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Mind-Reading Game

By Rinatta Paries

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For many people, dating and relationships are not about relating but about mind reading. Do you know what I mean?

When you are starting to date someone, isn't your mind busy analyzing your date's every action? Does he like me? What does she mean by that? Will he call again? Did I say the right thing and will she take it wrong? Will he reject me or judge me?

In a long-term relationship, it can be even worse. Will she nag me when I get home? Will he listen to what I have to say? What does he really feel? What does she want?

The funny thing is that most of us don't admit to believing in psychics and mind readers, and yet we try to practice it in our relationships.

Mind reading seldom if ever works. It is simply not possible to accurately interpret another person's actions, thoughts and feelings without input from them. Mind reading damages our relationships and drives us crazy.

Are you ready to stop driving yourself crazy by trying to figure out other's thoughts, feelings and emotions? Then it's time to welcome a new life with fewer headaches, more sleep and better relationships through communication.

All you have to do is assume "it's not personal" and communicate.

Assume it's not personal

In mind reading, you would assume that another's actions are a direct reflection of what the person thinks and feels about you. The truth is that even when you are in a long-term relationship, very little of your partner's actions have to do with you. This is even more profoundly so in dating situations.

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What the other person is doing or saying, or not doing or saying, has very little to do with you and a lot to do with his or her life experience, way of being and current circumstances.

Communicate.

In mind reading, you would respond to another according to your interpretation of his or her actions. He or she would in turn respond to you according to his or her interpretation of your actions, and on and on and on.

Without mind reading and hence interpretation, the logical step is to communicate. Ask questions. Share your feelings. Ask for what you want. Set boundaries. Expand your communication repertoire. As long as you are gentle and respectful, you can say almost anything to anyone without causing an adverse reaction.

This will not work with everyone immediately, but will work with most people eventually. After all, communication creates intimacy and growth, which is why we all want relationships in the first place.

When you play the mind-reading game you set yourself up for craziness and often for disappointment, resentment, fear and anxiety. Once you stop playing the game, realize what's going on with the other person is not personal and start communicating, you'll notice a dramatic change in your peace of mind and the quality of your relationships.

Your Relationship Coach,
Rinatta Paries
www.WhatItTakes.com

(c) Rinatta Paries, 1998-2002. Do you know how to attract your ideal mate? Do you know how to build a fulfilling relationship, or how to reinvent yours to meet your needs? Relationship Coach Rinatta Paries can teach you the skills and techniques to attract and sustain long-term, healthy partnerships. Visit www.WhatItTakes.com where you'll find quizzes, classes, advice and a free weekly ezine. Become a "true love magnet(tm)!"

Having coined the phrase "relationship coach," Master Certified Coach Rinatta Paries works with singles to help them attract their ideal relationship, and helps couples create more love and fulfillment in their existing relationships. Visit her web site at www.WhatItTakes.com or e-mail her at coach@WhatItTakes.com.

Poker Strategies

By Adel Awwad

The game of Poker has taken the world by storm in recent years. Although it has always been an exciting card game, lately it has gained mounting popularity and has shown us through tournaments such as "The World Series of Poker" that even an average Joe, who has been playing the game for a relatively short amount of time, can walk away a millionaire. The way to win is to devise your own way

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of playing the game by building from a variety of tried and true Poker strategies available for you to learn.

The most important trick for a beginning Poker player to learn is how to "read" the other players. Unless you have an absolutely stellar hand that you are certain will win, then the strategy of reading your opposing players, to help determine what you should do with your own hand, is essential. You should begin by taking a few hands to observe your fellow players. Try to uncover if there are any habits your opponents have that coincide with a good hand or a bluff. Most great players try to conceal anything that could give away their hand, however, there may be very small, almost unnoticeable, things they are unaware of.

Another good way to try and determine what your opponent may have is by his verbal skills. He may try to distract you from your own hand by carrying on a meaningless conversation or taunting you when he is trying to bluff, be almost silent when he has a great hand, or over-acting like he has a outstanding hand when he actually has nothing. After a few hands, you may be able to decipher any patterns that your opposing players may have.

As you try to read your fellow Poker players keep in mind that they are probably trying to read you as well. Therefore, it is a good idea to try and not develop any noticeable patterns of your own. When playing with close friends, ask if there is anything you may do and are unaware of that could possibly give away your hand. Sometimes even something as little as an eyelid flutter can give devoted and observant opponents the advantage.

If trying to read your opponents doesn't work out in the beginning, don't get discouraged! The more you practice reading other players, the easier it will get. With each game of Poker that you play, you will be able to hone all of your skills and strategies until you are a true Poker master and, eventually, you may be ready to enter into the "World Series of Poker" yourself.

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