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How to Choose the Right Man Using Your EQ

By Susan Dunn

How to Choose the Right Man Using Your EQ by Susan Dunn, MA, Emotional Intelligence

Coach

To maximize your chances of finding the right man for you, apply your Emotional Intelligence (EQ).

Approach it with both your brain and your heart. It's an important decision that will affect the rest of your life.

Here's the LOW EQ way to do it:

- 1.Choosing the obvious ones to avoid: addicts, child abusers, chronic gamblers, felons, "boys", etc. If you keep falling in love with the wrong type of guy, you need help. Please seek it.
- 2.Choosing by sexual attraction alone. That's a choice your reptilian brain is making which is to say not a choice at all. "Choosing" implies weighing alternatives and being rational. In no area of your life do you want your reptilian brain in charge. It doesn't "think."
- 3.Choosing by externals alone. It's nice if he's handsome, but not if he's just another pretty face. Are you choosing a 37' powerboat instead of a man who owns one? His face will change; his toys may disappear. It's "for better or for worse," not "for as long as he can buy me Fendi handbags."
- 4.Rushing. Date him long enough to go through actual situations that test what you can't see and touch - his values, priorities, manners, morals, and interests.

At first you'll go to drag races, WFW matches and duck hunting just to be with him, right? Do you really see yourself doing these things every weekend for the rest of your life? By the same token, is he being nice to your kids just to get to you? Is he willing to go shopping with you and to art museums? Only time will tell.

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5. Rushing. Give it time so he can sort out his feelings. Men tend to go from desire to action without thinking in between. This is why we see them make such poor choices in women, and then do it again. You may be sure, but is he?

6. Rushing. You need time because even a workaholic will give you attention 24/7 at first. Only 6 months down the line will you discover that once he's "got you," he compartmentalizes you. Work comes first, then his golf. He'll summon you when it's your turn.

7. Not checking out his attitude toward women. How does he treat his mother? Your friends? His sister?

8. Trusting only your intellect.

This means gathering facts, listening to experts, not checking in with your intuition, and listening to advice blindly.

Let's say your best friend, who's very perceptive, tells you he's a womanizer. I'd give that some weight, but I'd check it out myself. It won't be hard. Give it time, stay awake and you'll see.

Another example - You made the list of what you wanted. There he is in front of you, lacking 3 of the 6 items on your list, but you adore him. You really click. That's a good time to go back and rethink your list. You're always entitled to change your mind.

9. Trusting only your feelings. Come now, do you really think you can make a life with someone who is (admittedly) darling and sexy BUT hates your religion, has different morals and ethics than you do, has already alienated your father, wants 6 kids while you don't want any, refuses to "let" you work, and has already ordered you to get rid of your cat?

This is like allowing yourself to fall in love with a married man. Just go stick an ice pick in your eyeball instead.

10. Misunderstanding the nature of feelings. Our emotions give us information. They don't demand behavior.

When I was a teenager I was dating a creep. My father told me I had to quit seeing him. "But I love him," I said. Said he: "Love someone else."

No, you can't manufacture feelings, but neither must you obey their call. They do not have to be acted upon. They can be "taken under advisement" and thought through.

©Susan Dunn, MA, Emotional Intelligence Coach, <http://www.susandunn.cc> . Coaching, Internet courses and ebooks on relationships, emotional intelligence, career, transitions, retirement. Susan is the author of "Midlife Dating Survival Manual for Women." For FREE EQ ezine, <mailto:sdunn@susandunn.cc> with "ezine" for subject line.

Washroom Break

How to Choose the Right Man Using Your EQ

By Andre Leblanc

Picture yourself at a bar with some of your buddies. Everybody is having a good time. Suddenly your friend stands up and asks you to go to the washroom with them.

Now if you were a female this would be totally normal you would gladly accept and probably talk up a storm in the washroom. But if you were a man being asked by another man you would feel embarrassed, wonder about your friends' sexuality and manlyhood and hope that the rest of the group doesn't think the same about you.

Why do woman use the washroom as a meeting place? Why do men always go to washroom alone? In the past when times were a bit simpler but more dangerous woman would never go to the washroom by themselves in fear of being attacked by a wild animal. Instead they would go out in packs so this way they could protect each other from possible threats. Therefore that is why they go to the washroom together as it is natural instinct.

On the other hand the man being the hunter and protector of the group would always go to the washroom by himself. Therefore asking another man to go to the washroom will make him look weak and unable to defend himself like one of the ladies. Although I'm sure a lot of woman can defend themselves better.

So what do woman talk about in the washroom. They pretty much talk about anything and anybody. They discuss which men they like and which men they don't, and any personal problems they are having or their friends. Therapy to anybody who looks's upset and cosmetics talk to any stranger who asks.

Men on the other hand don't talk to anybody. This is pretty much a universal unwritten rule. The further away they are from other men the better. Let's say there are a few urinal's the first man will choose the one at the end. Now the second man will choose the other one at the end. Never would you see a man pick one right beside another man when there are other ones further away.

Also most likely a man will take an enclosed toilet before he has to pee beside another man. One thing that men don't have a problem doing is farting, usually the louder and longer the better. For the ladies no farting is aloud. This once again brings us back to instincts for the men; the louder and stronger the better.

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Andre Leblanc has several years experience in the online dating and relationship field. Including implemetation of new technology and creation of websites. Currently working on .

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