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Bliss Science Coaching

Powerful
**DATING
GUIDE**

For Men



Your Inner Game Checklist:

- ▶ You're clear and up front about what you **want**: relationship style, kids, sexual interests (kinky, tantric, vanilla) - for example.
- ▶ You're not **driven by scarcity** ('all the good women are taken') and you're good at handling rejection
- ▶ You have your **non-negotiables** and you **don't settle** or try to make something work that's just not a match
- ▶ You're **comfortable being alone**



- ▶ You **love yourself** and have **good boundaries** around how you're willing to be treated
- ▶ You realize that blaming 'all women' or 'feminism' or **feeling bitter and resentful doesn't lead anywhere good**
- ▶ You don't confuse **chemistry/hotness** with **compatibility** - you go slow enough to assess for **true quality of connection** and **mutual respect**
- ▶ You have a **solid support network** of male friends and guides/coaches/therapists who help you see blind spots, hold you in the face of rejection, and hold you **accountable** for respecting your boundaries





- ▶ You're **self-aware** and **humble** when it comes to your own patterns, wounds, communication style, and contribution to the relational dynamic
- ▶ You've **done the work** to make friends with your emotions and you know how to regulate them - and how to **handle uncomfortable and strong emotions** - in yourself and in others.
- ▶ You're **living a life worth inviting someone into** - instead of wanting to be 'saved,' 'made happy,' or validated in your worth by a partner

Some of these things are easier said than done - and I had to face a lot of them myself. So, **if you want a guide** - you know where to find me.

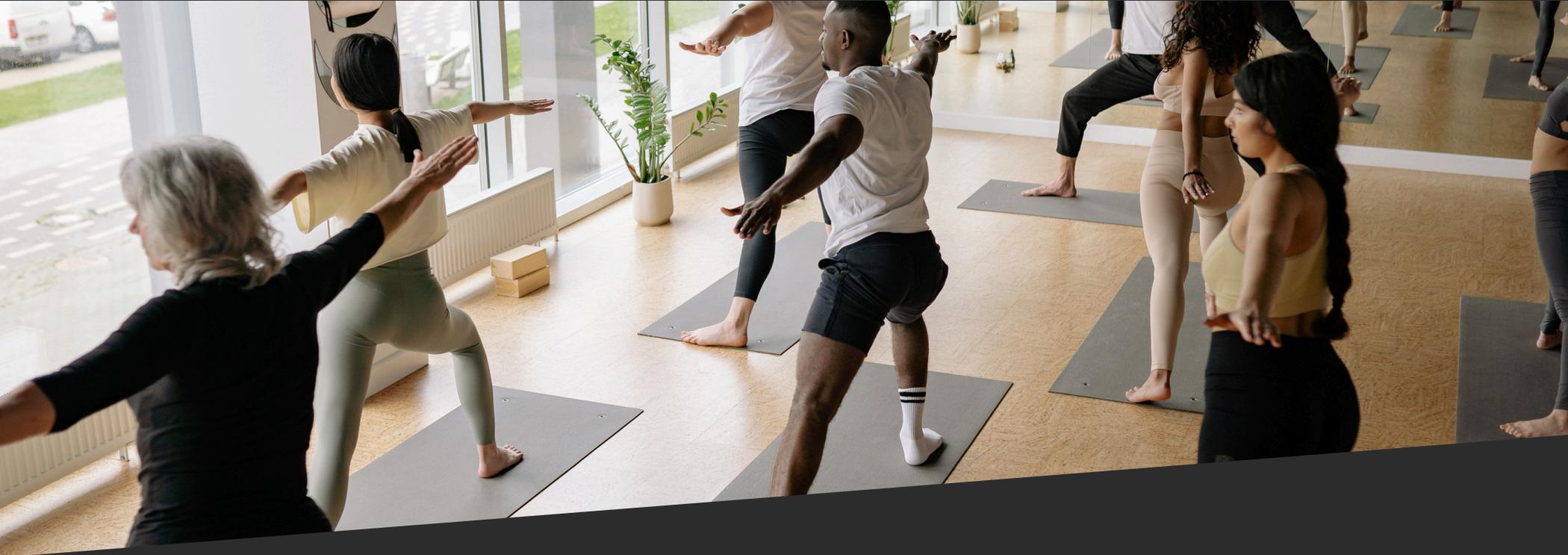
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Ways to meet women

Without using apps





- **1) Local shared interest groups:** join a group and become a respected member of the community. For example: Hiking club, Shibari classes, Partner dancing, even a 'wellness' center like a sauna/cold plunge spot.
- **2) Consider where the kind of woman you want to date is likely to hang out** - and GO THERE! With one catch: only go there if you can find something legitimately interesting for you there too. If you're only there to find someone to date, it can come across as creepy.

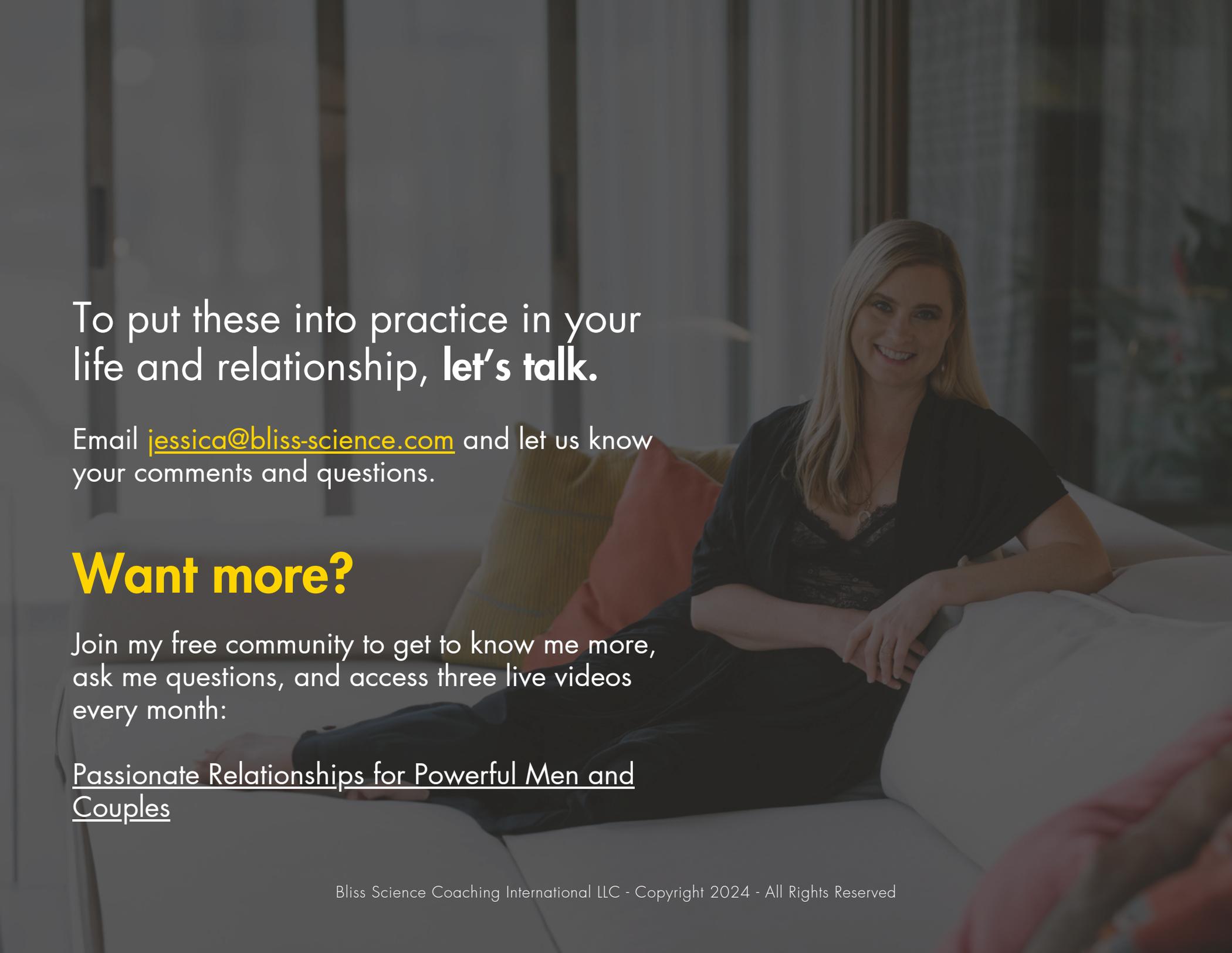
For example: yoga, pilates, ecstatic dance, sober festivals, daybreaker, second base parties, authentic relating, conscious sexuality workshops...



- **3) Use your alumni network!** For example, the MIT Club of Northern California...what clubs and activities does your alma mater have in your area?
- **4) Do NOT meet women at bars**, unless they are high-end, laid-back spots where you don't have to yell over the music. Instead, try 'tantra speed date' or 'slow dating' events.
- **5) Join larger groups and go on retreats for specific interests** like tantra, polarity, conscious kink, spirituality, flow state, breathwork, ice bath, cuddle parties, dance, or medicine groups where there is a global network and many regular retreats.
- **6) Join a men's group** (yes I'm serious) - become a respected member...and get the men to refer women to you 😊

- **7) Ask your friends and your community** (that you joined in points 1-5) to set you up.
- **8) Create a 'date me' doc and put it on your social media** (google around to find examples of that).
- **9) Hire an actual matchmaker** - make sure it's one who has a pool of the kind of people you'd like to date.
- **10) One client of mine simply posted in a large FB interest group** about who he was and what he was looking for - and he started a relationship with one of the women who responded!





To put these into practice in your life and relationship, **let's talk.**

Email jessica@bliss-science.com and let us know your comments and questions.

Want more?

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[Passionate Relationships for Powerful Men and Couples](#)