

YOU ARE THE BEST THING THAT EVER HAPPENED TO YOU!



THE 6 BIGGEST DATING MISTAKES YOU'RE PROBABLY MAKING & HOW TO AVOID THEM

Let's do this!

**THE 6 BIGGEST DATING MISTAKES YOU'RE PROBABLY MAKING
& HOW TO AVOID THEM**

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I (*REALLY*) GET YOU!



Before meeting the love of my life, I found myself on a spree of countless dates that only lead me to disappointment...

Having so much pressure from everyone around me made me forget having fun on the way!

I also felt that any date that doesn't lead to a relationship is useless.

These experiences made me realize what I was missing when it comes to having the right mindset while going on dates.

Now, it's time for you to discover these 6 mistakes you might be doing and how you can overcome them!

I can't wait for you to find the love of your life!

I believe in YOU!

Tamara

You are the best thing that ever happened to you!

Mistake #1

Having too many expectations!

It's common and even natural to overthink and have expectations about the date!

Nothing is wrong with you! I really get you! :)

You may ask yourself...

- Is it going to lead anywhere?
- Will he/she like me?
- Will everything go well?
- Will I embarrass myself?

These are things that you will actually never think about when you're meeting a friend!

The problem is that you are putting pressure on a situation *before* it actually happens.

And you won't really be present at the date because you'll think if yes or no, this person or this date will meet your expectations.

The thing is, what you really want is a real and sincere connection with this person, right? To build a strong relationship!

What if you could go on a date, just have fun and behave like you would behave when hanging out with a friend, just being in the present moment?

When you're doing this, you'll be able to be more in the present, you'll be able to give more chances to *really connect* with that other person!

Down the line, again, what you want is a real relationship, not just a "check" next to a list of expectations being met! :)

Mistake #1

How to avoid making this mistake?

What if you would go on dates without overthinking how it will go, while simply “going with the flow”, how would the date be different?

You can choose different thoughts to think at that moment!

Thoughts that will be more empowering, that will serve you more than "I need to know if this is worth my time or not!"

What would you need to believe to drop the expectations?

What about:

- This date can be fun!
- I like meeting new people!
- Let's give me and this person a chance to meet each other, no need to be “on the grill” or to add more pressure!

What is the worst-case scenario? Honestly?

Until now, you maybe have put pressure on dates or had expectations and it didn't really work, right?

Don't beat yourself up for what has happened until now, but what do you have to lose to try something else this time?

Live a little! Have fun!

Nothing that bad can really happen.

Drop your expectations, enjoy being in the present, give yourself and this other person a chance! :)

You let society decide for you...

If you would ask people: "What do you think should happen on a first date?"

They will surely have an answer for you!

- "The guy should definitely pay for dinner."
- "You should end with a kiss but do not have sex."
- "He should pick you up and not the opposite."
- "You should wear make-up and nice clothes, but nothing too sexy or you're sending the wrong message."

Do you know what I think should happen on the first date?

Whatever happens! :)

Creating this structure of what's supposed to happen is putting us, people in boxes and prevents us from actually living in the present moment!

It also goes hand in hand with the expectation mistake...

And again, what you really want is to connect with somebody on a deep level, right? Human beings, we crave connection!

As I always say, human beings, we just want to be seen, heard, and understood.

So, no need for the other person or the date to be a certain way!

We are no machines!

Give yourself and that other person a chance!

Mistake #2

How to avoid making this mistake?

How should a date look like, in your opinion?

Think about it for a minute.

Now, ask yourself... Is it true?

Is this date absolutely supposed to happen like this to be fun and to lead somewhere?

Try to imagine that you didn't see any romantic movies in your life and had no other first dates before!

Tell yourself that there's nothing that is supposed to be or happen and that you're just going with whatever happens based on how you feel at the moment.

Let yourself be surprised!

The fact that things turn out different than what you usually experience doesn't mean it's a bad thing.

It might just be the one date that you will never forget!
:)

What do you have to lose to think differently about how a date should be? How a person should be?

Really ask yourself: How would you show up differently if you would let it unfold the way it should unfold and not try to control everything and everyone?

You're wearing a mask!

When we want to impress someone, we try to appear like someone that is not necessarily who we truly are!

Or maybe we try to empathize characteristics that we have in a way that can seem unnatural...

This could be a problem for two reasons.

1. In most cases, the other person will see that we are trying too hard and that we are trying to oversell ourselves!

2. If we want eventually to have a relationship with this person, we want this relationship to be based on who we truly are and not on what we appear to be when we first start dating!

The longer the relationship will be, the peel will anyway be removed so why not be yourself from day 1?

What do you have to lose to try this?

Mistake #3

How to avoid making this mistake?

Just imagine that you're meeting a good friend.

I know that could sound a bit simple but try it!

You wouldn't try to oversell yourself to someone who already knows who you are, right?

Again, of course, it's not the same!

On a date, you are meeting someone that you don't know yet.

But try to imitate the approach! It will help you be more confident about who you are.

And, you are good enough, you are totally worthy! :)

You don't need a relationship or anyone to make you feel special.

You're not giving yourself enough credit!

As I always say, down the line, people want to be seen, heard, and understood.

All of us want other people to like us, right?

Because of this strong need, we sometimes forget that other people want to be liked too as much as we do!

We put people on a pedestal (thinking things such as "they are amazing" or I really want them to like me!") and we tend to forget that WE also need to put ourselves on a pedestal!

WE also get to decide if this person is great or if we have fun with them...

They won't be the only ones needing to fall in love! :)

You need to give yourself some credit, you are amazing as much as this other person! (Even more sometimes!) ;)

Mistake #4

How to avoid making this mistake?

Tell yourself that you're the prize!

And that eventually, you are the one who is choosing and not a person to be waiting to be chosen.

It doesn't mean you have to be arrogant, it just means that you have to love yourself and know that you're amazing too!

Remember that you are a catch and that YOU get to choose to see that person again if you want it to!

Also and I really want you to keep that in mind: Think of the relationship you have with yourself.

You don't want to find another person filling that need of love for yourself: Love yourself first, the relationship you have with yourself is the most important relationship of your life! :)

You're not going on enough dates!

This sounds quite self-explanatory, I know!

And actually, it's very true!

A lot of coaches out there talk about “**taking massive action**” when it comes to getting a result that we truly want in our life.

It basically means that you need to take action consistently until you get what you want.

What is it that you want?

A long life-lasting relationship? Someone that you really love and that loves you back?

Let me ask you: **How many dates have you been going on so far?**

We could compare finding love to finding a job!

You need to do lots of job interviews to find a job you like maybe...?

So, to find love, you need to go on **MANY DATES!**

I remember some of my amazing life coaching clients telling me that "it's tough out there", is there a way you could have more fun going on dates?

What if this dating was part of the process of finding the love of your life?

These are great questions to ask yourself! :)

Mistake #5

How to avoid making this mistake?

I know that going on dates can sometimes be uncomfortable and tiring...

But if you really want to find love, you HAVE to put yourself out there and very often!

After talking with my life coaching clients, the right number of dates per week is around 2-3 minimum.

It can be with the same person! As long as you're going out and not staying in your comfortable cave! :)

Also, when you go on many dates, you are less into one person only!

You're talking with a few of those people, it's helping take the pressure off of one and only one person!

And as I always say, you don't go only on dates to find a relationship.

You go to have fun on the date itself, you get to know other people, you grow your network...

Again, until now, you've been trying something and it maybe didn't bring the result that you want.

I'm not saying that what you've been doing is wrong.

I'm just saying that you have nothing to lose to try something else, right? :)

You're taking yourself too seriously!

I know that when reading this title you might want to tell me: "I'm doing my best, she's exaggerating!" but what if I was not? :)

What if your attitude and your mindset until now did not get you the result that you want (finding love).

I'm absolutely not saying that you should beat yourself up, etc.! But it's more about the fact that you have ALL THE POWER to rewire your brain when it comes to dating and I can really help you with that! :)

You're really not alone!

You might find yourself during a date...

- Overthinking
- Overanalyzing what you're saying/what the other person is saying
- Overplanning
- Overplaying
- More "overs"!

I absolutely used to do this so I more than 150% understand you!

How to avoid making this mistake?

What happened in the past happened.

Again, there is no need and no point in beating yourself up for the dates you went to until now and how everything worked or did not work out.

What is done is done and that's totally ok! :)

But what if you would have more fun on dates?
Ask yourself this question!

Also, what if you would be more of a "human" in that moment by...

- Being 100% in the present, not overthinking about the after...
- Asking questions
- Listening genuinely to the answers
- Connecting on a deep level with that other person
- Trying to look at what you have in common and not at things that are maybe different
- Making jokes and laughing at jokes

I know that putting yourself out there and meeting some weird people sometimes can be surprising and hard at the same time, I've been there I really get it!

But what if all of this was part of the process to meet the love of your life?

What if you could take it a bit more lightly?

The crazy thing is that having a different mindset, a "chill" attitude will attract more fun dates and you'll have a nicer time on the dating scene!

What do you have to lose to try something else? :)

CONGRATS!

You did it!



I truly hope that looking at these mistakes helps you think about the way you're showing up and how things can be different! :)

I'm 100% convinced that nothing's wrong with you and that you can find true love out there!

Take the time to really re-read this e-book and believe that you are exactly where you're supposed to be!

If you would know for sure that you would be in a relationship 6 months from now, **how different would you show up today?**

How would you feel today?

What if you would start today by feeling this way?

This is where I can help you!

I've helped so many beautiful women find love and now, it's your turn.

Send me an email at tamara@personal-development-zone.com and let's chat about your future relationship.

I'm going to help you be in a real relationship 6 months from now or less using my proven formula.

You're in?

You are the best thing that ever happened to you!



Let's keep in touch!

[Get Confident, Get Happy Podcast](#)

[Personal-development-zone.com](https://personal-development-zone.com)

tamara@personal-development-zone.com