

FAQS FOR LOVE SEEKERS

How do I know if I'm ready for a relationship?

The most important piece of readiness is resolving any past relationship residue. You can take my relationship readiness questionnaire to gain more clarity, but if you are open and available to sharing your love and your life you are probably ready to meet someone right for you.

How can I ensure that I don't make the same mistakes?

Learning from the past is the best assurance against mistakes in the future. We repeat patterns when they remain unconscious so becoming more aware is essential.

How do I know if the problems are within me?

This is hard to know because we are always wondering is it them or is it me? Knowing yourself will be hugely helpful because even if it is you at least you can take responsibility and work on whatever issues there are. The better you know yourself the less you'll wonder whether you're the problem.

What are some red flags I could look for to avoid the wrong partner?

I have written a blog about this, but if you ever notice disrespectful behavior, an issue with alcohol or drugs, or a gut instinct that something is off run for the hills.

How do I ensure I don't get rejected?

You cannot avoid rejection it's part of life. Work on getting comfortable with the idea and how to not take it personally.

Are my standards too high?

This is possible if you have unrealistic expectations. Realize that everyone is human and will disappoint on some level, but don't settle out of fear or desperation.

Am I too picky?

This is code for "am I judgmental?" If you're focusing on little things or one off instances then you might be writing people off too soon. Also if you're constantly comparing people to an Ex or some idealized person you are probably being too picky.

Should I feel butterflies and be crazy about the right person?

Sometimes this chemistry and physiological response happens but not always. This is not an indication if the person is right, it's just a natural response to meeting someone you're attracted to.