

Theoretical foundations for Dating App

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A. Selection

In early phase we were chimpanzee, we do the selection on the basis of **physical attraction** only then we start building communities, to sustain these communities we invented the concept of profession which allow humans to identify their personalities. Work consume a major life span of a person which means people involved in certain profession has certain personality traits. We start getting attracted to personality traits as well which result in selection on the basis of **attraction** and **personality**. We start building machines/tools to amplify our inherent ability using our knowledge and self awareness or wisdom. We start making selection on **attraction, personality and wisdom**. The Dating app is a communication tool which means it has it's own limitation it can only help you to find the right person, keeping the right person requires commitment not a tool. Counselling and guidance can help you to maintain the self esteem so that you can keep up your commitment or maintain the relationship.

B. Development

(i) Individual Responsibility

You need to be **emotionally available** for a partner in your life before making any decision. Maybe your whole emotions are consumed in the crisis, work or other relationship you have absolutely no chance to develop the relationship. You need **self esteem** to fulfil the

commitments in the relationship. If you are suffering from *self esteem* issues no matter much effort your partner put to fulfil your expectations, it will not work. Self esteem can only be developed by *surviving the difficult phases* or *doing the difficult tasks* in your life. You need to find the ***involvement***, when you ask yourself why you like someone it is always due to similar opinions regarding things matter them the most, differences create the *excitement* but not the involvement. Usually the ***fundamental theory of flirtation*** works like focus on differences first to create the *curiosity, excitement and heat towards each other* and then you find the similarity which creates the *involvement, connection and deep love*.

If your belief system admire the physical beauty a lot then you will find involvement easily with a good looking person if you admire an artist or scientist you will find involvement easily with a good personality and if admire wise person you feel the involvement easily towards the wisdom. It depends upon what you value according to your experiences of life you find involvement with that faster and if you go beyond the certain threshold of the wisdom, you will ***develop the ability to find involvement***.

Most people arrive to the stage of involvement unconsciously and refer it as feeling of true love and some do it consciously usually the *players, poets and the artists* who are wise enough to see beyond refer it as their ability to feel the true love. It is not that difficult to find the involvement because humans are similar at the most fundamental level and more wisdom allows you to see the beauty of other person irrespective of differences and similarities on the surface level. *You are aware of the love stories which aren't suppose to happen, it only happen because both people are able to find the time and the similarities among all humans at the fundamental level. Love never exists in the air it only happens within you* and you don't need anyone's permission to love but this feeling of love or involvement alone isn't sufficient to build a healthy relationship. ***This feeling of love helps you to keep involve with the other person but the relationship is formed to fulfil each other's needs and expectations not only for feeling the involvement.***

(ii) Partnership Responsibility

Relationships are formed for various need and there is no absolute right person in the world who can fulfil your all expectations or needs.

For both partners it is important to understand the problem of your partner by developing a good communication skill because no matter how good your intentions if you don't know how to ***communicate properly*** than it will create unnecessary problems for you.

You need to develop the ability to identify the root cause of the partner's problem maybe your partner is suffering from self esteem issue and you are trying to solve it by buying her a diamond ring, going on a fancy date it will be a quick fix and it is your responsibility to avoid quick fix in order to strengthen your relationship for long term. You actually need to listen to the person and find the way to fix her self esteem and if you aren't able to find please find help from ***professional relationship counsellor*** because they know the best practices and you aren't alone suffering from some unique problem in this world for 99% of the time.

This actually requires your ***commitment*** and more events like that you handle will build the ***trust, respect and harmony*** in the relationship which are the more important factors than finding the involvement/love because it is very easy to find the involvement than building the trust.

C. Action Plan

1. Make yourself emotionally available
2. Build your self esteem.
3. Approach the potential partners according to your own preferences and check their emotional availability first before making your move.

4. Try to develop the involvement in conversations by shifting your focus on differences first to create the *curiosity, excitement and heat towards each other* and then shifting your focus on similarity to creates the *involvement, connection and deep love*.

5. Have enough self esteem to walk away from the person who is not interested to acknowledge your efforts.

6. Choose the partner with whom you need minimum adjustments because remember it is just a choice whether you make it consciously or unconsciously and humans are conscious beings but this concept of ***conscious selection*** is ***demonised by entertainment industry***.

-- Impact of Marketing/Entertainment Industry on Relationships --

Our brain only remembers what is far different from the normal experience either far logical or far illogical so that audience will stay in the zone of movie and ultimately watch the advertisements.

1. Love happens purely basis on the outer appearance so that our brain don't need to work any hard and everything is too much illogical

2. Love happens when people exchange their insecurities and the complexities happen due to lack of self esteem and everything is too much logical.

People unconsciously try to imitate what they feed and search for the unrealistic love story in real life. Even if the unrealistic story happens it really turn out far different from what you saw in movie.

7. Do the background checks and know all important past details which shape the person's personality and character before making your commitment because ***trust*** is the most

important factor for building a long term relationship. Try to be as **honest** as possible so that you can grow the relationship easily

D. Love in Different Life stages

Every stage love has it's own beauty and dynamics but the feeling of love/involvement remains the same. You can't expect same things from each stage because people value different things at different stages of life.

Teenage : Don't take it seriously at all because your brain isn't capable to select life partner and your ability to handle emotion is very low. It is solely based on attraction because personalities aren't developed yet.

Early 20's : Don't push your limits for anyone because it the most critical time for your personal growth. Your only objective to get into relationship is to know yourself better first and only commit to serious relationship if you are very sure about your preferences. Don't feel bad if your relationship doesn't workout as very few relationships survive this stage because both are evolved in different personalities who are really tough to stick together.

You can love tiger but you can't spend the rest of your life with a tiger. Even if you manage to stay with tiger by maintaining too much discipline, you will miss out the other dimensions in life and humans suffers limitations immensely. I am using tiger metaphorically but humans are not tree or any tiger they can change and become more wise. To maintain the relationship you need to invest 2 or 3 times time, energy and efforts to make it work till both gain enough wisdom to handle each other but still it will be more tough to find time for other things. Your life will revolve around maintaining the relationship but if it the the most valuable thing in your life you must protect it because there is no rule book for life.

*No rule book doesn't mean you can do whatever you want in your life and you don't need to face it's consequences of your decision. You need to prepare yourself for the consequences but trust me if you sacrifice few years to build your life it will worth it but don't confuse that you have the strongest relationship bond because you made lots of sacrifice, other people had similar bond as you with lesser efforts. Remember, **comparison is the thief of joy**.*

I don't see many people complaining not able to explore chemistry, ice hockey etc etc in life or it is not necessary to try everything in life because life is very short to do that and if you remove few things or limit your expectations you can live with your tiger peacefully.

Adult : *This is the time to make some efforts to find the life partner. If your casual relationship works fine than you can go with it otherwise you need to find the new one. Don't expect the same story of early 20's in adult life because both people are evolved enough which means nobody is going to do too much stupidity to impress each other. It doesn't mean people stop caring for each other but it means old rules doesn't work anymore.*