally connected to whatever that is going on around them, or whatever it is they are doing – when things go well for them, their world becomes a beautiful place, but when things go askew, they become worried, angry, anxious and begin to look for ways to fix it or get it set in motion.

* They are never afraid of risks, though they take measured risks as intelligent people.

Passionate people usually have a clear understanding of what their purpose in life is – but at the same time, they are willing to give all there is for that purpose of theirs even if it is for a moment. For this reason, they can give less importance to other things in their lives. Therefore they are willing to take risks for the things that they find most valuable, which are things they're passionate about. So they are always ready to give up things that do not align with their passions.

* Devote their lives to their dreams.

Passionate people constantly fill their lives with things worth doing and keep things not worth doing aside. So you see them live the life being all about their dreams. That which they are most passionate about is what we believe they often believe to be worthwhile, everything else seems to come second place to their dreams, even the people they love, sometimes even family, sometimes even their friends. Passionate individuals gradually move towards the direction of their passions and slowly away from other things life has to offer. They are certain they know what makes them happy and are willing to ignore any other thing out of that.

Passionate people worry not about their work/life balance. Their craft, work, and passions, are who they are. They are passionate about their work. They're usually okay being immersed in their work because there's nothing else they'd rather do. They value their busy creative mind and are dedicated to the lives of their dreams.

* Often around their work, they enjoy being surrounded by it, talking about it, and being proud of their work.

People say that it isn’t good to bring work home. However, for the most passionate, work is home. It’s not possible for these individuals not to bring their work home because their work is in them and reflects in what they do, how they carry themselves. It's an easy thing to do, it doesn't feel like work to them. It feels like they are living.

* Can’t help but talk about their projects.

They are always enthusiastic to share the projects they have going on in their lives and the ideas around them. You may not wish to hear about that all the time but it is often nice to listen to something that enables you to know more about them, their project and helps you confirm that yes this person is passionate. You should listen and also share some passions you have that would make you be on the same page as them. Overall, passionate people are delightful people to be around because they hold conversations, talk about their passions and different topics they value, be it music, sports, food, arts or cars, their talks always steer back to their passions and yours which keeps you going. they rarely see their passions as different from themselves; their world is their passions.

* They are the ''all or nothing" kind of people. It is either they forge ahead in full force or are completely not doing anything.

They are not often the best at balancing their life's activities.

They get extremely enthusiastic and are willing to go the extra mile to see their dreams come alive. Imagine they put such a focus on you. There is nothing that would stop a passionate man from being everything you want him to be. They love progress and moving forward quickly in life motivates them to do so much. They know people will always doubt them or sow seeds of doubt in their minds. So they go full force on their dreams. People who mock people and remind them of every failure fail when they meet truly passionate people because they won’t back down. The criticism and skepticism only fuel their fire. They never give in.

Sometimes they do run out of energy and take a break, totally doing nothing because when they're in their lows they're really in the lows. Only intelligent passionate people who have learned the art of balancing their lives can be effective and calm healthily.

* They always have positive thoughts about their future.

Their minds are always looking forward, always on to the next big thing, the next big project. looking at what can be done instead of the circumstances at hand. This is both a good thing and a bad thing because it could look like they're not content. After all, they are always thinking about their next move without taking time to breathe and soak in their wins.

The best thing about them is that their outcome is always great. They are always having something to look forward to and the excitement and enthusiasm are always contagious because they are excited to make things happen.

As long as they remember to take time and soak in their wins from time to time, all will be well with them.

A Passionate person brings about sweet energy. A Passionate person helps create change and direction because passion creates an optimistic environment.

A passionate person can ignite the world of others. Passion is amazing and sweet and loving a passionate man can be a fulfilling ride. That is why I advise looking for passion in all fields.

You have seen the core qualities of passionate people above. How about what it is like to love a passionate man.

**What are the perks of loving a passionate man?**

*Passion is a hell of a turn-on. Seeing a man doing what he’s passionate about is about as sexy as it gets. – Unknown.*

Passionate men are found across all careers. They can be chefs, bankers, doctors, fashion designers, writers, etc. Passionate men are not found within the boundaries of specific careers. All passionate men unlike other men are people who are passionate about life and enjoy doing things that give them a sense of purpose, they walk towards a goal, are in constant awe of life and the opportunities it brings their way. They go after things they consider are pure gold.

There’s this spark in their eyes whenever they’re in the middle of whatever they are doing, things they're fascinated by. It could be things they've been doing, it could be things you find regular and simple but with them the added fiery passion of theirs makes the task look beautiful and that is what makes them simply irresistible.

Passionate men love life and you are assured that they’re always one hundred percent into what they’re doing. Whatever it is that got their attention has it one hundred percent.

They don’t satisfy themselves with average, make do, manage, sufficient, they want everything to be the way they imagined it. And this quality, though sometimes frustrating, can be the best thing ever because it is admirable the length they would go to ensure you are satisfied and happy. It is what makes them the most suitable partners for you because they would ensure they're the best you’ve ever had.

They are inquisitive beings. Passionate men will always be interested in what you have to say, what you have to do and it's no pretense at all, they are genuinely interested in you and it's not only on your first date, it goes on and on.

They will always show interest in what is going on in your life because they’re enthusiastic about it, about you, about what you got going on in it.

Note they will always make sure to ask you about your day before you even think of talking about it.

You’ll never catch them not paying attention to you when talking to them because they are curious to know what the workings of your mind are like. They want to know what is going on in your head so that they can understand how to help you feel better if necessary, be excited with you if need be, and comfort you, offer their advice if you need it.

And if they discern that you’re not in your best moods or you do not feel good from a feeling or a thing that happened, they’ll look for a way to satiate make you feel better because it’s in their blood, though you may perceive it as annoying these men are wired to make it better. So that's what they look forward to doing.

They ask you questions like "How can I make it better?" So they make sure to try everything that will make you happy and once they get the hang of it they’re good at making it better.

They are courageous people: they are never afraid to go on daring activities that make the adrenaline rush into you. They are also ready to push you to go out of your comfort zone. If it is climbing the highest mountain, going kayaking, going hiking, and screaming your name on top of their voice, they will do it with you. As long as it would challenge you, make you happy, and bring you out of your comfort zone they will do it.

They want you to have an experience like no other when you're with them. They want to show you experiences you have never had with another man before.

They will climb mountains and hills with you because they want you to see how courageous and bold they are and also prove to you how spirited and brave you are. These experiences they take you through would ignite your passion and you will find yourself laughing more with them.

If it is a song you need, if it is a poem, if it is a grand gesture you need you only need to ask them and you will see them write you a song, they would even begin in front of you. Passionate men neglect the sense of space or time, they're always ready whenever you are to take on a challenge you only need to dare them.

In their heads, there's this endless space of possibilities and opportunities that they take a hold of at the right time to show you how much they care about you.

If you ask them for a kiss, you should be sure they would give you a thorough kiss. They would go over and kiss not just the lips, they would kiss every part of you and make sure not to miss any spot that makes you tingle. They want to please you and also do it in style.

You are assured they won't quit on you halfway; once their focus is on you, every touch is done perfectly and with care.

Failure has nothing on them, failure is only a learning curve for them. They will always try until they succeed, restrategize and be better, they mourn their losses and look forward to what can be done.

Failure to achieve something, only means they've learned how to do it better and they'll do it again and again until they succeed in it. If eventually, they discover that it isn't their calling they would check in with themselves, consult, listen to advice and see if they could do it a different way from the usual or add a couple of things to sweeten the dough.

Whatever it is they do, passionate men don’t quit until they’re finished, even if it is you. They have a goal in mind with you, imagine your goals both align, it'll be a wonderful experience.

It is against their rules to show weakness in front of an obstacle, so please if you encounter a passionate man, make him feel safe, you should be a person they can be vulnerable with, let down their heroic cape and, be free. Weakness does not make them a failure but oftentimes they forget that and would never forgive themselves if they disappointed you.

They hate to disappoint even themselves at first, but they forget we are all humans and we err easily. Assure them it is okay once in a while to not be perfect.

They’re not afraid of commitment. Unlike commitment-phobes, passionate men are completely different. They see you, they like you, they fight for you, they do what is fine with you, they connect and create a bond and ensure you're also digging them as much as they dig you. They are always vocal about their feelings, they tell you what they feel about you to make sure you're both on the same page. Then they commit to you. It’s as simple as that to them. No mind games played. No lurking into your head to see what you're thinking without letting on what they feel.

When a passionate man likes you, it shows, when a passionate man values you, it shows. He shows you in everything he does because he is intentional about you. He will do everything in his power and more to show you how he feels because they are naturally expressive people.

He will use all of his skills to get your attention and not just for a while he wants it on him for a long time and so uses all of his traits to astonish you.

And once he has you, he will not stop chasing you. To him, every day will be an opportunity to show you how much he appreciates you. Yes not every day would be flowery and a dream come true but you never for once doubt your position in his life. You value him and he values you with equal energy. He is not afraid to show you his feelings or be on the vulnerable side with you.

Passionate men are men who can be brave and tender at the same time. They have both of these traits in them. Seeing you happy makes them even happier, they derive so much joy from the happiness of people around them so watching you joyfully is another favorite pastime of theirs.

Passionate men will collectively put the happiness of your relationship first, he prioritizes your growth as an individual and as a couple as well. They have no problems adapting to things necessary to ensure you both achieve your happiness and can grow together as a team. You should also be willing to make these sacrifices for him as well because he does not take them for granted. He also values matching his energies. He has no problem adapting; you should not have a problem with that either.

They take every opportunity anybody presents to them, as an opportunity to learn something new.

These men value appreciation, you appreciate them, they are happy to do more for you, they're appreciative of you and courteous using the words of pleasing and thank you always.

They do not leave you when you lose your cool or when you both get into a fight. It is a learning curve for them, for they get to see a side of you they would learn about. It gives them time to look for ways to be better or challenges you both to grow. They don’t enjoy it if everything's perfect because, in their mind, your flaws and peculiarities and oddities are what make you complete.

Most men may *SAY* they love you but passionate men will *SHOW* you what they mean by being in love with you in a thousand unique ways.

**CHAPTER EIGHT**

**IS THERE A LACK OF CONSISTENCY**

Staying the same at different times or situations is likened to consistency.

It is necessary for people to feel a sense of predictability and dependability, and trustworthiness in their relationships and consistency does that.

The need for a consistent partner is increased now more than ever. We have silly dating trends like ghosting, mooning, benching, double dating, friends with benefits, half boyfriends, etc. Now the need to see the quality of consistency in your partner is tops.

You want a person who is consistent with you, his feelings, he is true to any cause he's on.

A lack of consistency paves way for emotional abuse to thrive and it is not good being in a relationship where you can not depend on your partner or prospective partner is showing signs that they're not reliable.

Consistency means that the significant other, potential partner, potential date, or the person you are already dating likes you enough to keep trying.

It means that they are invested in you and believe you are the one for them. They see a future with you and are willing to bank on it.

Consistency means that your partner is there for you when you need them to be. The world is busy. Everyone is busy getting their lives in one way or the other but when a person is consistent you are assured that they can be there for you when you need them to be. Because the importance of consistency is that you can count on your partner to be there for you when you need them to be.

Overall, consistency in a relationship is a mixture of behaviors such as trust, confidence, and trustworthiness, and reliability but it also shows an honest desire to have a serious long-term relationship.

Consistency means being there and being devoted to making sure you have a successful relationship. Consistency and stability are important factors in the life of every human being, no matter how flighty you are or a person who is always on the next big thing, the next destination, the next place, there comes a time when you crave stable and consistent energy. They make life and relationships in general healthy. Most importantly, consistency is necessary for a relationship to be healthy.

You may be tired like a couple of women out there who have met with the wrong types of men and are ready to throw in the towel, tired of dealing with people who are not being consistent at all about what they want. You're not told when you do something that turns them off, something you said that may have not sat well with them. The plain truth and honesty that come with being consistent are just not there.

Consistency in men or women is a sexy quality in human beings.

Consistency is a factor that we need to talk about more because words and actions need to match.

You see yourself liking this man, he is ticking your box perfectly well and then all of a sudden he starts to pull away, he pulls back, they stop showing up for you, they let you down one too many times and you can't help but begin to distrust the connection you have with them. They've shown you that they are not dependable people. You can't rely on them, the doubts creep in, you're wondering their motives because it's like along the line, something changed.

Inconsistency is such a funny thing because even a small amount of inconsistency brings a distrust you can feel in your body, tension, anxiety in your body, it puts your nervous system on the edge which is not emotionally healthy. It's been scientifically proven that the right people feel different to your nervous system.

You're consistent in the way you show up for yourself, because a healthy relationship, first of all, begins with yourself in all the different areas of your life. How consistent are you? Do you carry the same level of consistency you crave? Are you certain you have the same level of consistency in every area of your life and not just one area?

You're not going to get far if you do not have the level of consistency that you need because it is important to embody the quality you're looking for in another partner. You should be ready to match the consistency you need in your life.

Over the years you would notice that the quality you desire in a person would change dramatically and vary at different lengths, but one thing that remains constant at all times is consistency. When you see inconsistency your body gets alarmed because you know you cannot rely on that person because consistency equals trust, which when developed leads to intimacy.

Consistency does not mean that you can't change your mind. It is known that changing your mind is a woman's prerogative. You can change your mind, you can change your actions, you can change your choices.

To create stability on a foundational level your partner needs to trust that they can depend on you. So a balance in consistent acts on both sides is very important for the relationship to proceed to a good level.

The world is busy, you get it, people who are eager to get things done in their lives are busy. So you know that yes there's a level of communication that can be achieved but at the same time it is humans we are talking about men, we are talking about and men are creatures that when they like something, they go for it immediately, they forge ahead to it. Not all me though because some men I must say are basic beings.

If you are with a man and you can't trust him to show up for you, while you show up for him, then that's a red flag you should not have to feel unsafe around your potential partner or date.

There are times people feel the need to hide and retreat and surrender but still in a relationship you should feel the other person is your safe space to land. Consistency is not routines or rituals, that is not consistency, consistency is not boring, rituals are boring, routines are boring.

If you are used to the push-pull dynamic in relationships, consistency may feel boring to you. As you have constantly been used to dysfunction.

That is why in the early chapters of this book it is necessary to note that discovering yourself is important so dysfunction does not feel like attraction to you.

**What do you need to know about inconsistent men?**

**How do you know there's a lack of consistency in him?**

Inconsistent energy from men is a red flag because that not only messes up your mental health, your body just gets signals of not being safe with this person.

Consistency is the basis you grow on, it brings you depths of intimate moments you can have in relationships because you trust and can rely on someone. Consistency is key. Without any consistency, then there is no way you will be able to establish stability in your romantic relationship. When you get into a relationship with someone, you should be able to know that you can rely on that person regardless of whatever situation you guys might find yourselves in.

You know they got your back, and you got theirs, their your safe space to land and you're theirs as well.

You have to always be able to count on your partner no matter how easy or tough things might get.

The reason why consistency is crucial in the formation of long-term relationships is that it gives a romance a sense of rhythm. Remember I said consistency is not the routines and it's not the rituals you do in relationships. With that rhythm, you can have something that you can fall back on whenever you find yourself going astray.

But when one person is inconsistent in a relationship, then you can literally feel how off-balance everything is. You can feel all of that rhythm off. So how would you know if you’re unlucky enough to be dating someone inconsistent? Or your potential date is inconsistent. Here are some signs you could look out for. You could keep an eye out for them so when you see you can take note. You have to be able to take note of traits of an inconsistent partner because that allows you to control the situation. If you know that the person you are with is being inconsistent, you can start to demand consistency from them or grief your loss early, and when you finally leave you are not left with regret and it doesn't hurt much.

It also gives you a better understanding of your relationship and you know the reason why things are the way that they are. Here are traits of inconsistency in a relationship:

* You are always the one initiating the conversation and you get nothing back in return. It's always the one-word replies or their enthusiasm doesn't match yours and that is after things might have started on a good start. They will always make sure that you begin good and begin to give you crumbs, a little dish of crumbs here and there and that is not fulfilling for you, you are often left off wanting more from them and they don't give you. It is very hard to find a man who puts his all on the table. You feel as though if you give your hundred percent you're obligated to get that back but they give you a ten and that's the best you're gonna get from them. Some are masters at having a strong start in relationships. He will be able to establish a kind of palpable spark and chemistry with you that will make him seem irresistible. He later turns to say you're doing too much. You're crazy and you're just overdoing things. Some inconsistent men would even gaslight you and that's the height of it.
* He will occasionally give you compliments about yourself. Then steadily remove it. Before that he will lead you to believe that he’s really interested in you without him admitting it. He will do that by trying to butter you up with an endless supply of compliments that aren't necessary and do not eat them up just watch him because he is so good at being believable.
* He will lead you to believe that he is a very busy man or someone who hates socializing, he will tell you that he is usually like that and doesn't care much for people and so his disappearing is normal. He will lay the groundwork for all of his disappearances and inconsistencies by leading you to believe that he is antisocial, busy, not good at communicating, you're better than him in that aspect. He will drop subtle hints that he always finds himself having to manage his time effectively because he has so many things on his plate and is battling a lot and won't be able to commit to you or give you his time.
* He will want you to take full control of all conversations that you have. He would let you take the lead like a tango dance and begin to mirror your move, what you dish is what he also dishes. And sometimes he gives you the barest minimum. Sometimes he will dominate the whole conversation, He will not want you to get a word in. He also shows you signs of selfishness and egotistical behavior by trying to make every single conversation that you have about himself, his life, family, or friends. He will prove that you don’t matter much to him at all.
* He rarely ever shows up in the times when you need him the most. He never wants you to feel like he is invested in you wholly to the point where he would come running whenever you call. He would never want you to believe that you can fully rely on him, he lets you know subtly. You can see that he isn't ready to be a reliable person. He will only show up when it’s convenient for him to do so.
* He doesn't make you feel like you can trust him. When you ask him for advice, he offers a half-hearted answer and isn't interested to help solve your problem. He gives a reply that spells "please solve this problem on your own," I have no input. He isn't empathetic to your needs. He bothers you when asking you for advice on things that do not concern you. He thinks in that way he is showing you by asking for your advice and opinions that he values your input. And when he starts to feel like you’re slipping away from him, he becomes vulnerable with you. This is a common tool that inconsistent guys use to make you believe that they trust you and that they value whatever you might have to say or contribute to their lives.
* He will act ambiguously concerning how much he’s willing to commit to you. He won't even mention commitment with you. In short, he will keep you in the friend zone, or the friends with benefits zone. He won’t make you confident that there’s something special between the both of you, when you engage in sexual acts he may say things like "this body is mine" "you belong to me" he lays claims on you only in sexual acts, he calls you sweet names but does not talk about commitment or a relationship. however, he will also do just enough to keep you hopeful and on that leash.
* He will say the perfect things but he will do all of the wrong things. He is always so good at saying the right thing at the right time, but you will also notice that his actions never back up his words. He will never be able to do everything that he tells you that he’s about doing.
* He disappears for long stretches and suddenly he will reappear whenever it is convenient for him. There will be times when he will just seemingly take a break from you. And you will grow to get used to it whenever he’s gone. But whenever he feels like he loses you completely, he will reappear in your life again.
* The inconsistent guy knows how to time their entrances into your life. They know just when you’re about to give up on them and would want to begin the push and pull situation again and he will then put his moves on you once more just to keep you invested in him and that can honestly be exhausting.
* He is the kind of guy you eventually grow out of. Because you get tired eventually, as you would be able to read his game and you can clearly see through his intentions. With time you will understand what kind of guy he is and you will eventually grow tired of the charade, still, they'll come with promises to be different.

In the long run, the hot and cold happens, leaving you frustrated and unhappy.

Sometimes you are tempted to know the reasons why people are unreliable in relationships.

**Why are people unreliable in relationships?**

A lack of trustworthiness in a person can be caused by different reasons.

Sometimes, it is just a part of who they are. A handful of people are simply just less organized than others and find it hard to stick to plans or keep arrangements intact. They feel like those things may not be particularly important - they may not even realize that they’re annoying when they are unreliable, they feel it is the normal way to be. They feel they are not doing anything wrong and it is unrealistic to depend on people because they've been taught to be that way, or they have learned over time how to be self-sufficient all their lives and so they do not see any other way to be.

It is worthy to note that unreliability can stem from uncertainty or a lack of commitment. Not being held responsible for your actions often can make one fall into a pattern of inconsistency. When a person is feeling unsure of something or the extent to which they should feel invested in a relationship, they can sometimes express that in a passive-aggressive way - by giving less than they should or beginning to do things in inconsistent ways. This is a behavior that can be carried out either knowingly or unknowingly - the person who is unreliable in this way might be aware of what they’re doing or it may be something that ‘comes out’ unintended from them easily.

Unreliability can also come from a desire to have more control over a situation. People do not want to be caught off guard and there's this notion to grief your losses early. This applies to both the small issues and the big issues.

When a person makes someone wait for them deliberately by turning up late, they are attempting to gain control over their actions. They are trying to control themselves by determining the pace and energy. So what they show you is a tailored version of themselves. They make the person waiting to appear to be the person who ‘cares’ more about time, the person who is showing more effort - and so gain the upper hand in a small way. Similarly, when they freeze someone out or refuse to give the emotional support the person needs from them, they can make them feel more dependent on the times they are kind, and so exercise a kind of control over how the person should feel and that is downright nasty and unhealthy.

Nobody should make an individual feel that way about themselves. Hoarding emotions and feelings like cookies you keep in a jar to open up and give selectively to a person when you deem fit is really a nasty and hurtful thing to do.

One time a friend of mine had this lady he was interested in. The girl was feeling him as he said all the right things to her, ticked her boxes and she felt she had found the one. Showed her acts of kindness here and there. Made grand gestures and promised things he never had the motive to deliver.

He led her on, all this while he had a girlfriend, but was hoping to see if he could get this girl in bed and sleep with her. When it looked like that wasn't going to happen he began to unleash hurtful words at her when she reminded him of his words and promises to her. The mind game he played was terrible and I let him know about that. Seeing that their relationship was mainly online gave me hope that either way the girl would learn and see that yes this guy wasn't worth all the stress she must have been going through for him.

To all who knew that love was true as she had no expectations from him in any way.

In the darkest moments of his life, it was this girl who was there for him, he was amazed, she was relentless, she kept sending email messages when his phone was unreachable and that touched him. I sincerely do not know what state of mind he is operating in now but she is still communicating with him.

I hope he sees that she loves him as some people like her are hopeless romantics and sometimes are stronger than we think they are. I have never seen someone who is more direct, understanding, and caring like this girl. I hope that all her efforts on this friend of mine are rewarded soon with her being with a man who totally deserves her.

So some people may not be bothered by the inconsistent energy, but you my audience who have goals to be met via online dating should not let a long time pass you by, by spending your time waiting for a man whom you hope to see your worth soon. I am rooting for you and I more than anyone want you to be happy.

As I wish for every female around me or every female who has the opportunity to encounter this book to be happy as well that is why we would look at different ways this thing has worked and how it can work now even in the kind of world we live in.

Again, this can be either knowingly or unknowingly - it may be part of an ancient pattern of planned behavior designed to undermine the self-esteem of the other party or it may be the expression of a desire that the perpetrator is unaware of. In the case of the latter, this can stem from a variety of places, but one of the most commonplace it stems from is inferiority complex - a lack of self-worth that causes people to immediately want to place others on a lower status than themselves. They want to immediately impose themselves on you.

People's securities are loud. It is we who have deafened our ears to it because our judgment is often clouded.

Though as with many other issues in relationships, dating, online dating, physical dating, friendships, and communication, the best way to begin tends to be from an open and honest conversation with each other. If what your partner is doing is really affecting you, and you value them, then it’s important you try to address the situation rather than brush things under the carpet. The elephant will forever sit on the table. Forget about little moments of uncomfortability, think about the amount of clarity you will have once that conversation is over.

Not talking issues out can be the biggest cause of resentment in long-term relationships. So overlook little moments of discomfort, even when it’s awkward or difficult, try to talk and trash things out. It is the best option asides from walking away when you've exhausted your best option which is talking when it comes to resolving issues. You will see that your frustration comes out in other ways anyway - so better to head difficulties off before they get worse.

There are three communication tips to try with your partner or potential date or date.

Which are the good starting points for having this kind of conversation. These tips will help you think about ways to talk without things turning into an argument, or leading to pointing accusing fingers, and playing a blame game. To express yourself in a way that your partner is likely to engage with, rather than become defensive you have to use these tips.

There are three benefits of talking things over: firstly, you’ll be able to express how you’re feeling, and secondly, you’ll be able to get a better understanding of what your partner thinks, you will be able to understand the workings of your partner's mind. Third, you'll gain clarity, clarity on the status of the relationship. If what you have discovered will make the relationship worth fighting for or if all hope is lost totally.

If you value the timeliness of getting quick replies to your texts as essential to getting help when you need it then, you may be able to help your partner appreciate this quality better. Conversely, coming to understand that your partner doesn’t necessarily do these things to hurt you may help you feel less aggrieved if they do happen to exhibit such behaviors still in the future.

However, if your partner’s behavior is at the more severe end of the spectrum, it can be a good idea to proceed with caution. If you feel like your partner is unlikely to respond well to a broad discussion of their behaviors, and are not susceptible to change, it can be an idea to focus on individual instances. That way, you can begin to talk about what you’re finding difficult with a smaller risk of them shutting the conversation down. Begin with baby steps of course, in some cases, they may be unwilling to talk no matter how carefully you try to express yourself. They are always ready to shut you down and turn it into a defense game of blames and accusations. Know that inconsistent men at the end of the spectrum are capable of gaslighting you. So do not try to engage in this silly mind game because you might lose your mind and say hurtful things and also hear hurtful things in return. At this point, it’s worth thinking hard about how much more of this behavior you’d be willing to tolerate.

One question I urge you to ask yourself is this: ‘if this was still happening in one year, how would you feel?’

Is this the kind of atmosphere you want to grow in and thrive in?

What I recommend if all answers to those questions are negative is run, flee, if you have him on social media cut ties, block him off, delete his number, lose his email address so you're not tempted to email him.

Leave him alone as fast as you can decide.

**Moving On From Inconsistent Men**

Moving On; you move on when you are ending a relationship, or when you have already ended the relationship. There are various processes you go through when you move on. You should allow yourself to feel sad once you have realized that you won't continue the relationship with any inconsistent men. Remember to never lose touch with your friends. Make plans with your friends and family. If your mental health is affected, do not keep in touch with them. When you are healthy, strong, and mentally capable you can decide to keep in touch with your ex potential partner or ex if possible. When moving on you rediscover yourself, avoid a rebound relationship, Journal about it. Avoid getting back together with them.

The most crucial part of letting go of a less than enjoyable relationship is recognizing what makes the relationship a bad relationship. Make certain you do not want that quality that makes the relationship bad, in this case, it is a lack of consistent energy. Be sure that you do not make the same mistakes again.

After you have taken the time to work on yourself, heal and become better. It becomes easier to identify those men that have inconsistent energy and all other qualities you do not like. Also, decide to not be willing to help such men work out what they want in life. You are worth a man who makes the same effort as you. Some men may convince you that they need your help to be able to work out the issues in their lives. Allow them to work out those issues they need to work out without you in their life.

Sadly, many women in the world today are still under the delusion that they are or will be the special woman that comes along and “fixes” a specific man and it never works.

You cannot fix any man, a man changes himself because he wants to or because he sees you worthy enough to amend his ways and be different. You cannot make a person change who they do not want to, they have to want it for themselves. If all they do is try to change on your account and not because they see the need. Then not only will they fail you, but they will also fail themselves - which can serve as a devastating blow to someone who may have been on the verge of improving their life.

If you have come to this point where you have let go of the relationship with the unavailable man and have done the work needed to understand your self-worth, then you are truly ready to have a healthy adult relationship in which your partner makes himself available to you and does the best he can to meet your needs.

With the new hope of a fresh start, do not go back to the kind of dating apps where you have met men who are not ready to commit or be who you want to be. Take a break for a minute and check out new dating apps. It is not advisable to continue on an app where you constantly keep meeting men who are like your previous love interest. Men who insist on weird places as your place of the first date too are never really a good sign. It's never a good idea to go on a first date to places like bars or clubs, or gyms.

Your chances of developing a meaningful relationship with someone who takes you to the bar, the gym, or club on a first date is pretty slim. As such a person is bound to ask you for sex on a first date. Men of quality do quality things. A man who takes you to a sub-standard bar is not bound to be quality but in all keep your mind open.

Do not commit your mind that you have found the one. Just watch and allow them to lead, do not fall for the crumbs they'll throw your way in the name of communication, don't let them make you take the lead. Because your chances with someone who is not even ready to put in effort for a first date to show you they are ready are slim to none.

You should carry on with your life, continue doing the things you love, meet with your friend(s) for example, follow your hobbies if it's trying out new foods, going to concerts, seeing places that are aesthetically pleasing and keep your eye out for a man that piques your interest at those places. Do not limit your chances.

If you are trying to meet with a man you met on an online dating platform, do not forget to let him know of places you would like. Ask him what his ideal place to meet is so you will have an idea of what kind of a man he is. A traditional man who prefers a homey atmosphere with traditional settings or a modern man with a good sense of taste and quality.

Meeting a man at a cultural event is a great start, meeting a man at any outdoor activity is a great start. A great start because that gives you insight into his tastes and interests, you know if he has similar tastes and interests as you and it does not feel like you have to endure the whole date as it would in a bar setting because there, alcohol influences the courage of men.

Let go of the fear of being single. Fear is a bad motivation for anything. Anything done from fear ends up not being the right choice for you. You have to first accept the fact that yes there would be shitty men, and even if it takes a long time to find your soulmate do not let fear of being single be your motivation for enduring inconsistent men and their antics. Do not see being single as a death sentence, it isn't, it's a phase in your life in which you have to enjoy the experience, and discover parts of yourself that make you fall in love more with yourself.

As a woman, your biological clock and all may be ticking, and you have to have children, that is if you want children and a family. You may be tempted to rush things or be frustrated but don't. Take this moment to learn things about yourself, secure your finances and plan the future for your future children. Take your time and select the spouse you want for them because starting a family is an important decision you make with someone ready to bring in all the effort.

The world is scary and your home should be your number one safe place so you cannot even begin to achieve that by marrying an inconsistent partner. You are not only choosing a spouse you are choosing a father for your children as well.

Take your time and note things, discover yourself and enjoy the process so you know and are sure when you see him.

Begin seeing it as a time to discover yourself, a time to prioritize what is necessary, what you want in life and from a partner so that when the opportunity arises to enter a new relationship, you will know exactly what you want, what you, need and never again will you settle for less than you deserve.

Most importantly you're able to recognize what you need easily when you see it.

Don’t be anxious or desperate to enter into a new relationship, nothing good ever comes out from it. Asides from using your time as a single woman to discover and build yourself, you can also have a very fun time where you learn to be independent and enjoy your own company and invest in your feminine friendships.

The next time you are having trouble letting go of a relationship with an inconsistent man, know that you do not deserve that, and enduring anything you have to endure from that relationship is a sign that you do not love yourself enough.

Also, remember that those people do not love themselves either so do not be like them because you can only love a person once you learn to love and accept yourself. Do not join them and not love yourself. When you get to the point where you love yourself, you will know that you deserve better than a person who takes your love for granted.

You deserve a person who's willing to love themselves, be whole, committed, and ready to put in the work to make it work.

**CHAPTER NINE**

**TALENT & WILLPOWER BEAT INHERITED MONEY.**

It is no news that the importance of inherited money is highly overrated. Many sustainable businesses have survived because of willpower. Both Talent and Inherited money are useless without willpower. Many people who have inherited money have ended up squandering it. Because they do not have willpower.

Having the ability to have incredibly good ideas is a talent and this talent combined with willpower brings the ideas to life and these ideas when they come to life bring wealth because people will always pay for the value you deliver. Your talent is your means to offer value.

People with inherited money think that they are smart and with canny investments, they'll be able to sustain or grow their wealth. Most times these canny investments turn out to be a flop, unfortunately. Sometimes the wealth from inherited money is not sustained or grown because the people who inherit the money, company, or wealth lack the entrepreneurial talent that the predecessors of the inherited money had.

People often wonder why those with talent and willpower have better success in life than those with just inherited wealth.

Know that a combination of those with willpower, talent, and inherited wealth bring about speedy growth and massive success.

Do some People wonder if they should attribute the success of other men to their habits, connections, fortune, great work ethics, or any other extraordinary behavior? There are three things mentioned in this book that make men suitable if not extraordinary. These three things are a combination of the positive traits that make people amount to speedy growth, success, and wealth once they are ready to think outside of their box. There is consistency, passion, and willpower.

A combination of those three qualities is the total of every positive trait that leads to success. These traits alone, give you a successful relationship, in business these traits combined.

The ultimate power behind success is willpower.

Willpower is the focus on the goal, the power to control yourself, no matter what happens you are not deterred from your goal. It is a strong resolution that allows you to do something difficult, something you should give up on because of the obstacles. This behavior, one is born with it. It comes naturally to a person. Just like how leaders are born. People with willpower are born as this is a skill that comes from within and not from learning; however, learning it is possible, not only that but you can also strengthen it with constant exercise.

It is said that willpower is just like a muscle; to keep it strong you have to constantly nurture it. People with a great amount of willpower also have the motivation and discipline to develop positive, successful, and healthy habits and have a much better chance of succeeding personally in relationships or professionally in businesses they engage in. Even with an incredible amount of talent, without the discipline and motivation to create positive habits to complete tasks, it can be impossible to achieve success.

**Look Out For Healthy Habits In Man**

Willpower and healthy habits and lifestyle go hand in hand. A man who establishes positive habits in his life has created the key to boosting business.

The focus of any owner of any successful business or company is to drive sales. It is only right that such an owner trains his sales team on how to acquire good habits to become great at sales.

It may be attractive to you that the man you are talking with has your time. It may look attractive because there is something about someone not having a schedule and being available when you need them to be. Not being with a man who constantly tells you he has daily tasks he needs to do.

A man who is carefree about life, or one who is still discovering himself has enough time in his hands and it gets easy for them to mismanage that time because they feel like they have a lot more free time. It is sweet to you when you call them out for lunch, they show up because they have the time. Do not forget that a man who has time on his hands is certainly not productive. A man who balances his time between the woman he loves, his work, and his hobbies certainly, you do not want someone who will always be at your beck and call before you know it, you begin to feel disgust for them.

A man with a healthy amount of habits, discipline, and focus is one with the willpower to get things done. Willpower brings about healthy habits needed to get things done. Needed to achieve a goal.

It is critical for a man or a woman to create habits and take the actions necessary to stick to those habits day in and day out for higher output and success in business and personal life.

Almost half of our daily activities are part of our habits and not decisions, so once the right habits are in place, a person can automatically perform their tasks with those habits and develop themselves so getting to know his daily routine and rituals would be an eye-opener to you. You get to know what he can do and what his daily activity says about him.

When a person gets the desired results from habits it drives them to do more.

Once a person gets the reward of sticking to a habit, they start craving those results. Whether the reward is a big payout, developing new muscles, meeting a required weight, or the enjoyment of having a bowl of ice cream. The good thing is that anybody can train themselves and choose what to crave once the healthy habit is created, good or bad.

The best way a man can create and stick to a habit is to have a strong motivating factor.

That is why I always say that the best change comes from those who see the need to change and be different. You develop habits when there's the willpower to want something different which can be the strong motivating factor.

If a man's business, life, or relationship is something he is passionate about. You will see him go for it and make habits that would make that thing he is passionate about prosper. If the goal of a person is to help others, you will see them have a zeal to do better and help people.

Creating habits is sometimes not an easy task, we create habits and sometimes we find ourselves retrogressing to less-helpful habits, but when one has a valuable outcome associated with a habit. That helps them to stick to that habit permanently.

Self-Control is one of the habits that come with willpower. When you have a man who is passionate, consistent, and has willpower you should look out for self-control. Self-control is another key to success.

The art of self-control is one that most successful individuals in life have mastered.

Self-control enables a person to avoid behaviors that don’t contribute to your success.

Self-control is a noteworthy quality in a man. These days we have a lot of indulgent men. Men with self-control can increase their success and achieve their long-term goals easily. Everybody has desires and cravings with stress and other daily factors, it is easy to lose control at times and give in to temptation and do something that doesn’t follow your plan.

When a man knows exactly what he wants, when he wants it, and how he wants it, self-control helps him to stay on track and stay focused to achieve greatness. Because there is a delayed gratification associated with self-control, it can be easy to get off track.

However, when someone works on sticking to those minor positive habits one day at a time, it becomes easier to stay strong and achieve that delayed reward that will ultimately help one master the art of self-control.

Once a reward is attained, the drive to stick to your habit is intensified. It is much easier to continue to stick to positive habits when you can see results. A man with talent and willpower will clearly plan his goals and develop the habits needed to achieve them. He can recognize that self-control is necessary to stick to those habits.

Willpower just like every skill needs to be boosted. A man with talent and willpower boosts his habits. How do they do that you may wonder?

How does he improve his willpower and talent to create the right habits and develop self-control for greater success?

All these questions are questions you ask to determine if a man has the willpower to succeed and if there's a great reward from betting on him and his success. You know all this to be sure that yes he is the one for you. Men with inherited money, do not see the need to develop or boost their willpower.

Inherited wealth brings you this false sense of security. You are not certain that it may finish one day. Many inherited money men live life maybe extremely lavishly or extremely frugally.

Men with talent and willpower do the following things in their lives to boost the willpower, strength, determination, and all other qualities that will bring them success.

* They create deadlines for themselves and their projects.

They must create and meet project deadlines. Meeting the deadlines they have created for themselves gives them a sense of confidence and discipline to tackle those projects easily.

* They often make an effort to stay healthy. Good health is valuable to all human beings. All your dreams, aspirations, goals, and projects can be at a halt if you do not have sound health of mind and body. Body most especially at this point. So men with talent and willpower are often working hard to improve their mental sharpness and confidence. They exercise a lot, eat healthily, take adequate rest though that is not often the case. They read books and are constantly improving their minds. They need to feel good and be in good shape to actualize those big dreams that they have. Eating healthy and exercising regularly helps them feel more energized and able to accomplish their goals.
* They are always mindful of their decisions. They know that yes they've got the power to change their future and one wrong decision can make them begin all over again. So they ensure they do not overdo it by overloading themselves with work; it’s vital to work smarter, not harder. They are aware that one right smart decision can put them ahead in the game. They also understand that it takes a lot to bounce back after a burnout. So they are aware of their limitations and allow space for self-care because that keeps their willpower high all the time. They understand the need to be your head straight and restrategize to come back stronger. They value input a lot and often look forward to solid advice on ways they can do things differently.
* Most importantly, they are never afraid to be themselves. They are passionate men and passionate men are not afraid to talk about their passions. You will notice this person is comfortable with you, comfortable in themselves, in their element always, and do not pretend to be what they aren't. They also value people who are themselves. They understand that being authentic about your work gets you motivated easily. Self-motivation is essential to them and that can only be achieved if your passion, consistency, and authenticity remain top-notch at all times and they understand that.
* They make sure that whatever they decide to put their energy into is something that brings them joy and satisfaction. Also, it is something that allows them to express who they are. A lot is needed to achieve greatness. You can have all the key ingredients but without passion, it is nearly impossible. So they always remember who they are, the reason they do what they do. The joy they bring and the purpose they achieve with that work. A man with talent and willpower always remembers these things, for with these things the willpower they were born with or have cultivated over time will remain constant daily and success becomes a must for them because they've got all that it takes.

A person with talent & willpower can easily become a self-made millionaire especially if their talent is of immense value. A great number of millionaires, billionaires, and other successful men consist of men with talent and Willpower. Inherited money is good. Inherited money and willpower would make a man successful fast. The key factor to look out for remains "willpower" which is a catalyst for success.

**CHAPTER TEN**

**THE SOCIAL FIT**

The social fit is one who is able to assess, build and optimize relationships and interactions he has with others.

He is knowledgeable, has the strength and self-confidence necessary to perform at best and maintain healthy relationships.

The social fit listens and shows empathy easily. The social fit for you is your soulmate, the social fit would get along with you, have common interests with you, and have similar needs with you.

Finding your soulmate is like finding a key that fits our locks. When you feel safe enough those keys open your locks and your truest selves step out and then you are wholly and truthfully yourself.

A soulmate. The social fit for you. A soulmate is the quintessence of love and friendship. In our fast-paced turbulent world, which is filled with all sorts of people, of different races and colors, ethnicity, culture, and backgrounds. You often find yourselves browsing through more relationships than you'd like to find that one person who can truly open your locks and allow you to become the best version of yourself there is. Your soulmate brings joy to your life, the satisfaction that yes you have found the one you can finally call home. Because not just anyone will satisfy you the way your soulmate will. There is a substantial world of difference between your soulmate, the one who satisfies your soul, and a life partner and a person who lacks the components to carve perfectly for you. Your soulmate makes you feel whole in all aspects, challenges you to grow, heals you, inspires you to be better and you can not see it any other way. You are healed, and intact, and never feel like you are missing a piece from the puzzle. A life partner, on the other hand, can be a great supporter and long-time companion, it is more like a partnership, an agreement of two to come together and be the best you can be but your life partner Is limited in his capacity to enrich your spirit.

Many people in the world today remain in life-partnership-like relationships because they "settle," for a bunch of reasons best known to them. It could be that they were afraid that their biological clocks were ticking. Also when a woman sees a stable man that offers her comfort, whether he ignites her soul or not, she settles.

Sometimes it comes from the subconscious fear of being alone. Women have been wired to fall in love. Humans in general we're biologically designed to fall in love, so it's only natural to want to pair up even though the person is not your soulmate, sometimes people pair up in this world for silly reasons; Security, fame, children, name, etc.

And sometimes some women prolong what was meant to be temporary relations and then settle in them for good. Sometimes it happens that a child comes along the way and the man has to do the right thing by getting married. Some men are not traditional though and they just enter into an agreement to co-parent. These kinds of mistakes make one settle into a complacent relationship for good.

Sometimes some people are just scared and they do not want to go for more. They do not wish to take risks because they've been heartbroken too many times and so have lost hope for anything good to come. So when they see someone offering them the bare minimum they settle in for that because they have convinced themselves that there's no better out there.

There are relationships that are supposed to last only for a small period. Sometimes they are meant to last for a certain period so you can close out a karmic chapter of your life. There are relationships in which you're only meant to have children with your partner but not necessarily remain with them, and some relationships are just a ball of confusion filled with lots of extreme highs and lows and melting pots of emotions. These types of relationships are not meant to last forever, this is obvious to everyone around the couple but they don't see this because their judgments are often clouded by emotions which don't allow them to see their predestined paths.

Some people feel they married their social fit, their soulmates. I have seen people who say "oh we have been childhood sweethearts, they've been no other person for us aside from ourselves we are soulmates"

Same time you see them wonder why they're having the problems they are having in their relationships.

The thing is many people lack the 'soulmate bond,' you see them having commitment issues, lack of accountability, dedication, and focus, and most times you see the passion is not there in their relationships.

Many people fall between the two extremes in life In their relationships. Either they have experienced several wrong relationships before finding the person they believe to be their perfect fit or they fell in love with one person since their childhood or teenage times and now got married to that person. Either way, they believe they have found their perfect match, their soulmates. Still, they struggle with issues soulmates should not struggle with.

So if you are intending to get married, planning to get into a relationship, or just contemplating a new love interest, you must know what role the person is going to play in your life.

The question everyone tends to avoid, sometimes they do not believe in asking those questions. Some find such a question even silly but it's inevitable. This question is bound to come up if not out loud, in your mind, you will find yourself asking it so getting used to it now is only necessary.

Ask yourself: Is this the person I was destined by fate to share the rest of my life with? Or am I about to settle too quickly into a relationship with someone who can never complete me?

No matter what stage you're in your relationship, several clues clearly define a soulmate bond or reveal to you if there is a lack of the soulmate bond between you and your partner. As you go through this list, think about your partner or potential partner and decipher if they meet the soulmate criteria.

**The Elements of a Soulmate:**

* There's something about the bond you share. There's something inside. Defining how a soulmate makes you feel is impossible because you can't just find the words to explain it all at this same time and this doesn't fade over time. It's uncompromising, tenacious, profound, and it's a feeling, a passion that no words can incorporate.
* Flashbacks. It doesn't matter if you believe in this or not as some people do not believe in a previous life. When you meet with your soulmate, you feel like you've met this person before. There's a familiarity that naturally comes because if your partner is your soulmate, chances are that you have met him before in your past lives. Soulmates often choose to come back together during the same lifetime and find each other out in this big world. Sometimes you feel like you've fallen into a routine you've seen before. You sometimes suddenly and briefly experience a sense of sameness you can't place but you know you've felt this before with this person. It's like an odd sense of déjà vu as if the moment in time has already taken place, possibly a long time ago, perhaps in a time and place.
* You meet each other halfway. Finish each other's sentences. It gets weird when you also know what the other is up to easily. Some people think that happens when you spend too much time together. They call that spending too much time together, but It is actually a soulmate connection. You might experience this with your best friend or your sister or your mom, but it is the telltale sign of a soulmate when you experience this with your partner.
* In every relationship, they are flaws, the flaws are something you both are willing to work on so you grow. No relationship is perfect, but you're willing to make yours perfect a haven for you both. The world is chaotic but when it comes to you both, you want it safe, peaceful, comfortable and energized. Every relationship has its ups and downs. But in this your bond is harder to break, you make up easily, saying sorry comes naturally. There's sincerity in the apologies you offer to each other and that is nice. This person doesn't limit this empathy to just you. Soulmates have an easier time accepting you, even learning how to love each other's imperfections. Your relationship is more likely to be a soulmate match if you are both accepting of each other as you each are, at the same time there is an ease with which you grow together and become better. For them, you see reasons to be better easily. It comes naturally. You wish to improve for them and give them the best because you feel they deserve it.
* It's intense. A soulmate relationship is deeper than normal relationships, you feel at home in each other's presence. Your nervous system feels different from them. There's a sizzling awareness that comes; it's like you're tied with an invincible thread because you are aware of the other no matter the crowd in the room. People can also see the link between you too. People can see the chemistry. They can feel the energy come off you two. This is sometimes applicable in good and sometimes bad ways. The most important thing is that, even during unfavorable episodes, you're focused on resolving the problem easily and can see beyond bad episodes as they do not define you both.
* Mentally you're inseparable. Soulmates most times have a mental connection similar to twins. Saying things at the same time and having the uncanny feeling that the other is in danger at the exact moment they get to be in danger. They might pick up the phone to call each other at the same time. Or have things to tell the other at the same time. Even if life keeps soulmates apart, minds will always be in tune once you are soulmates.
* There's an overall feeling of safety you get when with them. You feel secure and protected. Your partner is always ready to make you feel safe, secure, and protected. You let down your guard easily with them. It is a thing that comes naturally to them. Your priority is number one for them. This person runs to you when you're in danger, sick, or harmed. Even as a woman you are overprotective of your soul mate. You do not see that he is a man and does not need your protection. You are inclined to protect them always. You want what's best for them and their safety is your priority. Your soulmate would assume the position of your guardian angel if they could. They do not play on your insecurities, in any way you're made safe in their aura and presence. You also do the same easily.
* The possibility of them dying, walking away from them looks imaginable. You're afraid of what life would be without them. You cannot even imagine your life without them. A soulmate is not someone you can easily walk away from. Doing life with them is all you want. You want them alive. You want their happiness even if it's without you. You're happy that they are happy. You believe they are worth fighting for. You go hard for them. They go even harder for you. You always try in every possible way to love the other.
* You always find yourself lost in their eyes. With your soulmate, it is not hard for you to look into each other's eyes. Because soulmates tend to look into each other's eyes when talking more often than ordinary couples would. This draw comes naturally from the deep-seated connection you have. Even if you both are at the extreme ends of the room your eyes find a way to each other and you're caught staring at them. Looking a person in the eye when speaking denotes a high level of comfort and confidence and ease.

No matter the decisions you make for yourself be it the decision of going with the universe plan and accepting the soulmate designed for you or you're two souls who have decided to love each other in their strengths and weaknesses know that the beauty of freewill remains the same. Your life, your rules, and your choices are yours to make.

The beauty of free will is that you can decide to be in a relationship at any time or change the relationship when it no longer serves you. Either way, as you see fit. Experiencing that connection with your soulmate is one of the most precious things in life. To be with your soulmate is a top-tier ultimate love experience. I see your soulmate as an extension of you which you get to live life with. It is not your other half as people think. You're whole and you complete yourself.

If you have also come to an agreement to live your life doing a life partnership with someone who makes your soul feel at home all the same. The experience is yours to make and I am here wishing you endless days of joy and laughter, and countless nights of deep embrace, a life filled with purpose and a love so true even the ocean is jealous, a time filled with unraveling mysteries of the universe one by one.

There's this girl I knew, she fell in love with this man who was from a different religion than hers, he was from a different ethnic background than hers too. The one quality she always said she admired in the man was his generosity, his generosity to people. The way he gave himself, devoted himself to people with no hidden agenda is what attracted her and that kept her in love for a long time. She respected him and valued that quality.

Generosity goes beyond giving to feel smug. Generosity in dating, in marriage, in a relationship is one of the most important factors that lead to a successful relationship. For example, one of the key factors of marital success is domestic equality in the home and this can not be possible without generosity. This practice is not about denying your own needs but about understanding that when you give, something significant happens inside of you. Happiness, self-esteem, and well-being are connected to generosity for others.

We individually hold an unusual vision of love that we want according to the values we hold important in our lives: You may want a partner who doesn't lie, while another woman may want a partner who doesn't cheat.

Regardless of your standards and deal breakers, there exist seven real-world personality traits that your soulmate must possess in order to ascertain your relationship's full capacity. We have seen how it is to be with our soulmates, the elements of a soulmate. Now we will look at the traits this soulmate must have so you can maximize the full potential of your relationship. This is also similar in life partnership situations whereby you have agreed to fall in love and create a working relationship with a man who brings you comfort. You can overlook flaws because you have fallen in love with a person. That is admirable, as every individual would be glad to have someone who overlooks their falls and mistakes. Still, we also have to recognize the principles that mold a partner into a soulmate--those elements that strengthen a loving bond for the long run. Consider these qualities as indispensable to facilitating an incredible, lifelong partnership:

* **Generosity**

Generosity encompasses many things. You have to be a generous person to attract a generous person. Generosity is not only giving. Your soulmate who is generous is patient with you at all times. Love is kind, love is patient, love is never jealous. Generosity encompasses this and more. A generous heart forgives easily more than a stingy one.

One quality you look out for in a soulmate is generosity. Because there must be financial congruity in a relationship, don't have outrageous expectations like hoping to receive the world on a silver platter. Your soulmate or life partner should, however, offer unconditional help when you're in need. Remember that generosity is not limited to material matters; your partner should be magnanimous with time, kindness, love, devotion, and aid. True generosity is rare, so consider this a golden virtue to be found in a person.

Generosity helps your sex life. This is an important benefit if you're looking to have a satisfactory sex life you should pay attention to having a generous partner. Generosity supports a healthy sex life. Good foreplay begins with generosity. When you turn your partner on by doing what they like, rather than what you think they should like, you are being a generous lover. Allowing your partner know when you are pleased, appreciating your partner's efforts, and being inclined to hear and explore their fantasies adds flavor to your relationships. This is only possible via generosity. A generous partner in your daily waking life is a generous partner at night under the sheets. So do not joke with generosity.

Generosity is not only important in every part of your relationship it is important in every aspect of your life as well. Giving and receiving warmth, making things easier for one another to make life better, pardoning each other, and keeping your partner sexually satisfied and so one all requires a generous heart. And for people who have a hard time getting out of their heads, generosity is a skill that will help you have less stress, be healthier, and live longer, because you will be happy and blessed.

* **Emotional stability.**

Emotional stability is an admirable trait. An emotionally stable person can withstand difficult situations, handle adversity and remain capable and productive throughout the period. Emotionally stable people understand that what is happening to them only affects their container and not their insides which is the content so they do not give in to adversity. An emotionally stable person is a person who is capable of committing to you. Because one of the good signs of emotional stability is if someone regularly keeps to their commitments, be it handing over their work on time, actually showing up to events they say they will. Honoring the word of their mouths, or playing in group sports or participating as a team.

Emotionally stable men excel well on their own by themselves and can also perform well as part of a team or in a group. Emotional stability is also a great leadership quality because it helps you develop an integrated and balanced way of perceiving the problems of life. You are able to develop reality-oriented thinking, judgment and evaluation ability. A quality many wish for but are not willing to put in the work and get it.

The goal of any relationship is to create a stable, loving bond that brings inner peace, not a chaotic energy that forces you through unhealthy extreme highs and lows.

Your partner shouldn't leave you emotionally exhausted at the end of the day. Aim for a person who displays consistent feelings, one who doesn't leap abruptly from being angry to excited, or from needy to distant. That is not good. Such imbalance traps you on an emotional roller coaster that will affect you physically and mentally. You do not deserve that. You deserve an emotionally stable man.

* **Determination**

This is a quality addressed alongside willpower. It is no longer news now that a man with willpower must have a determined spirit. This is a quality your soulmate or life partner must have, a determination to create his own thriving path in life will affect your relationship positively. It will also motivate you to do more.

Individual determination sets a healthy rhythm for the relationship so long as both partners prompt each other towards their own individual greatness. Be with someone who strives to provide a good life for both of you, but who also encourages you to live out your purpose in life as well.

I see many relationships in which one partner relinquishes their career to conform to the other's wishes. In time, this creates a neglectful atmosphere, and depletes the drive of the other partner. Determination is an awesome personality trait of your soulmate or intended partner.

* **Sensitivity**

An insensitive partner is not someone you would like to have because they do not care about what hurts you or what doesn't and never put your emotions into consideration. Seek a partner who is sensitive. And by being sensitive, not someone who cries a lot or someone who is too picky. By sensitive I mean someone who is connected to the world around them. They are not only moving through the world, they are empathetic and feel the world around them--someone who relates to your needs through emotional intimacy.

A sensitive partner has incredible listening ability. They listen to you and affirm your needs, wants and concerns. With a sensitive partner you experience great empathy and intuitiveness, and better understanding of others' wants and needs. You assure the other and you feel safe wholly.

Beware of settling with a partner who is unaware of your emotions; you will find yourself saying the same things to them often. You find that you're complaining of the same things. They do not change, neither do they acknowledge your needs or emotions. You lament to them the same thing over and over again, and it'll go in one ear and come out the other. One of the outstanding qualities you can find in a partner is someone who knows what you need before you even get the chance to ask them. Even when you're bold enough to tell them you're assured that your needs would be considered and changes necessary will be done.

* **Self-care**

The way a man treats himself is a reflection of the way they will treat you. Do not mistake self-care for self-centeredness.

A self-centered person is a selfish person. He would only be concerned with their needs and wants. You always come second after them,their needs and sometimes you even come after their family.

In self-care you take care of yourself mentally and physically. It is simply showing kindness to yourself. So a man who shows self-care to himself would definitely show your kindness, because someone who carries out self-care on himself will be more present and loving towards you. And this can help strengthen the bond in your relationship.

If the partner you intend to be with self-destruct, how can you expect them to build with you? If they're completely careless with their home, job, belongings, health, or appearance, chances are that they won't be able to give you the care you deserve. Look for someone who handles themselves responsibly and gently so that they can extend such sentiment to you.

* **Commitment**

He is ready to commit. Your soulmate sees you, loves you and wants you and as such is ready to do what is necessary to have you to himself. He doesn't want to waste them. Every human being craves some sort of lasting relationships that have deeply fulfilling bonds--not romantic relationships that begin quickly and end too quickly.

You should be able to depend on someone for the long term; a partner who not only wants to maintain a relationship for the rest of their life, but one who knows the effort, compromise, and sacrifice involved and is willing to do all that and more. It is overly simple to become entangled with a person who quits when the going gets tough. But it's a sign of a soulmate when you encounter a partner who not only expresses the desire for lifelong commitment but also fortifies their words with actions that show you that yes from their hearts they want this with you. A partner who sees the world with the same eyes as you do or sees it better than you do and shows you a side you never knew existed.

A relationship thrives when two people see the world with the same eyes or one of them sees the world in a better view and is willing to show the other that yes, this is not all that there is and you need to see this side as well. Sometimes we've seen partners thrive, partners with different goals and individual plans but there was a common ground, a common point where they meet. So couples need to share the same goals, ideas, and mindset about the future or they need to have a common ground where they agree together.

There are core factors that partners need to discuss in order for their partnership to thrive. If they are at the extreme ends of the spectrum it will fall apart. If one person wants to live in an urban environment, in a chic modern apartment with no children, and the other wants to live in a big house with a huge family! It won't work.

There's always room for compromise, yes, but partners must share the same view on the fundamentals of life in order to make it work for good.

Transformation in relationships happens over time and that is inevitable, and one partner may evolve differently than the other. What's important is that both partners continue to see a picture of the same future with each other present, despite how each is slowly changing from day to day.

There is no such thing as the perfect spouse, but there are certain characteristics, elements that are distinct and we must seek them in our partner to ensure a strong, reliable, harmonized relationship of good quality. Seek love with these principles in mind to discover a person who might just be your soulmate or the sweetest life partner ever.

Remember this about love if you forget everything else, every quality, everything necessary and just want to go with the waves remember this about love, remember that;

Love imbues meaning into every aspect of your life. No matter how much achievement, skill or meaningful work you have, without love you will feel there's something not fulfilled yet. Sometimes you do not realize this till love comes your way. Then you see nothing else matters without love. Love is what makes life worthwhile. Be it love of family, friends or the ultimate love of a partner.

Love is patient. Love doesn’t rush. Love is willing to wait for you. Love is willing to give you the benefit of the doubt. When you get married you realize the importance of this quality in love and you will see the need for it better.

Love is kind, love is empathetic, love is self-care. Love is kindness to yourself and to your spouse. Love is about treating people the way that you would love to be treated. It is about putting the interests of others above your own. It is even treatment, because doing good to others makes you happy and good as well.

Love isn't envious. When you are jealous, covetous, you are being selfish. Love celebrates the good and wins of others. Celebrating a good thing with the person you love is everything. When love is envious you can feel the tilt in energy which can sometimes be threatening.Love celebrates instead of envying. Watch how well somebody celebrates you, your little wins, big wins all matter.

Love is not boastful. A person with love doesn’t have to tell everyone about how great their life is. They are content in letting their results speak for themselves. They're not about making the next person in the room uncomfortable with their boasting because they find that unattractive.

Love is not proud, it has no pride, it doesn't play games of power. It is humble. Love doesn’t push to get it's way from you. Love offers apologies when wrong. It is subtle, soft and safe. You do not feel like you're going up against a prideful wall neither does it consider itself better than you. Love is humble. Love looks out for your needs and the needs of other people.

Love is not rude, insensitive, harsh, disrespectful or stupid. Love makes it a point to not offend you or the people it cares about unnecessarily. Some people make a sport out of offending people, throwing curt remarks and all but that is not loving.

Love is not easily angered. It is understanding and does not seek to aggravate situations. Rather love seeks to find a solution to how things can be better. How amendments can be made. Loving people give grace because we have been given the grace to love. This creates a much more pleasant life.

Love keeps no record of wrong. It is really disgusting and tiring to love someone who always goes "last week you did this and that, last year you allowed me cater to the kids all by myself" or anything silly along the lines of keeping records of wrong-doings of the other party. Loving people don’t dredge up old hurts and hold grudges. Remember love is forgiving.

Love rejoices with the truth. It does not take pleasure in telling lies against people unjustly. People with love are happy when truth wins and they do not enjoy any type of evil.

Love protects. Loving people protect those who can not protect themselves. They protect the interest of people they care about and are ready to defend them if the need arises.

Love trusts. To have love there must be a feeling of trust. No trust, no love. Trust is the foundation of a loving relationship. Then you are able to depend, rely and be the best versions of yourself.

Love hopes, love never loses hope for the future. Loving people have hope for others who do not have hope for themselves. They wish the best for people. They wish you the best.

Love always perseveres. Love is steadfast. Love doesn't discourage. Love doesn’t give up. People who love truly do not run away when it gets hard. They are in for the long ride!

Love never fails. Love will always win out in the end. Love is one of the greatest forces on earth. Of all the qualities you can have in life, of all the achievements you will have in life, of all the accomplishments love is the greatest.

You need to know that only a person ready to be this and more for another is a loving person. A loving person can only be with another loving person to bring forth this desirable relationship. A relationship that will stand the taste of time. A relationship that will bring both parties joy and peace. Encourage you to grow and be the best version of yourself. Once you have identified these qualities needed and you're sure you have them in yourself. Then do not waste your time with people who will only drain your energy and leave you for wear for your true partner.

**CHAPTER ELEVEN**

**DON'T WASTE YOUR TIME**

After all this is said and done do not forget not to waste your time in the online dating scene. In the local dating scene it's a jungle there. Camellia and numerous females out there have had her few shares of aches and I and her dad are urging her now to try things differently in the ways I have written in this book.

There have been recorded successes from online dating. The only thing you need to do is do it right. Do not waste your fucking time because time waits for now one.

So how can you not waste your time?

You will definitely not waste your time when you do the summarized tips below. They work, they've been proven to work and now I share them with you.

Remember that caring for yourself, loving yourself, boosts your self-esteem and puts you in a state of power. This information so far has given you an edge in the online dating scene, in real life dating and so you have authority and information at your disposal. It is said that information is power. Be In state of power my dears.

Here are the summed up tips to follow so you do not waste your time.

* **If you want something serious, make it known from the start. Do not play games and let nobody play games with you.**

Put it in your bio. Be direct about your intentions and needs. Do not be rude about it. It is not a war zone. It is your need so do not compromise it. No, it doesn’t make you come off as desperate or boring. Any man that is instantly put off by a focused woman stating that she wants a serious relationship is not your future husband material.

Trust that, this will save you so much time in the long run, many men who are on dating apps only looking for casual liaisons will swipe left or unmatch with you. What’s the point in dating someone who’s not sure if they want a committed relationship? That’s a rough ride, a downhill trip to a mixed signals village, tears city and ghosting town. If you want something serious, do not waste time to declare it.

* **Never match with someone who doesn’t have a bio**

This is self-explanatory really. You may want to protest, “What if he just doesn’t spend ample time on these apps?” you may ask, do not make excuses. Someone who cannot put effort into his bio will not put effort into your conversation either. He’s a time waster. Or alternatively so supremely confident in his appearance that he thinks his looks can replace a nonexistent personality. Neither scenario is particularly desirable. If he hasn’t bothered to write a bio, he’s not looking for anything significant. Don't worry, swipe left.

* **Only swipe right on people you’re truly attracted to. People you feel a connection to.**

If you’re looking at his profile and spending more than 30 seconds going to a minute considering if you should swipe right or not, he’s not for you.

There’s no point swiping right on someone you aren’t bothered about because even if you do match with them, you probably won’t ever message them or reply if they message you.

I’m not saying you should reserve your right swipes for Michael B Jordan look-alikes, their bio is important and needs to be considered too. Did they write something interesting? Do they have a good sense of humor? Do they seem like someone who has depth and personality? What are the values you can sum up from their profile? What word comes to your mind when you see their profile? If you find yourself hesitating for any reason, please swipe left. The truth is that most people will get a lot of matches on these apps and if you aren’t ruthless when swiping, you’ll end up being confounded by a long list of ‘hey’s and struggle to keep up with any conversation. You’re aiming for quality, not quantity.

* **Message first**

It's been mentioned before in an earlier chapter that messaging first is not a bad thing at all. Controversial opinion incoming: it is 2022 if you aren’t willing to make the first move, you lose the right to complain about being single. It’s 2022, you live in an age where a woman can approach a man without being called a harlot. Women have become more liberated with their sexual needs, lives and wants. And so nobody will chase you through the village with pitchforks calling you a witch for messaging that man you like first. Messaging someone first isn’t a big deal. The trick like I said is not to overthink it. You’ve matched with someone, which means they find you attractive, so push those insecurities aside and send a saucy friendly message that might make them say wow. Do not leave your message a plain hey! Take pride in being creative.

* **You should have an interesting conversation starter**

“Hey”

“Hi”

"Hello"

“How are you?”

“Good thanks, you?”

“Yeah I’m good”

And so ends what could have been the greatest love story of all time. People who have had this exact monotonous conversation on dating apps get tired of it eventually. Nobody genuinely likes the word for word conversation in any way, either they keep up in hopes that it would then out better. On a dating app where the first goal is to establish a connection first at some point the one word replies become so uninspiring.

It’s no news that one person ends up not replying when there’s the same boring exchange happening with half a dozen other matches in your inbox.

Cheesy pick up lines may provoke a heavy eye roll but at least they give a woman something to reply to! The best messages you receive are questions that give you the opportunity to show the type of person you are when you answer. What is the best opening message you have received from a match? Use something similar to begin your own conversations.

* **Meet up sooner rather than later**

Do not waste weeks or months of your life flirting with men over text, only to never meet up with them.

Everyone has experienced the disappointment of a conversation with someone great that eventually fizzled out because they never got the opportunity to meet and strengthen the bond. If someone talked well with you it is only natural to want the connection to become something stronger by meeting. You can also meet and realize they're not all that and still decide to move on or continue with the bond.

I realized many years ago that it’s better to meet up with someone you’re interested in and just see what happens. Another problem with messaging someone for too long is that you risk getting emotionally invested and feeling disappointed when you finally meet and find that something’s missing in them. Asking someone on a date can seem daunting if you haven’t done it before, but after you’ve done it once, you’ll find out it's easy! The power is in your hands and you determine the pace.

* **Go on an actual date**

Inviting any man you met on the internet to your house may not be an appropriate move. You going over to his place on a first date may not be the right thing to do. I’m not going to tell you when you should and shouldn’t sleep with someone but realistically if you invite a man you met on a dating app to your house, he will think you’re up for that trip to pound town.

That’s fine if it’s what you want but when you’re looking for something serious, it’s better to organize a proper date for your first meet up. So you talk and get to know them better, it is also not safe to let a stranger you're meeting for the first time into your home. Do you really want a stranger knowing where you live? Make sure your date is in a public area and check in with a friend over text before and after you go. Let someone in on your location and leave it on. In case of any irregularities contact someone. Most importantly trust your intuitions.

* **Put Some Effort Into Your Bio Too! Make Sure You Sum Your Values Up And Set What You Want To See.**

There are lots of attractive women on tinder relying on your looks alone while having expectations that don't show on your own profile or life is a red flag.

Not only are there attractive women on Tinder, there are also intelligent women with lovely profiles and bio that makes a man say "wow, she's it" – relying on your looks alone to get you matches isn’t going to help you stand out from the crowd or to bag yourself one of the few men taking this whole dating game seriously.

On a serious note, would you really want to go on a date with someone who’s only interested in your physical appearance? It might feel like a confidence boost in the short term, but it’s better to know you have something in common with the person, you have a common interest, a vibe and a connection you can build something on and it gives you a better chance of relating on a more meaningful level before you meet up.

* **Choose Realistic Photos And Steer Clear Of Filters. Also Look For The Same Quality On The Profiles Of The Men You Swipe At.**

Nobody said this was going to be easy lol, so brace up. Everyone loves a good filter as much as the next person! They just don’t belong on dating profiles. Filters remove every perceived ‘flaw’ from your faces, from the more subtle ones that smooth out your skin to the most extreme that offer a nose job, lip fillers and two stone weight loss in one tap. Save the filters for Facebook and Instagram. You will feel more confident about meeting someone new if you know that the photos of you they have seen are an accurate representation of your real life appearance.

I watched this channel once where they help people check if the accounts they are in communication with are actually catfished accounts. So if you are suspecting that you are talking to a catfished account you have emotionally invested in they could help you discover if it is actually a catfish account and all that.

So on this particular program that day. This guy came to report a case that he has emotionally invested in this girl for 3 years, they talked online and he is yet to meet with her. They voice call, but she always rejects video calls in the daytime. She chooses when it's always not too bright or when she's with lots of makeup and he doesn't want that.

Long and short of the story was the girl sent him filtered, photoshopped pictures of herself. And on her profile it was majorly photoshopped pictures of her in makeup that are there.

So she was scared that if the guy sees her in real life he may not feel the same again and she really loved him. So she avoided seeing him for a long time. They finally met and yes she was totally different from her pictures online. If that's your case as well, best avoid that kind of a situation now by being your authentic self. There's power in that. Be confident in yourself. Be self-assured. So you won't have fear of meeting the man you like in real life for fear that he may fall out of the feelings he's already developing for you.

* **Do Not Ignore Red Flags Please Stop Ignoring Red Flags.**

Do not ignore all the red flags previously mentioned because it will end in tears if you do.

If a guy asks you for nudes before you even meet. He goes days without messaging you and then replies back to you like nothing weird has happened. He doesn't want any commitment of sort. He doesn’t want marriage or children and you do. He doesn't value his family. He is only keen about talking of sex and nothing else. No future plans. He isn't invested in your future.

He lacks passion, he isn't interested in his future, he doesn't mention his dreams. He has no talent, He lacks willpower. He has bad habits. He drinks a lot. Curse a lot and isn't courteous to the people around him. Is rude in person but sweet on the phone.

Red flags differ from person to person according to their values. So what might be a red flag to you isn't to another. Know what makes up your red flag and identify it early.

Men rarely tell you what they are not. Most men these days are comfortable being shitty and not having a care for it. As funny as it sounds they are women who would love a man like that and settle for him. But that woman is not you. You deserve the best because you are the best there is. You're amazing and it would be devastating to see you settle for less.

Intentionally set the pace of your dating life and watch make a favorable turn for you.

I know this advice is easier said than done because there’s a fine line involved, isn’t it?

While you don’t want to ignore any warning signs, you also don’t want to be overly fussy, picky and selective that you immediately blacklist any man who doesn’t fit your idea of the perfect partner.

But every person has deal breakers and it’s important to know what yours are, so you won't have to throw the towel in just early because you don't actually know what your red flags are, or you compromise a lot on many standards of yours because you don't know what stands true to you. But once you know yourself, you know what you won't compromise, what you consider as a red flag and what you're willing to let your guards down for. Be strict with yourself, Be in a state of power always and value your agency and always enforce that you follow your own standards. As you're demanding you're ready to give in equal measures.

So, never forget this in your swipings:

Be honest and honorable.

Tell no lies.

Don’t waste your time with liars.

And if the man is married, block him and make an informed decision based on your values.

Try to maintain things and leave it simple. Life isn't that hard.

**CHAPTER TWELVE:**

**THE HAPPY FINAL**

In this chapter I am going to leave you with happy success stories from the online dating scene so you know that finding love there is possible and there's hope when you try things differently.

Our first story is the story of Anna. She met a guy she met in real life on tinder and they vibed.

Anna was at a concert in December 2020. It was a musical show with all kinds of artists singing. Though it was covid19 era. it was held because the protocols set were met and there was a limited number of people just wanting to have fun in a closed and safe atmosphere. She said a funny guy walked up to her and said the funniest thing she's ever heard, she couldn't remember what exactly it was but she laughed so hard. She said he was the cutest guy around. Not long after he sat close to her. She said after the show she wanted to sit and chat with him but she couldn't because of the curfew set at that time. And she felt it would be weird to stay back and chat so she left. Fast-forward a few months later when she signed on Tinder, they matched on Tinder! She recognized him straight away and was delighted when he asked her out to dinner. She said immediately they hit it off and recently just celebrated their one year anniversary on January first of this year. They've been happily dating for about a year now.

* Anna

A few years ago Martha took her friend's phone, locked herself in her bathroom and signed her up for Tinder. That same night, with glee they kept swiping and they came across a profile that made her friend happy so they swiped right on her now fiancé—they're getting married in October this year.

* Martha.

This is a story of Martin, my friend. When he came back to the dating scene after so many years, he decided to try this thing he heard them talk about. He called it ‘internet dating.’ Except he wasn’t really sure how men on it were supposed to behave, so he created a fake woman’s account to pick up tips. Once he learned some moves from other men on the site, he then created his own (real) account and had success with his swipings. Now he is actually now dating a lovely woman he met there. – Martins.

Francisca went through a harsh relationship where she met the guy in real life. After she broke up with her boyfriend of seven years, she decided to join bumble. She felt comfortable with bumble as it allowed her the liberty to shoot her shot first after a swipe.

She came across a lot of profiles where the men said "do not swipe right and send me a perfunctory hey" she said okay. She studied how it worked and came across a profile she really loved. She swiped right to see they matched as he had already swiped right on her profile before she did on his.

She constructed a beautiful message and sent it to him and he laughed because it was funny and authentic, he said when she asked why he laughed.

She said that he said he was happy to have matched with her as all he was getting was a perfunctory "hey!" It turned out they were in the same city and he asked her if she would love to get ice creams and pies sometime. She agreed. And they did, and now after 2 years of dating they're about to get married in September. She said immediately she met her match. She deleted the app. He did the same too and all is good for them.

* Francisca

Margaret met with her husband four years ago on a dating site and she wouldn’t have done things any differently, she says.

She said that as soon as she stumbled on her husband's profile, she instantly thought he was so handsome.

So she reached out with an amusing statement that took her quite a long time to write and then she sent it to him. He responded right away. But the best part of their story was that he had not been active on his online profile for over four months and had signed on that day to cancel his account! But when he saw her message, he decided to message back. It happened that after he messaged they took their conversation to WhatsApp and he expressed the fact that he had been meeting silly women who did nothing for him and how on seeing her message he decided to message back and that's how they dated and later got married. Talk about fate.

* Margaret

**Fresh** had been hurt badly by her cheating ex, but after a couple of months of healing and trying to get her life in order, She said she had lots of wine, lots of beer and over ate, she indulged in unhealthy eating habits that was her coping mechanism.

She finally convinced herself that she was ready to get back out there and find love again. Her friend finally helped her set up a Bumble profile and the first person in her queue was a total but fine stranger. Luckily he attended the same primary school she did even though at that time she could not have known him. That gave them a thing to bond on.

He asked her in a funny way if she would love to go out with him sometime. She agreed.

They live in different cities at the moment but the guy is willing to make things work and she sees his efforts. She could never have been happier. She said no insecurities whatsoever about him cheating because not only does she feel safe with him she feels at home. Her unhealthy habits all flushed down the drain. Living a healthy and happy life because she has a reason to be better.

They're currently going strong for two years and forever to go.

* Fresh.

"My boyfriend Daniel and I matched on Tinder in November 2017 and after weeks of talking, he was afraid to meet up with me because we had such amazing chemistry online." Said Flora.

They finally had a chance to grab drinks at her favorite outing spots. She said they had the best cookies and best smoothies too. Also it was a comfortable place he was afraid of for reasons known to him.

They hit it off immediately and later on in 2020 he proposed and now they live together right down the block from that cool spot where they met for the first time with their cats, Iris and Gray.

Despite being married to him she says that he still remains ‘Daniel T’ on her phone, T standing for Tinder though. Because Tinder gave him to her.

* Rachael

“After my divorce in 2018, I signed up to a couple of dating sites, Match.com, Tinder and Bumble, and dated 30 men in just over two years (some good, some bad, some really bad). The whole time, I had always set my age range from 30 to 65. My last date was aged 59 he was pretty much older than me, we clicked instantly, which is a good thing too since his 60th birthday was just a couple of days away—our timing was perfect. We’re still together in love, he's the longest one who has lasted together. I initially signed on for fun and to get over my divorce but now I'm with Mike and I see a future together, we're planning on moving in together this summer."

– Jessica

These are happy experiences of people I know who have had successes on dating apps. From listening to them, great research, this book has been put together for you to aid you in your pursuit. To aid you, females heartbroken, ready to give up, females like Camellia, this is put together for you to give you a turnaround in your experiences as I have advised on how she can try out things differently for better and beneficial results.

**CONCLUSION**

Thank you so much for reading this book. While online dating can feel overwhelming at first, and your chances of finding love may look slim. I hope that this book has made the process clearer and will help you navigate through wrong men. You're able to swipe right without getting hurt.

I hope now you've developed a sense of purpose for being on an online dating app and it's now easier for you to navigate through your prospects. You have a better understanding of yourself and you are much more confident that the happiness you seek can be found. You now have an idea of what you need to do to achieve great success in online dating.

What matters the most is not reading this book. Yes, reading the book is essential, but enforcing what you have learned is the most significant thing.

Enforce and experiment with the numerous online dating tips, strategies, and hacks dispersed throughout this book and without a doubt, you will swipe without getting hurt and use the internet and dating apps to attract the man for you, your soulmate, life partner and get a spouse. I wish you success.

Thank you again for reading and embarking on this journey with me. This is where I leave you, good luck on your own personal journey of swiping and matching. I hope to hear of your successes soon. Kindly write your reviews for me. You are free to write to my email at any time. My email remains: gassner@my-mindguide.com Thank you! Once again.

**ABOUT THE AUTHOR**

**Kurt Friedrich Gassner** is an Austrian self-improvement author who empowers his readers to better navigate the intricacies of the unconscious mind. Through his lived experience and extensive knowledge of cutting-edge psychology, he helps people actualize their fullest potential. What started as writing for his peers in exchange for drawings at the age of 14 and later working as a professional copywriter, ultimately turned into becoming the Creative Director of multiple international agencies and the author of multiple self-help books.A person sitting in a chair

Description automatically generated with medium confidence

However, writing isn’t this entrepreneurial spirit’s sole passion; Kurt has also been a serial founder (My Mind Guide and Trendguide Capital, to name a few) and Business Angel, garnering four decades’ worth of expertise in the global advertising and brand consulting sectors. As a result, he has earned numerous awards in the areas of creative directing, direct marketing, and training and became a self-made millionaire. Utilizing his free time during the global lockdown, he even immersed himself in hypnotherapy and is now a Licensed Hypnotherapist, Yoga Instructor, and Meditation Teacher.

When he isn’t running his businesses, consulting with leaders, or writing about the unconscious mind, you can find this globetrotter traveling around the world, golfing, biking in the Alps, attending the opera, or hiking. He is also the proud father of two successful children and happily married to his wonderful spouse of 37 years. Currently, he splits his time between Munich, Germany, and Kirchberg, Austria.

Throughout his life of innumerable troughs and crests, Kurt Friedrich Gassner has continued to live by the following motto unyieldingly: **“Never stop! The best is yet to come…”** And it is through his unwavering determination and perseverance that he has led a life of personal prosperity, learning countless invaluable lessons along the way. To him, a life lived without sharing one’s acquired wisdom isn’t a fulfilling one, so he creates books as a way of giving back and making this world a better place than when he first entered it. Some of his publications include *The Power of Forgiveness*, *Lie or Die*, *Soul-Match*, *Can You Inherit a Poisoned Mind,?,* and *The Power of Poverty*. When he was 30, he wrote a best-selling children’s book that sold over one million copies and was used in kindergartens in German-speaking countries. Over a dozen other psychology-related books are presently in the works. Visit Kurt’s official website to unleash your inner power and harness it for your greater good: [ [www.trendguide.info](http://www.trendguide.info) ]