

# Ten Principles of Conscious Dating

- 1. Know who you are and what you want.**  
Like an iceberg, we are typically aware only of the tip, while our success and happiness depends upon what lies below the surface.
- 2. Gain relationship knowledge and skills.**  
Prepare for the love of your life by learning about relationships, improving your relationship skills, and deepening your relationships with your family, friends, and colleagues. Date for fun and practice. Take more emotional risks. Read about relationships. Get relationship coaching. Take relationship classes and workshops.
- 3. Be the "Chooser."**  
Take initiative and responsibility for your outcomes. Don't react to what, or who, chooses you. Seek to create what you want in your life and practice assertiveness – don't be afraid to say no to what you don't want.
- 4. Be comfortable with conflict.**  
In fact, experts warn that a conflict-free relationship can be a sign of deeper issues that you're unwilling or afraid to express. Learn techniques to express your needs effectively and be OK with "agreeing to disagree" about some things.
- 5. Take emotional risks.**  
Being vulnerable with your partner increases the level of intimacy. If you've been hurt in the past, that can be especially difficult to do, but expressing those fears can actually deepen your connection.
- 6. Be open to different styles of relating.**  
Different doesn't mean "better" or "worse". Extroverts can have successful relationships with introverts, just as slob and neat-niks can learn to live together!
- 7. Be ready and available for commitment.**  
Live your life and bring your dating strategy into alignment with how ready you really are for a committed relationship.
- 8. Create a support community.**  
Isolated singles become lonely in their relationships when they focus on a partner to meet all their social and emotional needs.
- 9. Be a "Successful Single" and use the "Law of Attraction"**  
Don't put your life on hold waiting for a relationship to happen. Live your life vision and purpose while you are single. Attract the partner that you want by developing yourself and living the life that you want. "If you build it, they will come."
- 10. Balance your heart with your head.**  
Make your relationship choices consciously. It's still exciting!

(adapted from the Relationship Coaching Institutes'  
*Conscious Dating Self-Discovery and Readiness Program*)

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