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Seeing Good or Available Partners

By Rinatta Paries

Seeing Good or Available Partners by Rinatta Paries

Singles frequently complain to me that *all* men or *all* women are...well, they don't use a very flattering description. Another version of this is, "There are no good men or women left." Or its cousins, "There are no good men or women where I live," and "Where do I find good men or women?"

My response is that we bring into our lives a reflection of what we believe and focus on. We are only able to see what we believe we will see. The belief comes first and then the reality. If you subscribe to any version of the above, you will make yourself right and create your experience accordingly.

Let me give you a simple example of what it's like to see what you focus on. When you admire or want a certain type of car, don't you see it everywhere? All those cars were there before you focused on them, never noticed by you. Your desire or admiration makes them more visible over other cars.

Now here's an example of seeing what you believe you will see. If you are expecting someone to be angry or unpleasant, don't they end up being that way? Perhaps they were not angry at all, or not angry at you. If you had no expectation of their behavior, would they behave the same?

The issue is not about what types of singles are in your community or whether there are any good men or women left. It is not about men and women out there at all, because you don't need many men or women to be a particular way. What you want and need is one compatible partner. And this one partner is waiting for you to change your belief about what you will see and make him or her visible to you.

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.

Don't Compare Partners

By Rinatta Paries

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Have you ever found yourself comparing your current partner to someone from your past, and finding your current partner lacking? Worse yet, have you found yourself telling your current partner he or she is being compared to someone in your past and falls short?

What is it we are really after when comparing current and former partners? Do we want our current partners to be just like our exes? Probably not, or we would still be in those relationships. I think when we are making a comparison, we are really after something else. My hunch is what most of us really want is to have our current partners meet some specific needs and desires in the same, natural way as our past partners did.

Unfortunately, when we make this comparison between partners and then tell our partner about it, he or she will probably not take the feedback well. In fact, your partner will be very likely to feel angry, resentful, and to make sure not to do what you want.

How can you, then, get what you want in a more effective way than causing resentment and anger in your partner? How can you have your needs and desires satisfied? It's simple, really. Just ask. But be sure to ask without making your partner wrong for not already having met your needs.

Let's look at an example. Let's say you are not getting enough romance in your current relationship, but had gotten plenty of it in your past relationship, and liked it that way.

If you were comparing your current partner to your ex, you might say things like, "Why aren't you more like X? He (or she) was so romantic. I would get flowers and cards from him all of the time." Or, you might say, "She was much more interested in romance and intimacy than you are." Then you might finish with, "You are just not like him (or her)," with a negative connotation in your voice.

As I said, after this kind of encounter, it's unlikely you will experience romantic gestures from your current partner, even if he or she originally had a desire to be romantic.

Asking for your needs to be met looks very different than comparing partners and making your current

partner wrong.

You may say something like, "You know, I really like and appreciate romantic gestures. Flowers or cards would make me feel loved and appreciated. Physical intimacy would make me feel loved and connected to you. I would like more of these from you. Can you do that for me?"

With an approach like this, you are much more likely to get what you want.

So stop comparing and start asking!

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