

Successful Dating At Last!
A Workbook for Understanding Each Other

By

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BEANFIT

*I dedicate this book to all of the single men and women
who are looking for love without having to play games.
Maintain the courage to communicate effectively.*

Acknowledgements

A special thanks to Sharon who inspired me to write this book and who gave me much insight on the challenges of dating. She and her boyfriend were the first to put this guide to the test—successfully!

I obtain continued appreciation for my friend, Jenny, who urges me to keep writing.

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The 1/2 chapters are intended for your significant other. Either let him fill it out, or ask him the questions so that you can both discuss these topics openly.

Introduction

I came up with the idea for this book when thinking about how ineffectively men and women communicate with one another and the obvious fact that they speak different languages. Listening to a girl talk about a guy she is dating, I hear that it is much more of a guessing game than it should be. You don't know if he minds being called at work? Just ask. You are afraid to ask him something because it might hurt his feelings? First of all, guys are generally less sensitive than girls. Secondly, most of the time when people are afraid that they will hurt someone's feelings, they are actually protecting their own feelings.

I have also noticed that women like men to guess what the women like, and guys just want to be told. So, I thought that if a woman came with an owner's manual, it would make forming a lasting, healthy relationship so much easier. This would be one owner's manual that a guy wouldn't throw aside and then think, "I don't need it. I can figure it out."

Use this book as a workbook to learn about yourself first. Knowing yourself will make it easier to form a healthy relationship; it also makes going through life less challenging. Second, use this book to facilitate discussion with a guy you like. It is meant for you to work in order of the chapters, but you can skip around as needed.

Another important tool in you and your boyfriend learning about each other is listening. Make sure that he stays quiet until you are done sharing. Make sure that you offer the same courtesy. Avoid saying, "You're not listening." Rather, "I need you to listen."

By the way, this workbook won't help salvage a relationship that you know is already doomed. Staying in a hopeless relationship will impair you from finding the right guy for your "owner's manual." And don't worry about having to buy another workbook each time you start a new relationship. The cost of a book is pretty small compared to the cost of staying in a bad relationship.

Enjoy filling out this workbook. Have fun learning about your boyfriend and more importantly yourself.

1

What I Value In Myself

“If she knew what she wants, he’d be giving it to her.”

Lyric from “If She Knew What She Wants”

By the Bangels

Before you can find the best person for you, you need to know who you are. I used to have a client who was a child development instructor. She held workshops for teachers. With each group she asked the participants to take a few minutes to write a list of characteristics that they knew about themselves. During this time, she noticed that most of the students looked around the room blankly and did not jot any notes. How could they not know about themselves? Knowing that most of the students would write little or nothing was the purpose of including the lesson in the workshop. How could the teachers help their kids to learn about themselves if the teachers could not do the same?

When my client was done telling me the story, she asked me what I would have written. I replied, “Oh, I know a lot about myself and I find myself fascinating.” That comment elicited a huge belly laugh. I do know myself well and I do find myself interesting. Peculiar, but interesting.

1994 was the year that I made a point to figure out myself and to change some of the things that I didn’t like. At the end of the process, I met my soul mate who is still the love of my life. I don’t think that the timing was a coincidence. Part of the process of changing me included learning how to communicate well. I know for sure that our relationship would have ended after three months, as my others did, if I had not learned how to communicate effectively.

So now it is time to learn about you as the first step in forming a lasting, healthy relationship.

When you are writing about yourself, keep in mind that it is not conceited if you write positive things about yourself.

I like this physical attribute about myself:

I like this about my personality:

Other characteristics that make me a good catch:

I believe in soul mates. Who is/was my soul mate?
do do not

I believe in love at first sight.
do do not

I believe in fate.
do do not

I believe that I control most of what happens in my life.
do do not

I have no problem with commitment.
True False

I tend to choose the following type of guy:

This good.
is isn't

Things that I would like to change about myself:

My professional goals:

My personal goals:

Where I see myself in 5 years:

Where I see myself in 10 years:

I am generally a patient person.

True False

How I feel about the number of sexual partners I have had:

Are you fascinating, too? I bet you are.
This chapter opened the door for you to learn
about yourself, which can be a lifelong journey.