



Mastering the Mystery of Meeting Men *after 40*

Session 3: I'm Fabulous, So What's the Damn Problem?

A life-changing telecourse with
Bobbi Palmer
The Dating and Relationship Coach for Women over 40

This is based on my 6-Step **Find Hope and Then Find Him** Program:

- We will work on my 6 Steps to Find Hope and Find Him.
 - Who am I: Falling in Love With Yourself
 - Who is He: Getting Past Your List
 - **I'm Fabulous So What's the Damn Problem?**
 - Casting the Net: Where is He and How Do I Meet Him?
 - Getting from Rendezvous to Romance
 - Should I Stay or Should I Go?

What are your dating and relationship goals?

What is your pledge to yourself?

My forward movement is...

A large rectangular area with a dotted border, intended for writing the response to the question "My forward movement is...".

Review Session 2: Who is He? Getting Past Your List

What were some changes you made to your list or to your must-haves?

What feelings came up as you did the work?

You're Fabulous...So What's the Damn Problem?



If you change the way you look at things,
the things you look at change.

~ Wayne Dyer

What are your stories?

In relation to men and relationships, I am...

.....

Single men are/single men want...

.....

Which means...

.....

**These are your Stories and they are your Truths...
regardless of whether they are true or not.**

Human nature compels us to search for evidence to support our beliefs...and ignore contrary evidence. This makes us "Right."

Your truths create these roadblocks:

Gremlins

[Empty dotted box for Gremlins]

Limiting Beliefs

[Empty dotted box for Limiting Beliefs]

Assumptions

[Empty dotted box for Assumptions]

Self-fulfilling prophecy:

Any positive or negative expectation about circumstances, events, or people that may affect a person's behavior toward them in a manner that causes those expectations to be fulfilled.

Let's understand how these truths (seem to) serve you:

- I get to blame someone else.
- It never works out so I never get hurt...after all it's what I expected.
- I get to avoid _____.
- I prove myself right.

**Most of the shadows of life are caused by
standing in our own sunshine. ~ Ralph Waldo Emerson**

**Dating Like a Grownup is about balancing
Head and Heart**

Using Your Head to Get to Real Truth

Where did your "truths" come from?

- Misinformation
- Old news
- Fantasy
- Reaction to previous experience
- Protection from [fill in the blank]
- Someone else's opinion or experience.

Your tools to create new truths:

- Sanity check: Revisit the facts.
- Trace the source.
- Search for contrary evidence.
- Talk to people who live or believe otherwise.
- Identify how you think it's serving you...and how it is not. (Our independent work this week.)
- Grab that grownup girl, **taking responsibility** and **thinking rationally**.

Using Your Heart

- Love and trust yourself. (Use your Who Am I to reinforce it.)
- Love and trust others.
- Forgive yourself.
- Forgive others.
- End your friendship with your gremlins.
- Embrace your courage.

Your tools to create new feelings:

- Do a sanity check.
- Forgive yourself and others.
- Identify your triggers.
- Name your feelings.
- Name your Gremlin.
- Choose to create new experiences.
- Acknowledge and reward yourself for your forward movement every day.
- Use visualization and affirmation.

You can't always control the wind, but you can control your sails. ~ Anthony Robbins

Independent Work

The way life treats you is a merciless mirror image of your attitude toward life. ~ Anonymous.

What IS the damn problem? You are going to:

- Spill your truths and stories.
- Name your beliefs and attitudes.
- Identify how it's serving you.
- Put a name on how it is standing in your way of what you want.
- Use your tools to start working on how to shift yourself, your environment, your day-to-day habits and your feelings.

Spill your truths

Continue your work from our group session. First, some reminders:

Our gremlins, limiting beliefs and assumptions include:

- I don't need a man.
- I look horrible,
- Life is unfair.

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- I'm lame/I'm a loser.
- I'm too old.
- I'm not attractive.
- It's too hard.
- I can't handle failure or rejection.
- I might be rejected, lose something that feels good at the moment.
- There must be something wrong with me or else I wouldn't be single, divorced, a failure at love.
- The whole package I offer is not lovable.
- I go over my past relationship mistakes/failings - feeling bad about them and myself.
- I don't want to date - I just want the right one.
- If I were lovable/normal, I'd have gotten married at some point even if I subsequently got divorced.
- If they don't call it's because I did something wrong.
- All men are cheaters/liars.
- He didn't call when he said, therefore he never will.
- Men say they are busy when they don't want to see you again.
- There are no good men.
- Menonlylike [fill in the blank].
- Men don't want women like me.
- Women my age don't find love.
- You can't trust other women when it comes to men.
- All men eventually leave.
- I am not capable of attracting a commitment minded man.

- If I was lovable someone would have picked me by now.

Step 1. Do a self-inventory.

Refer to your *Who Am I* work. Review these sections:

- Things I Fear
- Things I'm working toward

This may help you complete the rest of the exercise.

Step 2. Finish these sentences

Often we have "truths" that stand splat in the way of what we want in life. Exploring, naming and managing those beliefs are key to moving from where you are today to that life filled with the love and commitment from a very special man.

Start spilling your truths by completing these sentences. Be 100% honest and write anything and everything that comes to mind. Don't think; just write.

In relation to dating and relationships...

I am ...

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So What's the Damn Problem?**

.....

Men are...

.....

Being in a relationship means...

.....

When I meet single men I...

.....



Step 3. Manage Your Gremlins and Beliefs

In this exercise you will start articulating your "Gremlins" – those thoughts that are standing in your way of getting what you want in life and in love. What you believe translates to action. Action creates results...or reaction.

What is it?	How will I notice it? <input type="checkbox"/> How do I validate it?	How Does it Serve Me?	How can I manage it? What tools will help me overcome/make this positive?
I don't think I can do it.	I walk away...give up. Don't really try as hard as I can. Make excuses. I look for the negative. I blame myself for everything. <input type="checkbox"/>	If I don't try I don't fail. Keeps me from being rejected.	My head: Remember my accomplishments and difficult things I've done/overcome. Talk to women who have done it. Tell myself that I've done it before. Remind myself of my goals and how important it is to me. My heart: Create a support squad of friends, family, and/or a coach and look to them for cheerleading and accountability when I need it. Force myself to take risks and look for the positive. Identify what triggers it for awareness and to determine tools. Use my affirmations and Leading Yourself to Love program.

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Step 4. Reinforce Yourself

- Go back to your Who Am I . Take a good look at what you have to offer, the kind of person you are and what you have accomplished and overcome.
- Use the guided imagery exercises in your Leading Yourself to Love Program.
- Use affirmations (below) to support you and remind you of who you are and how realistic your goal can be if you get out of your own way.

Girlfriend, you have accomplished and overcome so many difficult things in your life. You can do this.

This is a living, breathing ongoing exercise.

Your attitudes & abilities have led you through many of life's changes and challenges. Reach for those, and you will reach your goals.

~ Bobbi Palmer

Here are a list of Affirmations. Choose the ones that best support you. Read them each morning and/or post them on your mirror or some other place you commonly look to.

- I'm doing a great job – I'm proud of myself – I can make mistakes.
- I love and accept myself just as I am.
- I'm on the right track.
- I'm doing extremely well.
- Look how far I have come.
- I am where I am and all is really well.
- Things are going well for me.
- There is no place that I'm supposed to be that I am not.
- I am moving into what I am wanting.
- I only attract loving people in my world for they are a mirror of myself.
- Life is a joy filled with delightful surprises.
- My life is a joy filled with self-love, good work, fun and friendship...all I need do is stop all criticism, forgive, relax and be open.
- I choose love, joy and freedom, open my heart and allow wonderful things to flow into my life.
- I am positive and feel desirable.
- I have a better understanding of what I want and am looking for. It makes me feel in charge.

- I am happy working on me and happy being me.