SOS Module

Module three is here and I hope you're starting to see how much you have to offer.

This whole process takes time and commitment, but you've proven you can show up to change your mindset, so keep that momentum going!

The amount of change you will see from this program is entirely up to you. YOU have to choose to commit to this.

To be open.

You've already recognized a **need to change.**

I'm giving you the materials. Only you can use them to make a lasting impact in your life.

But remember--you're not in this alone!

I'm your coach, your friend, and I'm here for support--I'm invested in your progress. So I'll be with you every step of this journey.

So please always feel welcome to ask questions! (Write them down when they come into your head and ask them on our calls.)

Remember that I'm here to guide you through these waters *having already swam through them...*

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Understanding Shiny Object Syndrome

Barry Schwartz, psychologist and author of The Paradox of Choice, discusses in his book about the negative effect of having too many choices.

"Autonomy and Freedom of choice are critical to our well being, and choice is critical to freedom and autonomy. Nonetheless, though modern Americans have more choice than any group of people ever has before, and thus, presumably, more freedom and autonomy, we don't seem to be benefiting from it psychologically."—Ch.5, The Paradox of Choice

When a buyer sees 15 options for the same product, they are less likely to choose any of them. (Like if you go to the grocery store and see 15 different kinds of peanut butter.)

Having too many options will "overload" the consumer and discourage them from deciding between which product to buy. Or if they do make a choice, they're more likely to be unhappy with their purchase.

On the other hand, if all you have to choose from is Jiff, Skippy, or organic, you are 10 times more likely to buy and be satisfied.

Obviously there is no way to resolve how many people there are around you, short of isolating yourself in your apartment and never leaving it.

Humans have been around and meeting each other since Adam.

So why do we have this Paradox now?

3 words: Shiny Object Syndrome.

It's basically the syndrome of being distracted by every "shiny object" that you come across. The syndrome perpetuates the paradox.

If you aren't limiting your OWN options, then of course you're not inclined to choose from all the people you're dating--because you have too many!

And it's just a reality that if you are in Utah Valley, there is no shortage of options.

Do you have a goal to go out with X number of people every week? Every month?

This is a goal I've seen time and time again among singles, and it's not a bad goal, but on the scale of Good, Better, Best, it's definitely not the best.

Limiting Your Options

Saying yes to a date may actually be doing you more harm than good...

I have long time been an advocate that everyone does NOT deserve a first date.

You will inevitably come across people that you're not going to be a good match with. So why spend an evening learning what you already know? It's a waste of everyone's time, and slowing you (and them!) down on your journey to the right person.

"Pity dates" don't do anyone any favors.

And you CAN be going on too many dates! Going out with a new person every night (or several times a week,) is going to overwhelm you. It distracts from the quality of your dates when you can't even remember who has told you what.

When all of your dates are the same, surface level, "get to know you" questions, you're not really connecting with any of them. Just like a camera can't focus on too many objects in a picture, your brain can't do that in dating.

Once you have established a standard for how you want to be treated, and you've identified what types of people you are attracted to, *it's okay to hold out for that.*

No one is entitled to your time. And you're never obligated to give it out to just anyone. Protect it. Spend it with people who you genuinely want to be connecting with.

Saying no to dates that you don't want to go on also frees up your time to do things you love! Sometimes not having plans for the weekend provides you with a good opportunity to work on yourself. (Practice a talent, explore a new place, reconnect with friends or family, etc.)

Below, make a list of hobbies and activities that you can/want to spend time doing! Refer back to it when you have an open weekend, not spent on a date you don't actually want to be on.

Phone Call Screening

Use the box below to make a list of HOW you connect with people.

What common interests are important to share with someone else?

From this list, you're going to have a basic outline of how to lay a foundation for people you DO choose to spend time with.

And then I'm committing you to only talking about those things in person or over the phone. No more accepting dates over text, and no more accepting dates with online matches that haven't called you.

A simple phone call opens you both up to learn if you have chemistry. It's easy to chat behind a screen, because you can take all the time you need to come up with questions or answers.

By having the conversation in real life, you're both put on the spot. You get to see if your conversation flow naturally, and if you can vibe with each others' energy.

From that short interaction, you can decide if this is a person that you want to spend time with. If you CAN talk, and connect organically. It's a scary thing to do--but it's going to help you filter out the duds without the investment of an entire evening, and usually money.

The quicker you identify who you do or don't want to go out with, the more fun you'll have on the dates you actually do go on!

Water Your Own D*ng Grass

It's a process to get good at saying no, and identifying compatible options. But once you kind of get the hang of it, you're going to start making better connections. You're going enjoy your dates more, and you're going to go out with the wrong people less!

And that leads you to cultivating more meaningful relationships.

Are you the type of person that is totally freaked out by that?

Maybe you go out with people you know you wouldn't ever be serious with, because you are too afraid that will cause you to miss out on other options.

Or you just keep those who you really DO click with at arm's length, because you have multiple good connections and you don't want to make the wrong choice.

You keep thinking about all the options you'll miss out on by choosing one.

The grass is always greener, right?

WRONG.

The grass is greener where you water it. Flowers bloom where they are nurtured. The more you pay attention to other people's yards. the more yours gets neglected! And after all this planting we've done together, you can't just let it die!

Of course there will always be someone better than the person **you choose not to invest in.**

When you don't appreciate and invest time and energy into the seeds you've planted, you don't get a garden.

Don't be Alexander Hamilton or Angelica Schuyler--you can choose to be satisfied.

Love is a verb.

It's an action.

And it's one you can and must act on consistently--**intentionally**--if you ever want to have a lasting relationship.

Reflection

What are your biggest takeaways from this module?

How can you cultivate more meaningful connections?

What commitments are you willing to make to take better care of your grass? Write structured or freely below.