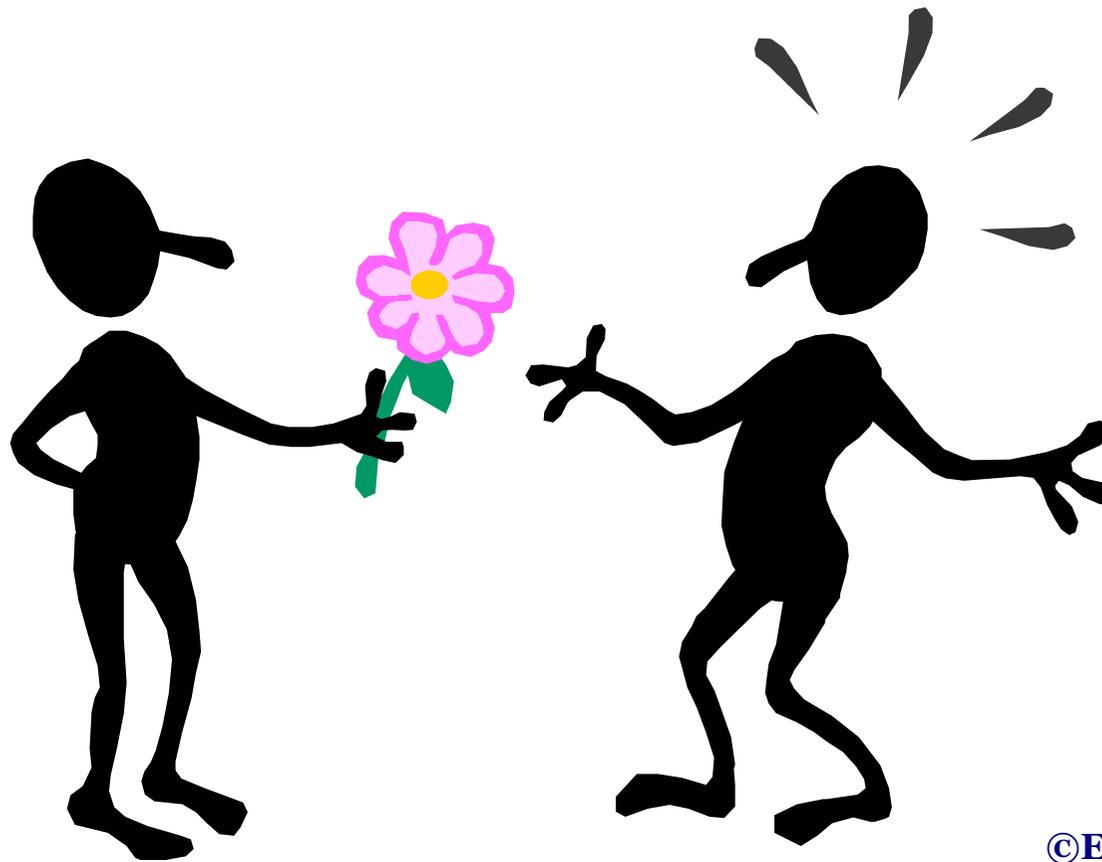


Tips and Thoughts on How To Date with Success



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Special Edition for Merrick & Bellmore Singles Mingles Event

Introduction

My name is Ellen Gerst, and I am a 1973 graduate of Kennedy High School. Although I'm not single at the moment, I was widowed at the age of 39 after almost twenty years of marriage. As a result of my loss, I became a Grief and Relationship Coach, as well a prolific author who focuses on those two topics. Through my work, I've helped thousands of people navigate the stormy seas of losing a partner (through death, divorce or break up) and, when they were ready, assisted them with their discovery of the path to finding love after loss. Consequently, when I read that an event was being planned for singles, I thought it would be nice to share my knowledge with my fellow alumni and former hometown friends. You can find out more about the event on the last page of this book.

If you haven't been experiencing triumphant results with your dating endeavors, I'd like to share the one thing that could help you the most. You may be surprised by my simplistic answer, for I believe wearing a smile upon your face will exponentially increase your dating success. If dating is all about connecting with others, then the word SMILE is even an acronym for that activity: *So Many Interactions Linking Everyone*. In fact, a smile is the light in the window of your face that tells people you're at home and to come on in.

If you're familiar with the *Harry Potter* series, you might recall that Dumbledore, the headmaster of Hogwarts, relays to Harry that he doesn't need a cloak to be invisible. He's one hundred percent correct; you don't need any magic to "disappear" into the sea of humanity. It's simple - if you walk through life with your head down and a sour look upon your face, no one will notice you. Furthermore, they might consciously avoid you because they're afraid to get caught under the dark cloud that surrounds you. Smiling is what will make you visible to others. You will radiate sunshine, which draws people to you who want to bask in the warmth you're exuding.

Here are three additional benefits that may be derived from adopting a smiley demeanor.

1. You will appear to be more attractive than a person who wears a dour expression.
2. Smiling at others, and having them smile back at you, feels good. Simply put, isn't "feeling good" vs. "feeling bad" a more desirable state of mind?
3. You might recollect the old adage that says *you can catch more flies with honey than with vinegar*. The same can be said of wearing a smile vs. a frown. To that point, here's a fun exercise for you to try. Put a mirror next to your phone. Next time you're talking to a prospective date, check the mirror to make sure you're smiling. I promise that the person on the other end of the line will be able to intuitively detect it and will react in a more responsive manner.

Finally, I ask you to consider the idea that by wearing a smiling countenance vs. harboring a sad sack demeanor, you have the ability to light up the lives of those with whom you come in contact. In essence, by smiling at the world, you bestow a gift upon it. However, don't only smile for others. Smile for yourself because it can lighten your own mood and, subsequently, ignite feelings of hope and positivity.

With that advice in mind, I present to you some tips and thoughts on how you can date with success.

**“The most valuable thing you can make is a mistake.
You can't learn anything from being perfect.”**

Adam Osborne



It's not called the “dating game” for nothing!

Think about it ...

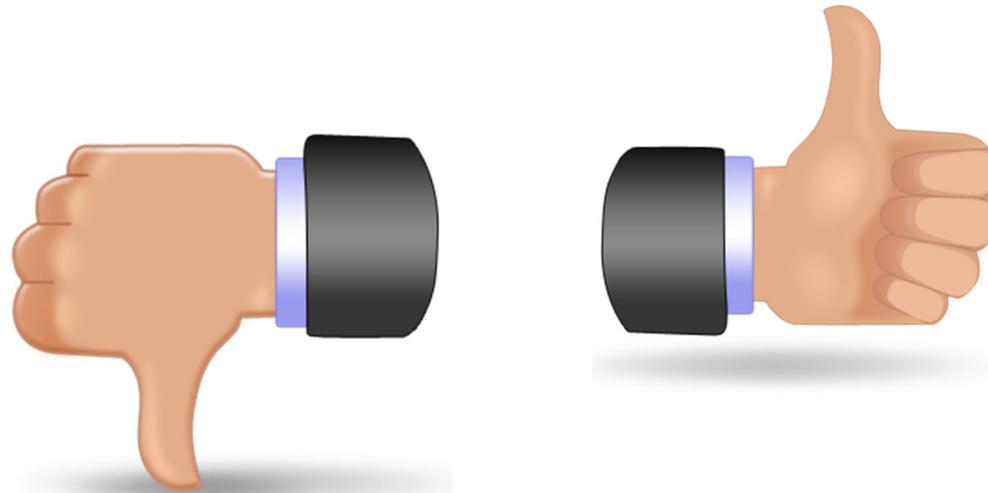
Sometimes a game includes taking a risk AND with risk comes the chance of making a mistake.

That's not all bad, though.

With each mistake, you get closer to figuring out what and who is just right for you.

Do You Have a Fear of Success or of Failure?

If you have started dating, is it possible that you harbor either a fear of failure OR a fear of success?



Whichever one it may be, remain aware that they both stir up powerful emotions.

Success is sometimes *even scarier* than failure, for it requires a lot more change.

In fact, a fear of success can lead to self-sabotage. How this works is that your subconscious doesn't allow any prospective partners to really "get in" and, thus, provides a perfect excuse or reason why you are being met with less than stellar results in your dating efforts. Consequently, you give up and your feelings of failure are validated. Unfortunately, you're the one who made this become a self-fulfilling prophecy.

**“Right now a moment of time is passing by!
We must become that moment.”**

Paul Cezanne

You will never be able to experience this exact moment again.

One of the important lessons learned after losing a partner is that you realize that every moment counts. It's not just a matter of celebrating milestones or special days. It's your job to make sure each day spent with your partner is special.

As you move further along your path to more steady ground, do not become complacent and waste any of the precious moments you are given to love and enjoy your life, family and friends.



Take Note:

If you're hesitating about attending this event, push your fears away and grab this opportunity with which you've been presented.

Even if you don't make a love connection, it can open up the door to new possibilities and friendships. You already have shared experiences with the attendees, and that's a great base upon which to build.

**“That's the risk you take if you change:
that people you've been involved with won't like the new you.
But other people who do will come along.”**

Lisa Alther



This is one of the biggest revelations
in your search for the new single you.

Consider the idea that if you have been feeling lonely, you might still be living in *no man's land* where old friends don't understand you, yet you haven't quite connected deeply with new ones.

Continue to participate in the activities that you enjoy. You'll have fun and find others who love the same things as you.

At this event, you might try connecting with people with whom you had no contact in high school. A lot of years have passed, and you are most probably a changed person. You want others to see you as that new person vs. your high school persona. Do the same for others, and avoid slotting prospective partners into former high school designations, such as cheerleader, nerd, jock, greaser and the like.

The Universe is a Giant Mirror

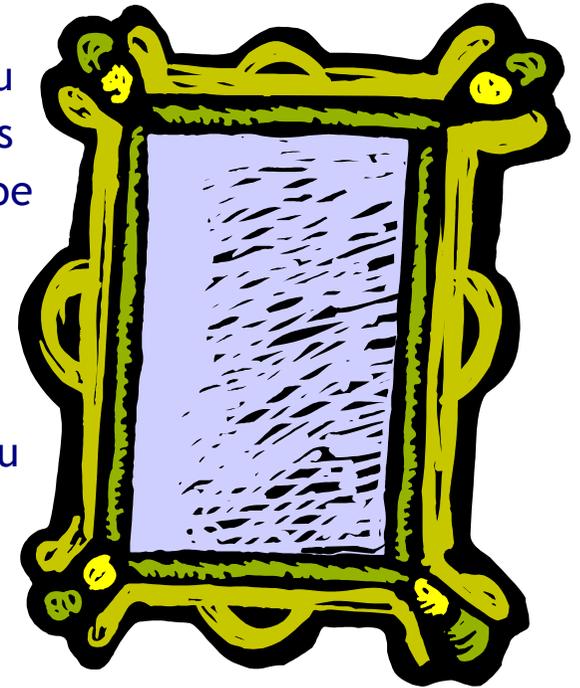
The universe is simply a giant mirror. Consequently, whatever you project out will be reflected back into your life. Keeping this theory in mind, at the inception of your dating process, do NOT be a “rejector.”

When first entering the dating arena, it's a good idea to **SAY YES** to all whom ask you out, with the proviso that it's a safe and reasonable offer. Using this non-discriminatory method helps you to discover things about yourself, as well as learn what type of person fits well with the new single you, which is a person quite different than the former “couple's version” of yourself.

Date with no expectations and with the simple desire to get out of the house and have some fun!

After you have honed your vision, *then* you can become more discriminating and *say no* to the ones who don't seem to fit your criteria.

Do remember, though, when the right one comes along, it is possible that your “list” may need to be adjusted or thrown away.



**“Love is like a bowl of oatmeal. It is full of lumps and bumps,
but it still makes you feel all warm inside.”**

Jacqui Jean-Murray



Expecting love to solve all your problems, AND for it to free your life from all those nasty *lumps & bumps*, is setting yourself up for disappointment.

That's why it is important to resolve any big issues you may have and be a complete person *before* entering into a serious relationship.

Don't look for someone to “complete” you. Instead, look for your *complement*, which is a person who fits comfortably into the nooks and crannies of your life.

“Love is like math; we all have problems.”

Ashley Zaremba



The grass usually tends to look greener on the other side. However, there are both positive AND negative aspects to being single vs. being coupled. It simply depends on your perspective.

Although being single may be getting tiresome, try not to get caught up in the fantasy of romanticizing what love could look like with a new partner and to believe it would be perfect and the answer to all of your problems.

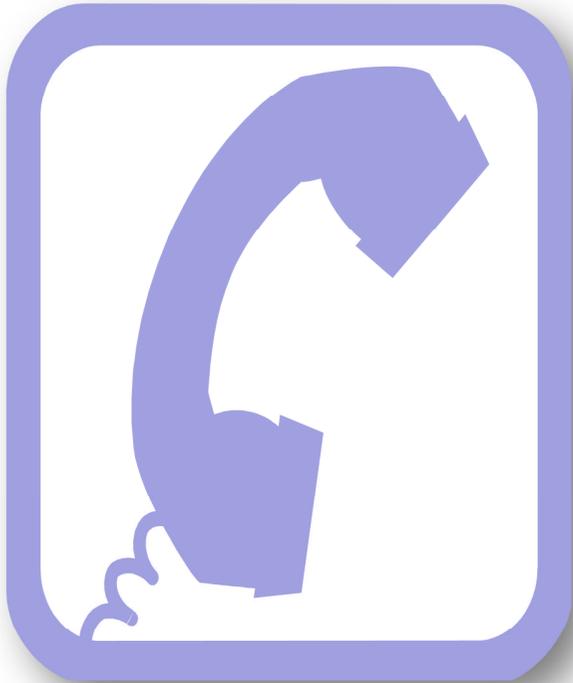
Even for those who are deeply in love, they still must work out issues to keep the fires burning.

As William Shakespeare reminds us:

“The course of true love never did run smooth.”

“Take no offense. That which offends you only weakens you. Being offended creates the same destructive energy that offended you in the first place, so transcend your ego and stay in peace.”

Dr. Wayne Dyer



When in the dating arena, it's very important to avoid taking things personally. Most often, if someone doesn't call you back, it's usually about him or her rather than about you.

You must come to accept that sometimes you will never find out the reason why a person simply disappears without a word or warning.

**“I have never wanted to be one of those girls
in love with boys who would not have me.**

**Unrequited love - plain desperate aboveboard boy-chasing -
turns you into a salesperson, and what you were selling was
something he didn't want, could not use, would never miss.**

**Unrequited love was deciding to be useless,
and I could never abide uselessness.”**

Elizabeth McCracken



If you meet this guy (or girl) don't waste your time.

Say, NEXT!

Turn off that voice in your head that may be whispering in your ear that *you're not good enough*. It's not true! Be confident of your own self-worth, and others will follow your lead.

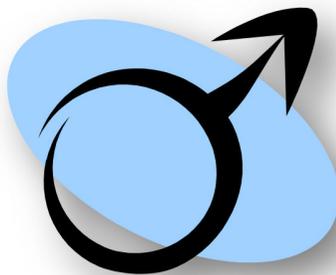
“AIDS obliges people to think of sex as having, possibly, the direst consequences: suicide. Or murder.”

Susan Sontag



If you are thinking about engaging in sexual relations with a new partner, make sure to have the “talk” before doing so.

It’s not a matter of distrusting your prospective partner. He or she could be carrying or be infected with an STD without any awareness of the fact.



Remember, STDs practice equal opportunity and cross all demographics.

For definitive answers to your questions, confer with a health professional.

“The true profession of man is to find his way to himself.”

Hermann Hesse

And it is only after you have found your way that you can welcome the right romantic partner to stand by your side.

You are a continual work-in-progress, and, as new circumstances are encountered, you adapt, make appropriate changes and re-find your way.

If you chose a partner wisely, you will also grow stronger together and discover the way to an “us.”



Because of its importance, I have chosen to end with more advice about smiling, some of which I offered in the Introduction.

**“Never frown, even when you are sad,
because you never know who is falling in love with your smile.”**

Anonymous

Take your blinders off, pick you head up and look in all directions.

There are always a multitude of opportunities in front of you. However, at times, you may not recognize them as such, or you may reject them before taking the time to closely examine them.



Smiling is the magnet that draws more opportunities to you.

“As you begin to pay attention to your own stories and what they say about you, you will enter into the exciting process of becoming, as you should be, the author of your own life, the creator of your own possibilities.”

Mandy Aftel

That’s the premise behind *writing the rest of your story*. You use the best experiences of your *past* as a launching pad, weave in the lessons learned in the *present* and design the life you envision for yourself (and maybe even a new partner) in the *future*!

These are the concepts which I teach in my book, *Love After Loss: Writing the Rest of Your Story*, which is available via Amazon. <http://www.amazon.com/Love-After-Loss-Writing-Story/dp/1456367102>

More Free Resources To Help You Date With Success:

1. For more tips and thoughts on how to date with success, you can read my short e-book online.

Scribd: <http://www.scribd.com/doc/98651896/How-to-Date-With-Success>

2. I also offer love, dating, and relationship tips on Facebook and Pinterest.

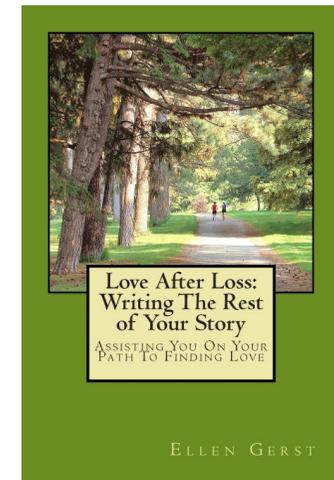
Facebook: <http://www.facebook.com/FindingLoveAfterLoss>

Pinterest: <http://www.pinterest.com/ellengerst/how-to-find-love-after-loss/>

3. I invite you to visit my website for more information on relationships and coping with grief.

There are other free resources, and you can also view my roster of over thirty books.

Website: <http://www.LNGerst.com>



EVENT INFO

Singles Mingles Event and Multi-Year Reunion

**August 3, 2014 at 7 P.M. (Registration at 6:30 P.M.)
Simultaneous Events in Florida and New York**

For the very first time ever, the three high schools in Merrick and Bellmore – John F. Kennedy, Calhoun and Mepham – will run a multi-year reunion and *Singles Mingles* event in the states of Florida and New York SIMULTANEOUSLY on AUGUST 3, 2014 at 7:00 P.M, with registration starting at 6:30.

The alumni from all three schools have been asking about a reunion for all the single, divorced and widowed alum. The concept is that *not only* will you be able to reconnect with your high school friends, but these are also the friends with whom you spent all those years when you went to elementary school and Jr High.

This event may spark some renewed feeling that you had for your school day crushes with your childhood sweet hearts. At the same time, the connections you had as a child can only be surpassed by the commonality that we share, all coming from the same community. What more of a connection could anyone have than growing up and coming from the same communities of Merrick and Bellmore?

This is a multi-year get together. It is open to all the alumni who attended Calhoun and Mepham High Schools during the graduation years of 1966-88 and for J.F. Kennedy from the years 1968-88. You're welcome to bring friends so that there are lots of Singles to Mingle to spark new romances.

Florida Venue: The Pavilion Grille, Boca Raton, Florida, 301 Yamato Rd.
Cover Charge: \$10, which includes 1 house drink, live band and dancing
If you want to have dinner first, please make a reservation (561.912.0000)
Florida Chair: Gary Haft
Pre-registration: Contact Gary Haft at gary.haft@gmail.com or 954.600.3447

New York Venue: MaliBlue Oyster Bar, Lido Beach, 1500 Lido Blvd.
Cover Charge: None, but \$5 donation is recommended
Music provided by Kamellot, comprised of musician alumni from JFK High School
If you want to have dinner first, please make a reservation (516.442.2799)

We request people REGISTER in advance so that name tags can be prepared ahead of time with your name, year of graduation, high school name and the name of your guests, if you are bringing any.

Register for either the Florida or the New York events by clicking on this link:

http://www.bellmorejfkalumni.org/upcoming_events

Thank you, Ronald Steiger, Public Relations, Bellmore JFK Alumni, Inc.

If you have any questions, please contact Ronald Steiger at RSteiger@bellmorejfkalumni.org