



The Dating Guide for the Empathetic Person

Today, I finally decided to face it. Yes, I am naïve and have a tendency to see the best in people. Most of the time, I am forgiving and tolerant. I am relatively good at figuring out, as well as understanding, what makes people tick. How can I be angry or upset about someone's conduct when I can sympathize with them?

One day I realized that allowing behaviors which made me feel bad was disrespecting myself as well as enabling the other person. We each have a choice, can change, and are responsible for how we act. We chose how we talk to and treat others. We decide if we respect another or not. Few people I know have had perfect parents and an ideal childhood. We are all human, even our parents, and therefore make mistakes. Forgiving an occasional faux pas or fight is one thing, but a continued pattern of hurtful or selfish behavior is a red flag and possibly a deal breaker in a relationship.

If you are anything like me, you have faced challenges with your past partners. We gave our all, did everything for our mate, but it seemed that it was never enough. We tried to become what we thought our lovers wanted us to be, to make them happy, make them love us. Then, one day, we wake up and try to stand up for ourselves, but the pattern has been established. Our partners are comfortable with it, used to it. This makes it hard to break. We need our mate to work with us to make things better, and to our dismay, we are no longer able to give them unconditional love.

We want them to be themselves but just a better version thereof. Giving up on our lovers is not easy, after all, we still see them as beautiful people. We work on staying happy, keeping ourselves up, but it gets harder each day. The situation is breaking our hearts. The love of the 'self' starts to assert itself and keeps growing stronger. Time goes on, and the status quo remains. Our own unhappiness and discontent grow.

It is not like we find fault with everything about them. This is one reason it is so difficult to break things off. The good times, the laughter, the fun, keep us hooked. We realize, however, that we have allowed

conduct to develop which we can no longer accept. Having grown, we examine our own behavior and take responsibility for the mess we are in. We realize that no one can do anything to us we do not allow.

A worthy life partner would be willing to do something to resolve the situation. They would ask: “What can we do to make this work?” Some individuals, on the other hand, will feel attacked, judged, and unloved. They get defensive. They shut us out, and there is no reaching them. They want to be loved the way they are but are unable or unwilling to do so. This leaves no good options.

Whenever we have started to date someone, there were always red flags. We just conveniently ignored them. Why do we have such amazing instincts if we do not listen to them? Maybe because we were not sure what it is we do want! Let’s change that today! The best place to start is by making a list.

Please remember, we are all human! No one is perfect. A lot of conduct will fall somewhere between the two sides of my suggestions below. It is also vital to keep a check on our own behavior. We need to give that which we wish to receive. Let’s be our own best friends and see things for what they are, not what we want them to be! For once, the rose-colored glasses can stay where they belong until we know for sure that he/she is the ONE!

To the left is the most ideal behavior, to the right the opposite and what to look out for.

Keepers	Less Desirables
Call, text, put in an effort, a give and take, show interest, want to spend time with us	Make us do all the work, have us pursue them, one-way street, ignore us for days
Want to know about us	Talk only about themselves, do not listen
Are at peace with their past, take responsibility for past breakups	Blame everybody else for fiascos, are bitter and resentful about their exes
Are happy, well-adjusted, positive, see the good in people, compassionate, and empathetic	Are moody, irritable, and snappy, find fault with most people and situations
Accept and treat us as equals	Try to control or dominate us
Want and value us	We want them, they are lukewarm
Go with the flow in unexpected situations	Complain often, are volatile, angry, or scary
Take into consideration our wishes/needs	Everything has to be on their terms, their way
Accept us the way we are	“I cannot be with someone who is/does”
Treat us with kindness, respect, and courtesy	Talk to us rudely, criticize, tactless, threatening
Cherish and adore us, go the extra step, men- send flowers	Women- expect him to pay all the time Men- want to go ‘Dutch’ all the time
Are ready to commit to us	Want an activity partner or mate of convenience
Want to be with us and only us	‘Settle’ for us because
We know that we can trust them, they honor their word, keep promises	Our gut tells us we are being deceived, they are sneaky, dishonest, mistrustful
Respect themselves, care how they look	Have no regard for their own appearance
Love and accept themselves, are secure within themselves, and therefore open to love	Have little true self-love, hide behind self-protecting or selfish behavior, immature
Are emotionally available, warm, loving	The heart is closed, unable or unwilling to love
Are willing to talk about problems in a rational manner and face them together	Turn any concern we bring up into our problem, make it our fault
Can enjoy life sober, are naturally happy	Need drugs or alcohol to enjoy life
Love animals, nature, and people	Have little respect for anything, anyone

Are willing to grow together, to be in an intimate relationship where we can talk about anything and everything without judgment	Judge harshly, have no interest in opening up or discussing something uncomfortable, see attempts at communication as complaining
Settle down into the relationship, feel that they have found their mate, are happy to be with us, want an 'us' and 'ours'	Always with one foot out the door, stay on dating sites no matter how long you are together, keep hunting, keep us at distance
Feel honored that we have chosen to be with them, appreciate us, are proud to be with us	See us as replaceable, hide the association as much as possible, downplay our role in their life
Are willing to help others, be of service	Treat others as if they are in the world just to serve them
Actually 'see' us and appreciate our strength as well as our weaknesses, love us regardless	See only their own self, not unlike Narcissus, are unable to appreciate the beauty in others

The one thing I cannot stress enough: If you are afraid of someone or they are hurting you, please reach out for help and get away from them. Your life may depend on it!

Looking back at my life, I started to see a distinct pattern. I have decided I will tolerate this no more. All of us wish to be treated with respect and courtesy as well as love and kindness! Let's be done with dating partners who are unwilling or unable to love us! Today is a new day, and it is time for a fresh start!

Let's make a commitment to be better to ourselves, to stand in our power, to love ourselves, and to avoid mates who are unable to love us and treat us the way we desire! It is time to be compassionate to ourselves as well as to the people we set out to date!

I hope that my guide will be helpful but is only a suggestion. We each need to decide what traits in a mate are important to us. I, therefore, recommend making a list of 10 attributes we desire as well as one which represents deal breakers for us.

Much love

Desired Attributes

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Deal Breakers

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.