

MODERN DATING DILEMMAS DECODED



W O R K B O O K

CONTENTS

LESSON 1: DATING AND TECHNOLOGY

LESSON 2: SOCIAL MEDIA AND ITS IMPACT

LESSON 3: REJECTION OF ANOTHER KIND



ABOUT RENEE SLANSKY

Renee Slansky is an Australian TV presenter, writer and motivational speaker, and whose love for romance and heart for women has compelled her to start The Dating Directory. From a young age she started leading and counselling women and was often called on by strangers and friends for relationship advice. She now writes for some of the largest online dating sites and magazines in the world including The Huffington Post, The Good Men Project, Your Tango, Plenty Of Fish, eHarmony and more. She can be heard on the radio or seen on TV regularly, sharing her tips and teachings. Her writings offer a witty and relative outlook with practical advice on life and romance in the 21st century.

“I was born a romantic, always envisioning my perfect Mr Darcy riding in on a white horse with his top 3 buttons undone revealing a bronzed chest. Oh, I had it all planned out, and of course when you do that, nothing actually ever goes to plan and all of a sudden you’re flat on your bum in your skinny jeans that cut off the circulation, thinking what the hell went wrong?!”

I’ve visited “Square 1” enough times to consider building a home on it, I’ve climbed ex-boyfriends fences and cried on bathroom floors at popular night clubs (for embarrassment purposes we shall bleep the names!) I’ve been loved, hated, revered and ostracized. I’ve been at the top of Success Mountain and tumbled down to the bottom again and again. I’ve dated men with children, men who carry baggage, and men who...well...- just aren’t man enough.”

Renee Slansky, Author – The Dating Directory

INTRODUCTION

Hi I'm Renee Slansky your dating and relationship coach, and in today's programme we are going to be tackling the modern dating dilemmas we face today. It's no mistake that you are here, and chances are you are hoping to find some practical solutions and supportive answers to the problems you are facing.

In this programme there are 3 modules. The first is learning about the common impact of technology on dating and the issues we can face with this. The second is working out how to keep social media healthy when it comes to your love life. And the third is understanding all those modern dating terms like ghosting and benching and what to do when you come up against them. So, let's not waste any time and jump into it!

We now have more ways to meet and connect with people than ever, but yet we have more single folk and broken relationships than ever before. So, you have to stop and ask yourself, where exactly is it all going wrong?

Why are people so lost when it comes to love when we even have dating apps with GPS tracking systems? Are we that clueless to what we want and need or has the way in which we date and do relationships changed that much?

It's no secret that technology has had a huge impact on love. I mean come on, most of us have tried a dating app or online dating at least once in our life, and if you aren't on social media then you are most likely living off the grid. But with so many ways to connect with people, we must ask ourselves have we created our own problems because we have allowed technology to get the better of our hearts?

Why does it seem like a dream to meet someone in real life and yet an acceptable concept if someone gets dumped by text?

At which point did we decide that swiping left on someone we don't know based off a photo was better than reaching out to them and getting to actually know the real them? Yet here we are...so we might as well work out how to navigate our way around all the modern dating dilemmas that come with finding love in the 21st century.

SHORT TERM NEGATIVE:

Here's the thing, if we don't start to adapt with the times whilst still holding down traditional values then we are going to be either a) find it incredibly hard to find and have a functional relationship or b) Limit ourselves by not willing to learn, grow and be flexible. Whilst online dating and dating apps may not be everyone's cup of tea, it's most likely just because they have had a bad experience with it.

LONG TERM NEGATIVE:

Unfortunately, if we don't learn how to master technology and dating, then it will start to master us. Ghosting, benching and social media stalking will start to become more acceptable purely because they are more prevalent, which doesn't really help solve the issue. You shouldn't have to live in fear of finding love in this millennial time, yet if you don't learn where the boundaries are you risk of being hurt and disappointed again.

SHORT TERM POSITIVE:

However, once we are able to really understand how to navigate our way through the modern dating world, we stand a much better chance of being able to connect with the right person and keep that relationship strong and healthy. It's easy to use all the common issues we experience or see as an excuse for not being able to find love. And whilst they might offer a few challenges, it does not mean that we cannot overcome them and find someone awesome.

LONG TERM POSITIVE:

When you are able to combine the benefits of modern dating with traditional standards you set yourself up to find an incredible partner and relationship. Simply because you have leveraged what is in front of you and kept the balance along the way.



LESSON 1

DATING AND TECHNOLOGY

DATING AND TECHNOLOGY

So, let's jump straight into the Matrix.

What do we mean when we talk about modern dating dilemmas and millennial dating? It is essentially referring to problem number 1, and that being dating and technology. This is all about the increase and presence of online dating and dating apps.

Some of you might shake your head and scoff at the notion of meeting someone through a screen, however it's often because you have had a negative experience.

Here's the thing, you want to meet someone, and you need to create opportunities to meet that someone, as they aren't going to turn up on your doorstep.

Online dating and dating apps help create that opportunity, as they instantly put you in contact with people who are also searching for love. It seems like a rather noble and simple thing, right? If anything, love should be less complicated because we have literally invented a real Fairy Godmother...but alas such invention has also come with its bag of ugly sisters.

THREE WAYS THAT ONLINE DATING CAN GET IN THE WAY OF LOVE:

dating? It is essentially referring to problem number 1, and that being dating and technology. This is all about the increase and presence of online dating and dating apps.

DISPOSABLE ATTITUDE:

The first is that it has given us a disposable attitude towards love, relationships and people in general. We know that we can have instant access to someone new at a click of a button or swipe of a finger, so instead of trying to adjust and compromise in love to make things work with a great person, we throw them away because we assume we can find someone better.

In some ways, it has also given us a self-entitled mentality that we deserve more and that more is out there waiting for us. Why I don't think you should settle for second best, perfection does not exist and the fact that you have access to so many single people should really be proof of that.

INSTANT GRATIFICATION:

This goes hand in hand with the first issue, where we want to have an instant love or instant relationship without actually doing any of the work. And when we don't get that, we throw it away in search of someone who can give us that.

DATING HAS BECOME A SPORT OR HOBBY:

The problem when something is so accessible is that we start to overuse it or just use it for the wrong reasons. Dating has become more of a way to get a quick fix, or pass some time rather than a way to find someone to build a relationship with. The 'no-strings-attached' mentality has become even stronger because of the stigma attached to dating apps and their accessibility.

Instead of healing after a break up, people are just jumping straight back into the love game to try and find the next thing to numb or forget their pain. In short people are dating from the mind-set that they can, instead of because they want to in order to actually find love.

THE SOLUTION:

We live in a world where if something doesn't work, we upgrade or throw it away.

We need to remember that people and relationships aren't phone or Internet plan, and that great relationships aren't something that is instantly found, they are built overtime. If you want a great partner and relationship that thrives then you need to put in the effort, even when it gets rough.

We have to realise that a bad season doesn't represent a bad relationship or partner and that there will be times in every relationship you have where it will be rocky. That quantity doesn't represent quality and that just because you have access to something doesn't mean you should take it or do it.

The goal here is to cultivate and find a healthy love, not date every person just because you can or feel that you need to in order to find the right one.

EXERCISE

OK folks, time to get real with yourself so that you can nail your fears and issues.

Answer the following questions:

Q 1: Which out of the three problems can you most identify with and why?

Q 2: Do you find yourself often jumping on dating apps or online dating because you are bored or lonely? If you answered YES, what can you do instead to substitute this negative habit?

Q 3: On a scale of 1 -10 how happy would you say you are as a single? 1 being very unhappy, 10 being at peace and fulfilled.

Q 4: How can you create better experiences with dating and technology?

Q 5: Do you find you are guilty of having too high expectations and a disposable attitude?

Complete the following tasks

Q 2: Write down a list of why you want to date proactively and what you are looking for in a partner and relationship

Q 3: Choose 2 methods in which to create opportunities, one must be via a technology app or site, the other must be a real-life experience. The goal here is not to put all your eggs in one basket or have too many options.

LESSON 2

SOCIAL MEDIA AND DATING



SOCIAL MEDIA AND DATING

There has been countless articles and videos about the damaging effects that social media is having on our chances at love. Social media has become a huge part of our daily lives, our social circles, businesses and even personal development. So, whilst there are some negative effects we can't totally dis it, as we are always in control for what we allow to continue in our lives.

Social media wasn't designed as a way to meet people for a romantic connection, or to invite temptation to cheat or to induce prejudice via Facebook stalking. But those are clearly all by products of this little technological invention. So, let's get into how exactly it is affecting dating and are chances at love.

THE EFFECTS:

Social media has essentially given us a microphone to express our free opinion as well as key to watch everyone else in the world. And what do we normally tend to do when things are just 'given' to us with no parameters? We take it for all it can be and start to go beyond what the healthy borders should be.

WE START TO EXPERIENCE PROBLEMS SUCH AS:

- 1: Oversharing every intricate detail of our relationship publically and announcing private details to the rest of the world.
- 2: We stalk our dates before we have even had a chance to get to know them and then base our opinions of them based of what we have concluded from their public profile.
- 3: We invite out past into our present by staying in touch or getting back in touch with ex relationships
- 4: We assume that by looking at other people's inappropriate profiles of having a 'social media friendship' with them that we aren't cheating or doing any harm.
- 5: We start to compare ourselves to what other people 's lives and lose touch with what reality actually looks like.
- 6: We approach people to date through avenues that were not created for dating and so become offended when they reject us.
- 7: We find it hard to trust the people we date because they are secretive with their social media or they like inappropriate photos or accounts or have access to easily to temptation.

THE SOLUTION:

I pretty sure that a lot of you can relate to a few if not all of those negative effects and problems. You didn't get drawn to this course for no reason after all. So how do we make sure that we don't get caught up in it all and that we can still use social media and not allow it to negatively impact our lives?

The first step is to decide to keep dating and social media completely separate. Use dating apps and online dating sites as your way to connect for romantic relationships not Facebook.

The second is to decide to put down some boundaries, for example not contacting exes or accepting requests from people who offer temptation. There will always be temptation to invite the wrong people or situations into your life, it's not about seeing how far you can go till you fall over the edge, it's about staying away from the cliff in the first place!

The third is to choose to keep things private and tell less people your business. This isn't about trying to paint a picture-perfect relationship or life, but rather just choosing to not let the whole world know your business and issues. The more unwanted opinions you invite, the more confusion you will have about your situation or relationship.

Lastly stop comparing your situation, relationship, dating experiences or worth to everyone else you see on there. What you see is not necessarily a reflection on the truth. The grass is greener where you water it, so focus on yourself and stop looking at life through filtered photos.

EXERCISE

Answer the following questions:

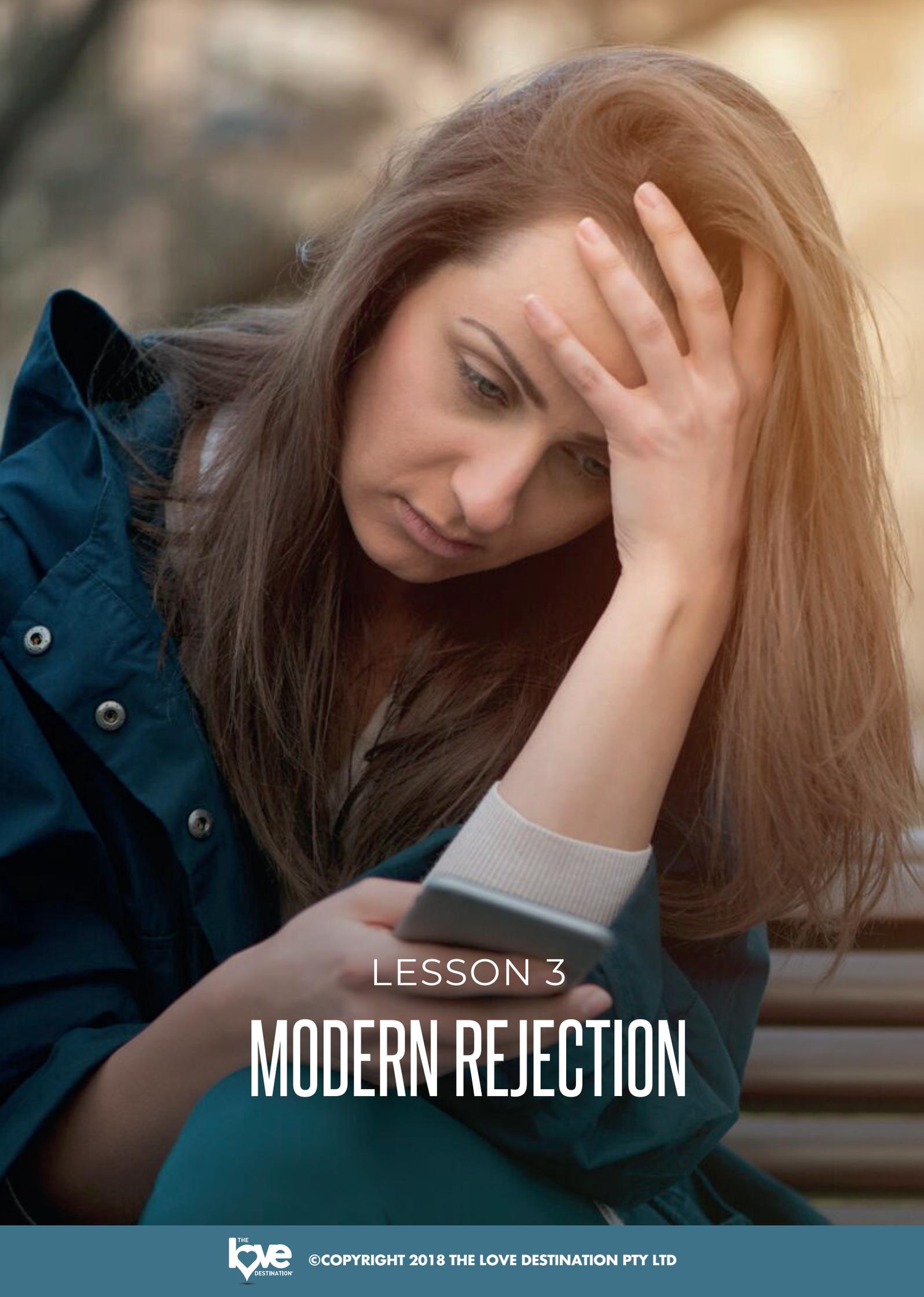
1: What areas do you struggle in when it comes to social media and dating/ relationships and what can you do to counteract this struggle? (fill in the rest of the table below)

STRUGGLE / ISSUE	YES / NO	COUNTER ACTION TO OVERCOME
Being rejected when asking people out, or setting the wrong first impression		
Stalking someone who you shouldn't		
Comparing yourself to others		
Temptation to interact with people or accounts you shouldn't		
Lack of trust with your partner because of temptations or secrecy		
Oversharing		
Keeping in touch with past relationships		
Disrespectful behaviour		

2: What do healthy boundaries look like to you

3: How can you keep yourself accountable to a healthy use of social media?

4: Do you think there is anyone or any account on social media that you shouldn't be interacting with because it is either temptation or disrespectful?



LESSON 3

MODERN REJECTION

MODERN REJECTION

We have established that we have more ways than ever to meet people to date, so it's no wonder that we have more ways to also be rejected. No one ever wants to feel as though who they are isn't good enough. It hurts and often damages our self-esteem.

So how do we handle all the new ways in which men are turning us away? Are we just coming up with fancy names for old tricks or is there a significance in the way they are starting to mistreat us and is it influenced by millennial issues?

Well the answer is yes and no. We live in a world where we love to make up cool names and hashtags for actions just to make them seem relevant, but technology has also given us a few new ways in which to be turned down. Let's take a look at the common ones you might be familiar with or experienced.

MODERN REJECTION DECODED:

HOSTING

Ah nothing says I don't want to see you anymore than someone who literally disappears off the face of the earth with no warning. If you have ever experienced it, you will know just how confusing and awful it feels. It's nothing short of being blindsided to some degree.

Ghosting is where the person who you were dating or getting to know decided to suddenly end your relationship without any warning whatsoever. They even go as far to send you a nice good night text or confirm your plans for the next date and then BOOM, you just don't ever hear from them ever again, like literally. It's like being stood-up, only you got to know them first, started to establish a relationship or feelings and then that's when they decide to vanish.

It doesn't make sense and it sure as hell leaves you with a lot of unanswered questions. Like what did I do wrong and was I that bad that he couldn't give me the courtesy of saying he didn't like me? Did he die? The list goes on and we start to over analyse and get carried away with all the possible reason, because we just want some sort of answer and closure to a very abrupt departure.

BENCHING

This one gets its names from players of a baseball game being left on the bench ...just waiting for that opportunity to be used in the game. Basically, it means that you are left in a state of limbo or the cake shop as I like to call it. The cake shop is where you date someone who like to have his cake and eat it too.

A relationship that is all about his convenience at the expense of your heart and emotions and has no commitment or future.

This person makes you feel like you are in their life and have a chance and they will do just enough to keep you on tenterhooks and hopeful, but they will never actually let you step up to the platform and pitch i.e.: be the person they commit to. It's a terrible position to be in because you get stuck just waiting and right when you think you are ready to walk, they say or do something to keep you in the game. Essentially, they are keeping you benched because they think something better is out there, but just in case they don't find it you are their back up plan. So, I guess we could describe this position as a retirement fund living in a cake shop ...hmm not exactly ideal.

BREADCRUMBING

Whilst we are on the subject of baking goods, let's look at the next one down the line. Being bread crumbed is about being strung along. It's another form of benching, where someone feeds you little bits of hope or romance and leads you down a path and when you turn around at the end they aren't there anymore. This one got its analogy from Hansel and Gretel, and we all know that happens to those two little kids. Only this time we don't get any gingerbread house, we get a guy who keeps us strung along, making us believe that we have a chance with him.

Again, it will be a state of limbo, always being fed just enough to hold on and stay interested but never having the full commitment that we want. Before you know it, time will pass, we become even more emotionally attached and we hold onto hope that we can be the one to make him commit and change his ways ...but he never does.

BEING DUMPED BY TEXT OR MSG

This is definitely a by-product of technology. You just have to look around and see everyone glued to their phones, to know that there is a serious breakdown in communication within the world. It also sucks, because by someone breaking things off with us via a text, we feel cheated of a decent and respectful dismissal. It hurts because it is less humanised because of the lack of personal contact or interaction. It makes us feel like we aren't worthy of someone's time and energy.

THE EFFECTS

After hearing the above 4 issues you can probably imagine just how this will affect you emotionally and mentally. The thing is being rejected is never going to feel nice, but there are surely nicer ways of being told you aren't the one. The only problem is, is that we can't control someone else choices and actions and so we must learn to prepare for the worst. We shouldn't be dreading dating someone out of the fear of how they will break up with us, dating should be about focussing on getting to know someone openly and enjoying the process.

THE SOLUTION:

So how do we combat these issues of rejection in such a way that we still have something left to give to the next person? The trick here is to really have a strong foundation of self-worth. To know that your value does not come from men and relationship or the acceptance of others.

It's easy to begin to base our worth off the people we want to love us, but it's incredibly dangerous and will never be stable or have a sure success rate. You can't build your happiness or worth on circumstances or people, because those are two things you can never control or predict fully. You need to learn to get your value from the truth that who you are is enough and that you are worthy of a relationship that makes you feel loved.

If you can recognise the red flags when you start dating someone then you can lessen your chances of committing to someone who is going to hurt or reject you. Or if you find yourself in a position where they are pulling one of the four situations above on you, you will be able to have the strength and courage to call them on it, draw the line, set the standard and move on with confidence. Because that's what a strong foundation of self-love does for us, it gives us the tools, strength, wisdom and bravado we need to be able to date in a millennial world. So, before you start putting yourself out there for love, make sure you have fallen in love with yourself first.

EXERCISE

Answer the following questions:

1: Which form of rejection can you most identify with?

- A) Ghosting
- B) Benching
- C)Breadcrumbing
- D) being dumped via text or message

2: Why is it important not to get our worth based off our relationships or the acceptance of others?

3: How can you lessen your chances of rejection?

4: What are the appropriate and respectful ways to break up with someone?

5: Complete the table below:

What is the counter action to the first column? Write down the action to overcome this struggle.

FORM OF REJECTION	COUNTER ACTION TO OVERCOME
Being ghosted	
Being Benched	
Being Breadcrumbed	
Being dumped inappropriately	
Being stood up	

6: What ways can you build more self-love into your life?

MOVING FORWARD

Dating at a time as this in history should be something to look forward to, not to fear. Even if you have been out of the dating game for quite some time, the present is always a good place to start. It might be out of your comfort zone and it's not to say there won't be challenges along the way, but finding love shouldn't be something we put on hold just because we are scared we will be rejected or won't understand how to master the new ways in which to meet people.

At the end of the day we are all in the same boat and want the same thing; a healthy, loving and fulfilling relationship. And to find and maintain that common desire it takes traditional foundations, so no matter how old or you are the tools needed to build love will always remain timeless.