

An Introduction to 'Conscious Dating'

How to date and relate in a more positive way

The dating world has changed dramatically in the last few years. There's now online dating, speed dating, fitness dating, and everything in between – it's also big business.

With the acceptance that stress negatively impacts our overall health and wellbeing, it would only be wise to address one of the leading causes of emotional and physical stress on the planet – dating and relating. The main goal of this article is to introduce 'Conscious Dating', a concept devised by David Steele, the founder of the Relationship Coaching Institute, the world's largest school dedicated to helping singles navigate the dating world, and couples learn the art of relating to one another to create and sustain happy, fulfilling relationships.

Until recent generations, men and women dated, married, had families and rarely divorced. Not long ago, there were clear rules for relationships – rules in which couples did not focus so heavily on personal fulfillment or happiness and stayed together "till death do us part." As we all know, society has changed and so has the way we form and experience our personal relationships. A lot more emphasis has been placed on the need to be happy, and yet ironically most people are often in the dark about what their recipe for happiness actually contains.

The following ten principles of 'Conscious Dating' is a workable strategy for anyone who is single and wants to reduce stress, and the potentially physically damaging effects of heartbreak and relationship breakdown.



10 Principles of Conscious Dating –

1. Know who you are and what you want.

Like an iceberg, we are typically aware of the tip and surface level experiences. In fact our success and happiness depends upon what lies below the surface –get in touch with your deeper self.

2. Learn how to get what you want.

Assess the information, tools, and skills you will need and acquire them. Develop creative strategies and action plans. “When you fail to plan, you plan to fail.”

3. Be the ‘Chooser’.

Take initiative and responsibility for your outcomes. Don’t react to what, or who, chooses you. Seek to create what you want in your life.

4. Balance your heart with your head.

Make your relationship choices consciously, with an awareness of relationship red flags. It’s still exciting but saves you from unnecessary heartache!

5. Be ready and available for commitment.

Live your life, and bring your dating strategy into alignment with how ready you really are for a committed relationship.

6. Use the ‘Law of Attraction’.

Be the partner you are seeking. Attract the partner you want by developing yourself and living the life you want. “If you build it, they will come.”

7. Gain relationship knowledge and skills.

Prepare for the love of your life by learning about relationships, improving your relationship skills, and deepening your relationships with your family, friends, and colleagues. Date for fun and practice. Take more emotional risks. Read about relationships. Get relationship coaching. Take relationship classes and workshops.

8. Create a support community.

Isolated singles become lonely in their relationships when they focus solely on a partner to meet all their social and emotional needs.

9. Practice assertiveness.

To get what you really want, you need to say “No” to what you don’t want.

10. Be a 'Successful Single.'

Don't put your life on hold waiting for a relationship to happen. Live your life vision and purpose while you are single. The best way to find your life partner is to be a happy, successful single person living the life that you really want.

Let's face it 'unconscious dating' can lead to disaster, not only for the couple but for any children involved in the equation. Becoming conscious about your requirements, needs and wants in a relationship is an excellent beginning for any single person wanting to create his or her next great relationship. By making a plan for what you really want in your life, and your relationship, and optimally working with a trained professional relationship coach will minimize your dating stress levels and steer away from previously unhealthy and stifling relationship drama and release limiting beliefs and fears that have prevented you from living the life of your dreams – with the partner of your dreams.

A relationship coach will help you focus in on your personalized Conscious Dating Plan by helping you gain clarity in the following areas:

- What is your relationship readiness status
- What are your strategies for scouting, sorting, screening and testing potential life partners
- What are your boundaries
- Who in your community can support you in your quest
- How will you stay on track
- What is your exit strategy
- What is the difference between a pre-committed and committed relationship?

Our refusal to identify with self-limiting negative states reaps us the reward of rising above their inherent limitations. In understanding that all relationships, especially primary love relationships, are for spiritual development and growth, not merely vehicles of pleasure; appreciation and understanding of the invaluable gifts of insight and potential for self and social transformation are essential for being able to endure the challenges of loving another. When you can accept the eternal paradox that loving yourself and another is both the easiest act and the most difficult act on earth to achieve/surrender to – you will begin to understand the challenge and embrace it.

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