

LOVE PRESCRIPTION

ANSWER by *Jasbina Ahluwalia*

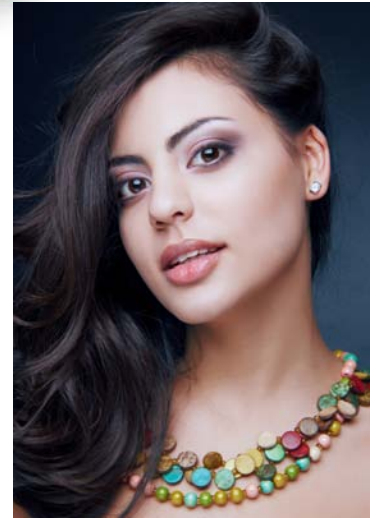
I'm sorry to hear of your frustration. As a matchmaker and dating coach to selective and commitment-minded men and women with limited free time, I can appreciate your concern. I encourage you to continue being the kind of woman who recognizes the worth of her precious time. That said, I'm concerned that your frustration may be detracting from your investment of time and energies in the dating process. Let's optimize the time you're investing in dating, beginning with your approach.

I find that commitment-minded singles who understandably don't want to waste time sometimes have a tendency to approach a first date with the goal of immediately determining then and there if their date definitively has what it takes to be their future spouse.

This "fast-forward" approach can be counterproductive for a couple reasons: First, such an approach lends itself to posing rapid-fire questions to one's date, creating an almost "business or interview-like" exchange rather than an organically unfolding, playful interchange. This "fast-forward" approach is more likely to lead to feelings of pressure rather than a promising connection and chemistry. Secondly, this approach reveals an unrealistic expectation with respect to the dating process, thereby enhancing the probability of disappointment, given that the vast majority of first dates statistically do not evolve into long-term relationships.

So what is a more productive approach? Dating tends to be most fruitful when viewed as an adventure. Approach each date as an opportunity to discover something life-enhancing. Be open to the possibility that you may discover things about your date, or experience a level of connection, which could lead you to believe in the potential for friendship and possibly a sustained relationship.

Even if you don't see romantic potential, don't shut-down and write the date off as a complete waste of time. Instead, challenge yourself to make valuable discoveries during the date. Perhaps you may discover a great new avenue to meet quality singles. Perhaps learning about your date's interests, passions, or mindset may come in handy in interactions with other guys. Perhaps you may discover more about what's important to you in a relationship. The dating process involves self-discovery as well as discovery of the people you date.



QUESTION

I seem to be spending a lot of time on first dates, many of which don't go anywhere. I'm frustrated because it seems as though either the kind of guys I keep meeting are really just not worth my time, or in those cases where I see potential I don't hear from the guy again. Any suggestions?



Jasbina Ahluwalia is an Indian-American attorney turned entrepreneur, Relationship Expert, Radio Show Host and Matchmaker / Dating Coach. She is

the Founder / President of Intersections Match, the only Elite Personalized Matchmaking & Dating Coaching Firm in the country serving Selective Singles of South Asian descent Nationwide in the U.S. She is also the host of Intersections Talk Radio, a monthly holistic lifestyle show featuring conversations with published authors/experts on relationships, health & wellness. For info, please visit www.IntersectionsMatch.com Feel free to submit a Question to be considered for this column to Jasbina directly at Jasbina@IntersectionsMatch.com.