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Choice Relationships: How to Choose Your Best Mate

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My Personal Insights:



I find it really amazing how many people are single and yet they can't find the "right" person to match up with. Is it that you expect too much from the other person or is it a fear of opening up and allowing another to "see" the real you? And unfortunately, I think a by-product of this is that when you get involved with

It Is What It Is

One of the biggest problems I have seen in relationships is that couples have the wrong expectations. Among them is the thought that the other person will change. First, the reality is that you don't have the right to change anyone else. The only one you can change is yourself and the reactions you have to a person or a situation.

Another important fact is that everything you want to know about someone is there right in the beginning. However, often you don't see it because you have "love goggles" on. What will change is that the trait that you see will be exhibited more so. Why? Because initially people want to make a good impression so they monitor themselves. But as one feels more comfortable in a relationship, he or she also feels freer to express who he or she is.

Can people change? As a psychologist, I whole heartedly believe they answer is YES! But the desire to do so is their choice.

Choice Tips:

someone, you don't necessarily make clear decisions but ones based on emotions. In this newsletter, as promised, I want to offer some insights that will be especially helpful to those of you who are presently unattached.

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1. Observe how the person treats others, e.g. their parents, sibs, waitresses. Though he or she is trying to be on best behavior with you, more of their real person may leak through with others.
2. Be aware of how the family of origin behaves during holidays and celebrations. This is how the other person was raised and will expect to function in the future.
3. Does this person call when they say they will; show up when he or she is supposed to? These are indications of reliability.
4. Is this person interested in you and your life? Does he or she ask about your interests? Is he or she willing to be involved with your friends?
5. How do they respond emotionally when their needs are not met? If they act out by doing things like clinging, pouting, or withholding he or she is functioning like an emotional child. If he or she is responding by needing to be in control, it's like they are an emotional teen.
6. Part of being an adult is a willingness to make changes. Is your partner educable, willing to be open, to learn?
7. Is the person you are involved with mature enough to take responsibility for his or her shortcomings rather than becoming defensive, blaming, or acting self-righteous?
8. Lots of knowledge is gained with time. By not rushing into a commitment (less than 3 months), you will have a better barometer of who your partner is.

Additional Resources I Recommend:

Van Epp, J. *How to Avoid Marrying a Jerk*, McGraw-Hill, 2006

"Why Perfect Dates Make Lousy Partners" (2008)
[Click Here to Read](#)

Richard, J., "Jerk or gem? Being certain you've found the right mate takes time and good judgment," *Toronto Sun*, April 22, 2008

Empowering Tools and Information:

One of the best ways to make sure you have a choice relationship is to have a great relationship with yourself! Many of you are still caught up in patterns from your past that hold you back from living the fullest life and having the most satisfying partnerships you can. My new book, **Mindfulness and The Art of Choice: Transform Your Life**, is getting rave reviews from book reviewers and professionals alike. You can read the reviews at my site (www.ChoiceRelationships.com) or [Click here to learn more about the book!](#)

If reading isn't your preferred modality, you can still learn wonderful tools by listening to a CD of a workshop I did. [Learn more about "The Art of Choice: Live Workshop" here.](#)

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