



Mastering the Mystery of Meeting Men *after 40*

Session 6: Should I Stay or Should I Go?

A 6-week telecourse with
Bobbi Palmer
The Dating and Relationship Coach for Women Over 40



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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?**

You've accomplished this, and created momentum. Don't stop now!

If you're really ready to Find Him, and would like to keep working with me as your coach, I'd be honored.

I have many private coaching options and I know one will be right for you. **Call me at 562.608.8685** and let's talk about your next steps toward bringing that special man in to your life.



Review Session 5: Who is He? Getting From Rendezvous to Romance

Did you start writing your story?

Did you practice?

- Telling your story
- Listening
- Managing conversations
- Complimenting
- Flirting

What did you learn?

Like any new skill, this takes practice. Each time you do it, it gets easier and you see better results.



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Forward Movement

All steps - no matter how small - move you closer to your dating and relationship goals.

What have I learned, experienced, felt, accomplished, seen, created, changed, tolerated, improved, questioned...that has moved me closer to my dating and relationship goals?



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**“When you rationalize, you do just that.
You make rational lies.” ~ Anon**

Rationalizing vs. Being Rational

You are Rationalizing when you:

...apologize: defend, explain, clear away, or make excuses for...

You are being Rational when you are:

...consistent with, based on, or using reason; having reason or clear understanding...

**Beliefs: Those things we hold to be true
despite evidence to the contrary.**

~ Joseph O'Connor



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Being a Good Picker Means Balancing Your Heart With Your Head

Chemistry Can Suck

Once we decide he could be The One it's very difficult to change our mind. We can ignore contrary evidence.

A man giving you butterflies on a date

**Intuition is truly a feminine quality, but women should not mistake rash conclusions for this gift.
~ Minna Antrim**

There are effective processes, tools and methods you can follow to make Rational Decisions about whether you should Stay or Go.

A reminder:

This is all about you: what *you* need and want. Good decisions must be made with YOU as your priority.

You are responsible for bring kind and honest. He is a grownup and is responsible for taking care of himself.



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Check your Who Am I and ask: Am I this gal with him?

Check your Who is He and ask: Is he hot or is he hubby?



What I love about myself

What I love about my life

What I value

What I'm working toward

What are my must-haves



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What are your *Even Thoughts?*

A large rectangular area enclosed by a dotted line, intended for writing responses to the question above.



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**The Dalai Lama* speaks of the
difference between pleasure and
happiness.**

Pleasure is a a momentary or short-
term feeling, such as activities you
enjoy.

Happiness, by contrast, is a lasting
state that most often is achieved
through positive, constructive actions.

**When it's time to make a smart
decision, ask yourself:**

**What is my ultimate goal?
Will this get me there?**

**In The Art of Happiness: A Handbook for*



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Three Rules to determine that this is a guy you want to continue getting to know or staying with *



Is he crazy about me?

- Eager to see me and reluctant to leave
- Wants to be helpful and please me
- Is verbally and physically affectionate
- Acts like I'm special
- Willing to hang-in as I decide



Is he willing to grow?

- Takes suggestions or advice
- Is self-reflective
- Participates in active self-improvement (willing to go to therapy or coaching, take courses, meditates or prays)



Is he meeting the basics?

- Meets your must-haves

* from *Love in 90 Days* by Diana Kirschner, PhD



Coming to a confident conclusion

You have tools in your tool chest to guide you to rational decisions:

- Chemistry/Intuition (See Appendix A for the "Hot or Hubby " exercise)
- What are my Even Thoughts?
- Am I the woman I want to be with this man?
- Does he have my Must-Haves?
- Are we looking for the same type of relationship?
- Does he bring me pleasure and/or happiness?
- Is he crazy about me?
- Is he willing to grow?
- What are his actions (rather than his words)?



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Independent work

Get in the habit of grabbing your "grownup gal" following your dates and while developing relationships. Make a list of questions to ask yourself that will guide you to good decisions.

A large rectangular area enclosed by a dotted line, intended for the student to write their list of questions.



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Learn from your past

Apply the tools you learned here to significant past dating experiences and/or relationships. This is not to be used to beat yourself up. Use it to discover how this process would unfold in your real life.

Tools	Name	Name	Name
Chemistry/ Intuition			
What were my Even Thoughts?			
Was I the woman I wanted to be with this man?			
Did he have my Must- Haves?			
Were we looking for the same type of relationship?			



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Tools	Name	Name	Name
Did he bring me pleasure and/or happiness?			
Was he crazy about me?			
Was he willing to grow?			
What were his actions vs. Words?			

What are your conclusions?

.....



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What are your next steps?

Now that you've done all this work, how will you continue on the path to the love and happiness you deserve and dream of?

How will you continue to learn, grow and shift?

Create a 60-day Personal Dating Plan.



I. Appendix

"Is he Merely Hot or Maybe Husband?" Exercise

Looking for a true partner but keep picking players, paupers, or just plain zeros? Here's my tip:

You're an hour or so into a date with a new man. You like him. Time to pause and apply the "Is he good for me?" test.

Before you begin, grab your Grownup. You know...the fabulous woman you've gotten to know over the years and learned to love and respect? Break his spell, channel her, leave the table for an alone moment; just do what it takes to get her there. Now, ask her these questions:

1. Is he hot?

Of course he is; you said "yes" to the date and haven't yet excused yourself and gone home yet. The answer is "Yes" so go to the next question.

2. What do I like about him other than his hotness?

Granted, you don't know him very well. But what traits show potential? If the answer is "None" (other than he's hot); or your only other answer is "He's charming"...get the hell out of there girlfriend. After an hour, all you see is Mr. Hot +Charming, you're close to that "b'bye grownup and heeello



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25 year old” moment that you'll likely regret later on.

If there are more traits you like...proceed.

3. Are those things qualities I’m looking for in a long term partner?

What you want from a man in a fling is different from what you want from a man in a meaningful relationship. Does he show signs of those qualities? Your grownup knows the difference.

4. And finally: Do I feel good about myself when I’m with him?

Notice I didn’t say “Do I feel good when I’m with him.” Hot +Charming means I feel good – especially when he seems to be attracted to me.

What I want you to ask here is “does he bring out the best in me, am I comfortable being myself with him, do I feel special to him? If you can answer “yes” to these...you feel good and there’s a good possibility he can be good for you. You may not marry him, but you're probably going to have a nice time. Go back to the table and have fun.