

MSTP > # 3 Rules Of Dating Still adding in WORKING DRAFT

Marriage Second Time Plus . Org => A new Blog:

A new Web Site: <http://marriagesecondtimeplus.org/>

I Stopped at Page: _____

Keep notes at where you stopped at in this PDF. So you can return to the same place.

- - - - - < ^ ~ , , ~ ^ > - - - - -

This sponsoring Lions Club does NOT endorse all information contained this PDF # 3 part.

- - - - - < ^ ~ , , ~ ^ > - - - - -

The Basic Rules of Dating: The Time Line

This guide on dating gives you a detailed day by day of what to expect on each date. Because you are in a hurry to start a family following the expert's advice can save you a lot of time and increase your chances of success.

By Talane Miedaner Updated: March 04, 2015

- - - - - < ^ ~ , , ~ ^ > - - - - -

Zzzz

ZZZZ



- - - - - < ^ ~ , ~ ^ > - - - - -

The Two-Date Rule

This may seem counterintuitive in a chapter about finding the right person as quickly as possible, but it's important **not** to rush from one relationship to the next to the extent that you miss out on some good opportunities. Give your dates a fair chance of two full dates if **not** three.

The first date is the **worst** date in terms of assessing whether someone is going to be a suitable match for you. Most people are too nervous on a first date or are trying too hard to impress to relax enough to be themselves.

For this reason alone, you should always give your date at least one more chance. Sometimes our first impressions are quite right and sometimes they **aren't**.

By the second date, you'll both be more relaxed and in a much better position to determine whether the person is worthy of seeing again or **not**.

We've seen too many Hollywood movies and now expect to be bowled over with passion and excitement on the very first date. Sometimes this happens and love bursts like fireworks, but sometimes it is a long, slow burn.

One client, a forty-something, vivacious brunette, had a history of going out with really drop - **dead** gorgeous men. When she and her boyfriend walked down the street, people turned their heads to look at him, **not** her. Although this man was very attractive, he **wasn't** really her soul mate, and she knew it was time to end the relationship and start looking for her **true** love. She signed up for Internet dating and started perusing the eligible men. One fellow seemed very interesting, but she almost deleted his profile because he **wasn't** particularly gorgeous.

He looked rather average. He **wasn't** unattractive, but his hair was thinning a bit. I encouraged her to get past the look and give the man a chance. They met and she discovered that, in person, he had real charisma and was much more attractive than his photo led one to believe. Yes, his hair **wasn't** much to speak of, but his eyes were a stunning brilliant **blue** and captivated her completely. She still **wasn't** sure, though, because she was convinced that she had to have a really good-looking man in order to feel **sexually** attracted to him. I urged to her to see him again, and sure enough, he started to grow on her. He was so thoughtful and considerate and charming, he became more attractive in her eyes and his real personality shined through. By the third date she **wasn't** even worried about his looks and was smitten. They continued going out and are now happily married. She thanks me for encouraging her to look beyond her mental pictures and give him a chance.

- - ----- < ^ ~ , , ~ ^ > ----- - -

If YOU like or YOU got some help from this part or YOU know of someone this part will help from the part above. Copy it and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

[extra@marriagesecondtimeplus.org/](mailto:extra@marriagesecondtimeplus.org)

- - ----- < ^ ~ , , ~ ^ > ----- - -

The Eight-Date Rule

To many, this tip will sound old-fashioned. It was advice my mother gave me when I started dating in high school (**she doesn't even remember this, but I do!**).

Her sage wisdom was to wait to have **sex** until at least after eight dates to ensure that the man you were with was worth the trouble and to make sure you **weren't** being swept away by the stars on a particularly romantic evening. Like it or **not**, it is the woman's job to hold back and give the relationship time to develop. Studies have proven that most men, if given the opportunity, will jump in the sack with just about anybody at just about any time.

I want to emphasize that this **isn't** about being manipulative or coy, but rather about giving a relationship enough time that you can assess whether the man or woman you are with fulfills your top ten requirements, and it also allows time for intimacy to develop. You simply **can't** rush intimacy. And, as a side benefit, in this world of instant gratification, it is refreshing to have to wait for something you want. It intensifies desire and makes gratification all that much more exciting and fulfilling.

Don't deprive yourself or your partner of this lovely, heady anticipation.

You risk too much by having **sex** too soon. You could be rushing intimacy that your partner **isn't** quite ready for. You could be setting yourself up for heartbreak if you fall for this person and he or she **hasn't** fallen for you yet. You could be putting too many expectations on your partner for intimacy.

For your own self-respect, it is a good policy to ensure that before you agree to have **sex** with someone, he or she is willing to be exclusive and **not** date other people. This will weed out those who are just looking for a good time or an easy **sexual** conquest.

There's nothing **wrong** with looking for a good time, mind you, but if you are looking for a committed relationship, then you **don't** want to waste time with those who are still playing the field. If they **aren't** ready or willing to commit to being exclusive, then under **no** circumstances should you sleep with them until they are committed. Dating itself is challenging enough without adding the complexities of **sex** to the equation. And men **can't** help but think that if you jump into bed right away with them, then you are doing the same with every other Tom, Dick, and Harry. You may have been waiting for "the one," but your partner **won't** believe you if you say that you **don't** usually act so quickly and you were only making a special exception for him.

Some women **worry** that they'll lose the man if they **don't** have **sex** with him fairly soon. They feel they have to have **sex** to create the bond and keep him interested. **Wrong!** If you lose a man because he **won't** wait eight or so more dates, then you never had him in the first place.

- - ----- < ^ ~ , , ~ ^ > ----- - -

If YOU like or YOU got some help or YOU know of someone this part will help from the part above. Copy it and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

extra@marriagesecondtimeplus.org/

- - ----- < ^ ~ , , ~ ^ > ----- - -

The Six-Month Rule

This rule is especially for women wanting to have **children**. It is very easy to hang out in a comfortable, fun relationship with a good man for a number of years. Before you realize it, a few years can pass and while there may **not** be anything **wrong** with the relationship, it might **not** be right enough for **marriage**. Refer back to your list of criteria every six months and see whether a “Must **Not** Have” has appeared that you **weren't** aware of. Perhaps you've simply realized this **isn't** the one. After six months, you should have had enough time to get a fairly good grasp of whether you want to marry your mate or **not**. If you **can't** see future potential with them, then break up and start the dating process over again.

On the other hand, if you think the relationship is growing and developing and has real potential, then you may want to give it more time. Mark your calendar six months forward and make a date with yourself to reassess them at that time.

You need to write it down because otherwise years could pass before you take a stock good look at them. And you may **not** have the time to spare.

- - ----- < ^ ~ , , ~ ^ > ----- - -

If YOU like or YOU got some help or YOU know of someone this part will help from the part above. Copy it and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

- - ----- < ^ ~ , , ~ ^ > ----- - -

We've seen too many Hollywood movies and now expect to be bowled over with passion and excitement on the very first date. Sometimes this happens and love bursts like fireworks, but sometimes it is a long, slow burn.

One client, a forty-something, vivacious brunette, had a history of going out with really drop - **dead** gorgeous men.

When she and her boyfriend walked down the street, people turned their heads to look at him, **not** at her. Although this man was very attractive, he **wasn't** really her soul mate, and she knew it was time to end the relationship and start looking for her **true** love. She signed up for Internet dating and started perusing the eligible men. One fellow seemed very interesting, but she almost **deleted** his profile because he **wasn't** particularly gorgeous. Today they are married for the third time and are doing great for the last five years.

- - ----- < ^ ~ , , ~ ^ > ----- - -

Join up with a volunteer non-profit program.

Volunteering is a great way to meet new people, get some exercise, and involve yourself in a **positive** project that can lift your **spirit**. It also comes without a cost (**or very little**) to you and can provide a lot of entertainment and a fulfilling day when you're in the right mindset.

I've come to spend more and more of my time **volunteering**, serving on various committees and people helping groups in the community. I am on a few local area towns and Church committees. It is hands-down the best thing I have ever done. Be a volunteer with your local **Lions Club** or other Non - Profit Org. and you will feel much better about yourself. Be only a volunteer – for a time - if later you wish, you may later to join this local **Lions Club** it is later and it is up to you. You'll be meeting other people who share your interests, which gives you an easy opener when striking up a conversation.

Meet many new people and also maybe meet the next Him or Her for YOUR life. This Web Blog is sponsored by a **Lions Club**.

- - ----- < ^ ~ , , ~ ^ > ----- - -

Note: Yes. Both single people, people dating and married people have reviewed (**Well Pre – viewed**) this “Web Site” and its parts so far. As a summary of the parts and upcoming part drafts; most people are telling us that this information is also needed and wanted for them, yes, those married people too and many people found this as new information as they **didn't** even know about this stuff.

Subscription: One may have a Subscription as over age 18 Adult (including the open part) or the open Blog part for only a small fee of \$3 for each month. If you like these ideas and tips – please tell a few others.

Marriage Second Time Plus . Org => A new Blog:

A new Blog: <http://marriagesecondtimeplus.org/>

- - ----- < ^ ~ , , ~ ^ > ----- - -

The Two-Year Rule

Again, this tip is especially for those women who want children. After two years, you certainly have had enough time to know whether or **not** this person is marriage material, and at this point, you need to either move toward future commitment such as engagement or move back to step one and start the dating process again. If you discuss getting married and your mate still **isn't** ready, then you need to break up and start fresh.

Sometimes, you will find that this will shake up your partner enough to realize he or she **doesn't** want to risk losing you and will declare his or her intentions. Again, this **isn't** about rushing — after all, two years is plenty of time for both of you to get to know each other by now.

However, two years is also a point of diminishing returns in that more time spent together **isn't** likely to reveal much more you **haven't** already learned. So, it is time for a real commitment or time for you to realize your partner **won't** commit and you need to move on. Far better to learn that this person **won't** commit now than it is to wait another two years. By that time, you could have recovered from your heartbreak and be happily ensconced with someone who **doesn't** have “commitment issues.”

When people say they **aren't** ready to commit, that typically means they think they might find someone “better” and are stalling for time. It might also mean your partner **isn't** sufficiently established in his or her career (especially with men and some women) to feel like he or she can provide for a family. Or it could simply be that your mate thinks he or she should feel some overwhelming urge or desire to get married and **doesn't** because he or she is happy and perfectly comfortable with things just as they are. Most men **don't** have any big urge to get married and they **don't** have a biological clock that is ticking away creating a sense of urgency. For this reason, it makes sense to stick to the two - year rule.

Concluding Thoughts. (Just for this section.)

You have now completed a very challenging and life changing coaching program. You have identified and fulfilled your top four needs, you've expanded your boundaries and raised your personal standards, and you've found that you now effortlessly attract much better people and opportunities into your life. You've discovered what your core values or passions in life are and have restructured your life so that you are living and expressing these values on a daily basis. You love what you do, and you love your life. You are irresistibly attractive and are in great shape to attract the love of your life effortlessly.

Is there a down side to being so irresistible? Yes, you might find that you need to upgrade your friends. There is often a bit of fallout. One client never realized that she was a chronic complainer until she started working on her life. Once she eliminated all the things she had been complaining about, got her unmet needs fulfilled and was **no** longer needy in any way, and started doing work she was passionate about, she **stopped** complaining. After all, there **isn't** much to complain about in a great life.

She soon realized that her friends were still complaining and that their relationships had been based on mutual gripe and complain sessions. You can gently inform your friends, "Let's do ten minutes of complaining and then move on to the things we are happy about." Or you might find that you upgrade your relationships in general. Do give people a chance, though, by using the four-step communication model you learned back in Chapter 5. **Remember**, you were where they are **not** that long ago.

Other people find that they are suddenly attracting a lot of really - great people and opportunities, and sometimes that gets a bit scary or even overwhelming.

Our own natural power is often more than we realize, and that can be daunting. You will very quickly need to learn to say **no** to what you **don't** want.

One forty – two – year - old singleton never expected to attract more than 150 matches on eharmony.com and she was worried about how she would find the time to respond to them all. (I told her to ruthlessly weed some of them out.)

One of them she is very excited about, as he ticks off all the right top ten on her list. You'll tend to attract people who are just a step ahead or a step behind you, so if you've attracted them, then good for you! You can trust that the law of attraction really works and in the vast majority of cases, like really does attract like. It **isn't** a mistake. If you **don't** believe you deserve it, you might right then sabotage the opportunity. Get over the notion that you need to deserve something to have it.

Trust that if you have attracted a great person or a fabulous opportunity, then that is because you are great and fabulous too! And, everything happens when you are ready, so even if you **don't** feel like you are ready, if you attracted it, you are.

Finally, it is never too late. A client in her early forties found her husband while traveling for two weeks in Italy and brought him back to Manhattan. Another client had healthy twin girls at the age of fifty-five (**although I don't advocate waiting that long if you can help it**). And I **didn't** meet my husband until I was thirty-seven and was giving a seminar in London. I had my first girl at thirty-nine and the second at forty-one. So, get out there and enjoy your newfound powers of attraction!

- - ----- < ^ ~ , , ~ ^ > ----- - -

If YOU like or YOU got some help or YOU know of someone this part will help from the part above. Copy it and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

[extra@marriagesecondtimeplus.org/](mailto:extra@marriagesecondtimeplus.org)

- - ----- < ^ ~ , , ~ ^ > ----- - -

Relationship Rules

Tips on how to build a healthy love life with your spouse.

Human beings crave intimacy, need to love and be loved. Yet people have much trouble doing so.

It's clear from the many letters I get that lots of folks have **no** idea what a healthy relationship even looks like.

Because I care about these things, and care about the environment's children grow in, I'm using this space as an attempt to remedy the problem — again.

From many sources and many experts, I have culled some basic rules of [relationships](#). This is by **no** means an exhaustive list. But it's a start. Print them out and pin them up on your refrigerator door. I **won't** test you on them — but life will.

- Choose a partner wisely and well. We are attracted to people for all kinds of reasons. They remind us of someone from our past.

They shower us with gifts and make us feel important. Evaluate a potential partner as you would a friend; look at their character, [personality](#), values, their [generosity of spirit](#), the relationship between their words and actions, their relationships with others.

- Know your partner's beliefs about relationships. Different people have different and often conflicting beliefs about relationships. You **don't** want to fall in love with someone who expects lots of dishonesty in relationships; they'll create it where it **doesn't** exist.
- **Don't** confuse [sex](#) ([May click on sex](#)) with love. Especially in the beginning of a relationship, [attraction](#) and pleasure in **sex** are often mistaken for love.
- Know your needs and speak up for them clearly. A relationship is **not** a guessing game. Many people, men as well as women, [fear](#) stating their needs and, as a result, camouflage them. The result is disappointment at **not** getting what they want and [anger](#) at a partner for **not** having met their (**unstated**) needs. Closeness **cannot** occur without honesty. Your partner is **not** a mind reader.
- Respect, respect, respect. Inside and outside the relationship, act in ways so that your partner always maintains respect for you. Mutual respect is essential to a good relationship.
- View yourselves as a team, which means you are two unique individuals bringing different perspectives and strengths. That is the value of a team — your differences.
- Know how to manage differences; it's the key to success in a relationship. Disagreements **don't** sink relationships. Name - calling does. Learn how to handle the **negative** feelings that are the unavoidable byproduct of the differences between two people. Stonewalling or avoiding conflicts is **NOT** managing them.
- If you **don't** understand or like something your partner is doing, ask about it and why he or she is doing it. Talk, take some time and explore, **don't** assume.
- Solve problems as they arise. **Don't** let resentments simmer. Most of what goes **wrong** in relationships can be traced to hurt feelings, leading partners to erect defenses against one another and to become strangers. Or **enemies**.
- Learn to negotiate. Modern relationships **no** longer rely on roles cast by the culture. Couples create their own roles, so that virtually every act requires negotiation. It works best when good will prevails.

Because people's needs are fluid and change over time, and life's demands change too, good relationships are negotiated and renegotiated all the time.

- Listen, **truly** listen, to your partner's concerns and complaints without judgment. Much of the time, just having someone listen is all we need for solving problems.

Plus, it opens the door to confiding. And **empathy** is crucial. Look at things from your partner's perspective as well as your own.

- Work hard at maintaining closeness. Closeness **doesn't** happen by itself. In its absence, people drift apart and are susceptible to affairs. A good relationship **isn't** an end goal; it's a lifelong process maintained through regular **attention**.
- Take a long-range view. A **marriage** is an agreement to spend a future together. Check out your **dreams** with each other regularly to make sure you're both on the same path. Update your dreams regularly.
- Never underestimate the power of good grooming.
- **Sex** is good. Pillow talk is better. **Sex** is easy, intimacy is difficult. It requires honesty, **openness**, self-disclosure, confiding concerns, **fears**, **sadnesses** as well as hopes and dreams.
- Never go to **sleep** angry. Try a little tenderness.
- **Apologize**, apologize, apologize. Anyone can make a mistake. Repair attempts are crucial — highly predictive of marital **happiness**.

They can be clumsy or funny, even sarcastic — but willingness to make up after an argument is central to every happy marriage.

- Some dependency is good, but complete dependency on a partner for all one's needs is an invitation to unhappiness for both partners. We're all dependent to a degree — on **friends**, **mentors**, spouses. This is **true** of men as well as women.
- Maintain self-respect and **self-esteem**. It's easier for someone to like you and to be around you when you like yourself. Research has shown that the more roles people fill, the more sources of self-esteem they have. Meaningful work — paid or volunteer — has long been one of the most important ways to exercise and fortify a sense of self.
- Enrich your relationship by bringing into it new interests from outside the relationship.

The more passions in life that you have and share, the richer your relationship will be. It is unrealistic to expect one person to meet all of your needs in life.

- **Cooperate**, cooperate, cooperate. Share responsibilities. Relationships work **ONLY** when they are two-way streets, with much give and take.
- Stay open to spontaneity.
- Maintain your energy. Stay healthy.

- Recognize that all relationships have their ups and downs and do **not** ride at a continuous high all the time. Working together through the hard times will make the relationship stronger.
- Make good sense of a **bad** relationship by examining it as a reflection of your beliefs about yourself. **Don't** just run away from a **bad** relationship; you'll only repeat it with the next partner.

Use it as a mirror to look at yourself, to understand what in you is creating this relationship. Change yourself before you change your relationship.

- Understand that love is **not** an absolute, **not** a limited commodity that you're in or out of. It's a feeling that ebbs and flows depending on how you treat each other. If you learn new ways to interact, the feelings can come flowing back, often stronger than before.

- - - - - < ^ ~ , ~ ^ > - - - - -

- - ----- < ^ ~ , ~ ^ > ----- - -

The Golden Rule in Christian Dating

- - ----- < ^ ~ , ~ ^ > ----- - -



- - ----- < ^ ~ , ~ ^ > ----- - -

Have you ever tried to list out all the different dating advice you've heard, even just the advice from other real **true** friends or your **true** Christians friends?

- Date for at least a year.
- **Don't** date for any more than a year.
- Date exclusively in groups.
- Make sure you get plenty of time one on one.

- **Don't** even kiss before you're married. **"What?" Well you want this one to last, Right?**
- How can you know you have chemistry without kissing?
- Put clear boundaries into place.
- **Don't** try to follow everyone else's rules.
- Spend lots of time together.
- Be careful how much time you spend together.
- Date a bunch of people before getting serious.
- **Don't** date anyone until you're ready to marry them.

I could go on, and if you're a part of almost any kind of Christian community, you probably can too. Even though we're following Jesus, and reading the same Bible, and aiming for the covenant of marriage, our dating advice can be surprisingly wide and diverse. One Lord, one faith, one baptism — and a billion different dating tips.

- - ----- < ^ ~ , , ~ ^ > ----- - -

If YOU like or YOU got some help or YOU know of someone this part will help from the part above. Copy it and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

[extra@marriagesecondtimeplus.org/](mailto:extra@marriagesecondtimeplus.org)

- - ----- < ^ ~ , , ~ ^ > ----- - -

The First Rule in Dating

The first rule in dating is the first rule in all of life: "You shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength" ([Mark 12:30](#)). You will **not** truly love anyone else if you do **not** love God first and most. And **no** one will **truly** love you if they do **not truly** love God more than they love you.

The first step in dating should always be the step of faith we take toward our Lord, Savior, and greatest Treasure, King Jesus. HE captures our heart; we find our deepest joy in HIM. We hide our soul in HIM and **stop** trying to save or prove ourselves.

We devote our minds to knowing HIM more and more and plead with HIM to conform our mind and will to HIS. We put all our strength into HIS goal and plan for our life: to make disciples who love HIM with all their heart, soul, mind, and strength.

If our heart is **not** there — if our soul is **not** already safe through faith, if our mind is distracted and focused on other, lesser things, if our best strength is being spent on the things of this world — jobs, sports, shopping, entertainment, relationships, and **not** on God — we simply will **not** date well.

Do you want to date and marry, well? Listen to Jesus, and “love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.” Seek HIM first ([Matthew 6:33](#)), and dating will be added according to his perfect plan and timing.

The Golden Rule in Dating

But after embracing and applying the first and greatest commandment, I have found that the golden rule in dating is this:

Lean hard on the people who know you best, love you most, and will tell you when you’re **wrong**.

It’s **not** the first rule, because in absolutely every area of life — every decision, every calling, every relationship, every dream — we must start with what we think and feel about God. Do we love HIM more than anything? Will we obey HIM, even when it will cost us? Are we willing to set anything aside for HIS sake? Will we trust HIM, even when we want something else for ourselves?

It’s **not** the first rule, but I have found that it is a “golden rule” that most often makes the difference between healthy and unhealthy Christian dating relationships. If you’re **not** a Christian — if you **haven’t** dealt with God before trying to date — you **don’t** have a chance of having a **truly** healthy Christian relationship with someone else.

If you’re **not** a Christian — if you **haven’t** dealt with God before trying to date — you **don’t** have a chance of having a **truly** healthy Christian relationship with someone else. Okay, then what would I have?

You will have a **satan** led relationship. Both God’s Angels and **satan’s angels, his demons**, keep a record on you, well really, **they** do on each of us. Keep a record on everything that comes out of your mouth, yes, put down every word. Keep a record on your every action.

Yes, **satan** and his **demons** will do everything they can do to get you two together in **sex**, before your marriage and then **they** will do everything **they** can do to get you two together in **sex** with someone else. Yes, with others. Just to split you up. Think about that fact.

But even if you are a Christian, there are still a thousand more ways to subtly or blatantly reject God's wisdom and fall into **sin**.

The key will be to lean on other Christians who know you best, love you most, and have a proven record of telling you when you are making a mistake or wandering away from God's will for you.

The Third Wheel We All Need

Today more than ever before, we're faced with a never-ending buffet of opinions and advice, both good and **bad**, that has something to say about everything and yet lets us choose the answer we want. If you **don't** know – YOU should know this about YOU.

- How far should we go physically before marriage?
- How soon should I start dating after a breakup?
- What things should I be looking for in a guy? Or gal?
- What are girls looking for in a guy?
- Should couples live together before getting married?

We **won't** have trouble finding an answer (or a dozen answers) to any of our **questions** in relationships. The scary reality is that we can find an answer somewhere to justify what we want to do — right or **wrong**, safe or **unsafe**, wise or **unwise**.

The advice we choose might be from a book by a doctor, or a random conversation with someone at church, or view a blog post by a teenager, or just something we found on Pinterest.

For many of us, if we're honest, it really **doesn't** matter who's offering the advice as long as it confirms what we thought or wanted in the first place.

We think we're leaning on others as we wade into all the material online, but we're often just surrendering to our own cravings and ignorance. We leave the safety of the doctor's office and choose the freedom and ease of the gas station convenience store.

Instead of getting the qualified perspective and direction we desperately need from people around us, we walk away eating a candy bar for dinner, again, and washing it down with Dr. Pepper.

Real friendship, with real life-on-life accountability, may **not** offer the same amount of information or advice, and you will **not** always like what it has to say, but it will bring one new critical dimension to your dating relationships: it knows you — your strengths and weaknesses, your successes and failures, your unique needs.

These people know you as a **sinner**, and **sinners** who are never being confronted or frustrated by inconvenient **truths** are **sinners** drifting further from God, **not** towards him.

The **truth** is that we all need a third wheel — in life and in dating — people who **truly** know us and love us, and who want what's best for us, even when it's **not** what we want in the moment.

The Voices We Need Most

Dating often isolates us from other Christians in our lives.

The closer we become with a boyfriend or girlfriend, the more removed we are from other important relationships. **Satan** loves this and encourages it at every turn. One way to walk wisely in dating is to oppose absolutely everything **satan** might want for you.

Fight the impulse to date in a corner by yourselves, and instead draw one another into those important relationships. Double down on family and friends — with affection, intentionality, and communication — while you're dating.

The people willing to actually hold me accountable in dating have been my best friends. I've had lots of friends over the years, but the ones who have been willing to press in, ask harder **questions**, and offer unwanted (**but wise**) counsel are the friends I respect and prize the most.

They stepped in when I was spending too much time with a girlfriend or started neglecting other important areas of my life. They raised a flag when a relationship seemed unhealthy. They knew where I had fallen before in **sexual** purity, and they **weren't** afraid to ask **questions** to protect me. They have relentlessly pointed me to Jesus, even when they knew it might upset me — reminding me **not** to put my hope in any relationship, to pursue patience and purity, and to communicate and lead well.

These guys **didn't** guard me from every mistake or failure — **no** one can — but they played a massive role in helping me mature as a man, a boyfriend, and now as a husband. And I wish I would have listened to them more in dating.

Joyful, Courageous Accountability

My golden rule in dating is a warm, but unpopular invitation to accountability — to **truly** and consistently bear each other's burdens in the pursuit of marriage ([Galatians 6:2](#)). Maybe that term — accountability — has dried out and gone stale in your life. But to be accountable is to be authentically, deeply, consistently known by someone who cares enough to keep us from making mistakes or indulging in **sin**.

Only people who love Christ more than they love you will have the courage to tell you that you're **wrong** in dating — **wrong** about a person, **wrong** about timing, **wrong** about whatever. Only they will be willing to say something hard, even when you're so happily infatuated.

Most people will float along with you because they're excited for you, but you need a lot more than excitement right now — you have plenty of that yourself. You desperately need **truth**, wisdom, correction, and perspective.

The Bible **warns** us to weave all our desires, needs, and decisions deep into a fabric of family who love us and will help us follow Jesus — a family God builds for each of us [in a local church](#) ([Hebrews 10:24 – 25](#)).

God has sent you — your faith, your gifts, and your experience — into other believers' lives for their good. To encourage them: “We urge you, brothers, admonish the idle, encourage the fainthearted, help the weak, be patient with them all” ([1 Thessalonians 5:14](#)). To challenge and correct them: “Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom” ([Colossians 3:16](#)).

And to build them up: “Therefore encourage one another and build one another up” ([1 Thessalonians 5:11](#)).

And as inconvenient, unnecessary, unhelpful, and even unpleasant as it may feel at times, God has sent gifted, experienced, Christ-loving men and women into your life too, for your good — and for the good of your boyfriend or girlfriend (**and God willing, your future spouse**). The God who sends these kinds of friends and family into our lives knows what we need far better than we ever will.

We all need courageous, persistent, and hopeful friends and counselors in the **dangerous** and murky waters of dating.

Lean hard on the people who know you best, love you most, and will tell you when you're **wrong**.

- - ----- < ^ ~ , ~ ^ > ----- - -

And people wonder “WHY” crap lands on them. “WHY” so many things go **wrong** for them. So many times, I have heard, “I **don't** deserve this crap falling on me!” Correct, they only do if they have **not** asked God for each last generational **sin curse** to be forgiven.

I was an Air Force Aircraft Elect. Repair training Instructor and later an Instructor in that Air Force Aircraft course and I had many men and women in class and under my leadership.

Out of over 8,000 young men and a few women of my many years talking with and to and in counseling I had one man and two women tell me they did ask God to take this four generations of **sin** on them as their **curse** off.

For them to be free from this past family **curse**. If you are single (**meaning not joined to anyone through sex**) you only have eight people's generations of **sin** down on you. That is eight from your bio father and your bio mother.

OoPpSs, that is your parents plus going back for three (**for four generations**) or more sets of parents (**meaning only those not joined to any other person through any sex, if they are or have - then these have to be added in also**) which if you family tree line back and out is a lot of people with a lot of unforgiven **sin**. I hope you are getting the idea and it is twice that many if you are married or are even more if joined to someone or any others through any **sexual** activity, if so, those go on to be many add up to even a lot more.

OoPpSs. I **don't** even know their names? Well, yes, but those names are still in two books, the one is in books God's Angels record book on YOU for YOUR judgement and are along with these other people but are also really in **satan's** record book, **satan's** “Hell on earth” record book, on YOU.

So, or for **his bad boys** to get YOU with **their torment**, all night and day. These can be gotten rid of through prayer. If you **don't** know how you may contact us.

- - ----- < ^ ~ , ~ ^ > ----- - -

If YOU like or YOU got some help or YOU know of someone this part will help from the part above. Copy it and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

- - ----- < ^ ~ , ~ ^ > ----- - -

First Dating Relationships Rules 2 Marriage

10 Rules For Dating When You Want a Serious Relationship

- - ----- < ^ ~ , ~ ^ > ----- - -

- - ----- < ^ ~ , ~ ^ > ----- - -



- - ----- < ^ ~ , ~ ^ > ----- - -

By Sonya Rhodes, PhD and Susan Schneider, coauthors of “The Alpha Woman Meets Her Match: How Strong Women Can Find Love and Happiness Without Settling.”

In some ways, online dating and social media have leveled the playing field: Women can take charge of their dating and **sex** lives in ways they **haven't** done ever before. We can initiate dates or group hangouts just as easily as men do. The dating world revolves around making the right proactive choices — and this means that if you're ready for a monogamous relationship, you have to be clear about your goals, both to yourself and prospective partners.

Consider this advice:

1. Finding a partner is a project and requires time and energy. If what you want is a long-term relationship, approach it with your written - out goals in mind. The right mindset is key: Start out by knowing that you are in control of this process.

2. If you're looking online, do your profile with a friend — this will help you lighten up. **Don't** boast or be self - deprecating.

Be funny, short and concise, and **don't** sound too cutesy. A photo that shows you actively pursuing an interest is good because it offers information without being wordy.

3. Scan profiles selectively. Pick out three or four guys and signal your interest. When you contact someone, refer to a remark he / she made in their profile. If someone shows an interest in your profile, **remember** that you are **not** obligated to respond unless you want to. You be the judge.

4. With several prospects, start an email exchange. But limit your emails to **no** more than two or three before suggesting a face-to-face meeting. Anyone who wants to prolong emailing is **not** interested in a relationship. He/she likes the anonymity of email flirting. Avoid this person — he or she could be married, in another relationship or just be a creep.

4. Arrange a coffee or drink at a convenient and public location. Talk about things you like to do, your job, college, old stories or recent experiences. (**Be on time — showing up is at least 50% of success!**)

5. Pay attention to whether there is a good balance in the conversation. Does he dominate? Do you? Are you finding common interests? Avoid talking about your or his problems. Do **not** give advice even if he is begging for it; this is a **bad** way to start. Stay upbeat.

6. On first dates, make sure you have other plans afterward and keep them, regardless of how things are going. If you're underwhelmed with this person, you will have a good escape route. If you are having a great time and **don't** want to leave, stick to your previous plan anyway. If you are interested, say so explicitly upon leaving. (**This may sound too forward, but there is nothing wrong about being clear.**)

7. Offer to split the check. Nowadays, single, college - educated women under the age of 30 are often making more money than men, so **don't** stand on ceremony waiting for him to pay.

8. Wait to see if he initiates an email or text. If he **doesn't**, cross him off your list. He's **not** interested or is **not** freely available. Start over.

9. If he emails or texts (**or makes the extra effort to make a phone call!**), respond, but move along and suggest meeting again. This should be a real date with a fixed time and place. If he wants to keep it spontaneous, with something like "Let's try for Tuesday," **don't** bother putting it on your calendar. It's just **not** likely to happen.

10. After you've met, beware of texts that arrive at odd times and are friendly but unaccompanied by a suggestion of a date. These are **false positives** because they suggest more intimacy than is real. **Don't** be taken in. Most likely, he's bored and is just playing with his phone. Respond only if you have seen him in person within the last week.

Postscript: If you start seeing someone on a fairly regular basis (**at least once a week**), realize that you are only beginning a relationship. Go slowly. Get to know him/her. See whether he or she is consistent, reliable and respectful. If you are sleeping exclusively with him and are beginning to take him seriously, consider discussing whether he is interested in having a monogamous relationship. If he balks, start over! Really. The two of you **don't** share the same goals.

- - ----- < ^ ~ , ~ ^ > ----- - -

A new Blog: <https://marriagesecondtimeplus.org/>

Also: may like to visit: www.Tri-CountyRegion.US

Also: may like to review books: <https://tri-countyregionbooks.com/>

May E-Mail: LehrLionsClub@bektel.com

- - ----- < ^ ~ , ~ ^ > ----- - -

25 Things Every Marriage Needs

If you want to stay together forever, that is. Then use:

- 1.- A **Special Place** => It can be a favorite restaurant or the corner café where you always go for coffee. It can be a local park or far-off vacation spot. The "where" **doesn't** matter as long as you have someplace memories are made together.
2. - **Good Manners** => "Please" and "thank you" **shouldn't** be something you just teach your kids or say to strangers. If anything, nice manners count all the more when you're married. Say "please" and "thank you" for everything: For making the bed. For passing the butter. For picking up after the dog. Being gracious and grateful for the mundane matters.
3. - **Knowing When** to Say "**When**" => When you're falling in love, you probably labor under the delusion that you'll always agree on everything. **Not** so much after marriage. As you learn what topics you'll never agree on, politely agree to disagree. It serves **no** one to keep beating up the same old themes.
4. - A **Firm Belief** in "'Til' **Death** Do Us Part" => The tough parts always come. But they also pass.
5. - Letting the Other Person **Have the Last Bite** => Okay, maybe **not** every time! But sometimes you can sacrifice the last piece of pie or the last bagel.
6. - **Dressing Up** for Each Other => In our casual society, it's acceptable to wear jeans and sweatpants almost anywhere. But it's also nice to put on your fancy clothes once in a while to show you made the extra effort (**like you did when you were dating, right?!).**
7. - **Spending Time** with Another Couple **You Both Like** => It reinforces your two's own bond.
8. - Knowing **When to Say**, "I'm Sorry" and When to Say "I Forgive You" => Which is over and over and over. Living with someone is messy, and we're all imperfect. Get over your pride and know when to let it go. Perpetual pouting and grudge-holding **don't** build up a marriage.
9. - Shared **Values** => Opposites may attract, but it can be tricky to manage opposing beliefs in the long run. Similar views on the world, **faith**, and life in general are what keep you both working toward common needs and goals.
10. - Special **Traditions** => Sunday afternoon walks. Exchanging Valentines. Watching a favorite holiday movie together. Shared rituals keep you close and highlight what's unique about you as a couple.
11. - Love **Notes** => A lipstick kiss on the mirror. A scrap of paper tucked in the other person's bag. A scribble on the edge of the grocery list. Your **notes** can be naughty or nice, but it's sweet to find a **note** that says "I love you" where you least expect it.

12. - **Respect** => Aretha got it right. Talking down to the other person, belittling them, and mean-spirited teasing **aren't** what makes a marriage work in the long run.

13. - Making a **Big Deal** out of **Anniversaries** => Whether it's acknowledging your first date or your twentieth anniversary, make an effort. A card, a dinner out, a breakfast date — whatever you can do to honor the day the two of you became a couple.

14. - A Framed **Photo** => Your wedding photo does **not** count. Print it, frame it, and display it.

15. - **Kissing** "Hello" and "Goodbye" => **Don't** let being in a hurry steal these tokens of your affection. Greet each other every single time you leave the house; you never know what can happen when you're apart. Then rejoice in the reunion when the other one comes home.

16. - **Complimenting** the Other Person in Public => Let your spouse hear you say something good about him or her to someone else. It's sort of a thrill to hear yourself bragged on, and who **doesn't** need an occasional pat on the back?

17. - **Random Acts** of Humor => My gram always said it's better to laugh than to cry. If you can look at the ridiculousness of the moment instead of freaking out every time something goes awry (**whether it's lost luggage, a flooded basements or clogged sinks!**), you'll be a lot less likely to give up on each other.

18. - **Time Alone** => Know when to take a break and visit with friends or nurture your own interests. Because, yeah, sometimes we all do get on each other's nerves. Absence can make the heart grow fonder and reset the ticker on your patience.

19. - **Unplugged Time** => It's **not** the most uplifting experience to try to talk to you partner when he's surfing the web or texting. Establish a tech-free zone (**or time out**) when you interact with each other and do real things in the real world: Go watch a sunset. Listen to the birds sing. Take a walk. Do anything together but stare at your phones.

20. - Letting the Other **Person Pick** => **Not** all the time. But occasionally let the other person choose an activity or movie, even if it's one you **don't** particularly enjoy.

21. - Your Own **Private Language** and Jokes => It's a top-secret code only two people in the whole world know!

22. - New **Adventures** => There's comfort in the familiar, but there's a sense of excitement in finding new hobbies and activities to share.

Take a day trip to place you've never visited. Sign up for salsa making lessons. Sign up for make your own Pizza. Try a restaurant on the other side of town.

23. - "**Remember** When?" Sessions => Reliving good memories will make you laugh, kindle feelings of contentment that you've come this far, and remind you why you like each other in the first place.

24. - **Kindness** => It's human nature to want to strike back when the other person is being **ugly** to you. But it's okay to be kind instead of being right. Of course, you **won't** always be able to take the high ground (**hello to my hot - headed temper!**), but it feels pretty good when you do. And it often diffuses the situation.

25. - Celebrating **little victories** => A good annual physical. A presentation that went well. The fact that it's finally Friday. We often ignore the moments of small but real joy that make up our lives each week. But they are what matters. Go out and regularly celebrate the life you've made together.

From: <https://www.womansday.com/relationships/dating-marriage/g3214/25-things-every-marriage-needs/?slide=1>

- - ----- < ^ ~ , ~ ^ > ----- - -

25 Ways to Fix a Sexless Marriage =>

We really are working up to Marriage Second Plus Time for you.

This is actually great advice for anyone who's in a relationship.

Even happily married guys wonder what sorts of itches they'd be scratching if they were to ditch their partner. Their "newly single" fantasy might include long, naked weekends with a Hooters waitress, but the reality is **not** nearly as provocative.

As a **divorced** man, you are 39 percent more likely to commit **suicide**. Even if you **don't kill** yourself, you will **die** younger. People in Russia rally **don't** live longer – it just seems that way – well - to them. And forget chasing woman's tail; your mobility also suffers from singlehood.

Oh, and yes, really **divorce** crushes your finances: A study of **divorced** baby boomers found that a split slashed their wealth to less than a quarter of what they would have had if they'd never wed at all.

So, we've collected 25 tips that can protect you from the **sickly**, cash-poor, single life. Save your marriage before it's too late!

(To see how much work your relationship really needs, check out [How Strong Is Your Marriage?](#)).

1. Assume the Best Explanation for What She Did, **Not the Worst** => Think of an annoying thing she does that you regularly misinterpret. Psychologists call this a “maladaptive attribution.” Then **stop** it. You can improve your marriage simply by thinking about it differently; choose the kindest possible interpretation for her actions instead of the **ugliest**.

2. Take the Zero-**Negativity** Challenge => How many days this month can you go without doing or saying a single **negative**, hurtful thing to your partner?

Give it a try, suggest Harville Hendrix, Ph.D., and Helen LaKelly Hunt, Ph.D., who’ve written 10 books on relationships.

You can strike sarcasm off the list too. In the words of Terry Real, the author of “The New Rules of Marriage”: “Sarcasm eats intimacy.” Each one of our words matter. Measure them.

3. A Foot Massage Works Wonders; A Head Massage Works Miracles => Related: [How to Pleasure a Woman — the complete guide to becoming a master lover!](#)

4. **Don’t** Make a Complaint. => Make a Request Instead (**Politely!**).

5. Write Her / Him a Letter — On Paper => A University of Denver study of soldiers found that exchanging letters with their wives had a more **positive** and long-lasting effect than texting did.

6. Watch This **Sex** Video => “Makeup **sex**” **doesn’t** solve a fight, and latent anger can be really a **lust killer**. Sit down together and watch family therapist Michele Weiner-Davis’s TEDx talk “[The Sex-Starved Marriage](#)” on YouTube.

Even if you’re **not** exactly starving, this video can help stoke hunger now and forever.

Whether you are married or are planning or going to be married, someday, I recommend you view these next two videos.

- - ----- < ^ ~ , ~ ^ > ----- - -

The **Sex** Starved Marriage - **Part 1** - Michele Weiner-Davis with Dr. Dave and Christie

Feb 15, 2014 => The **Sex** Starved Marriage - Part 1 - Michele Weiner-Davis with Dr. Dave and Christie See Dr. Dave & North Americas top experts answer all your marriage and family **questions** at [**http://www.doingfamilyright.com**](http://www.doingfamilyright.com)

“I’ve got a headache.” Whether you are a man or a woman, living in a **sex-starved** marriage can be devastating. After awhile, the excuses begin to ring hollow. Have you experienced this unfortunately common problem as a husband or wife?

What have you tried to alleviate it, and have you had success so far?

<https://www.youtube.com/watch?v=oO23w1oSLWE> 9 min

- - ----- < ^ ~ , ~ ^ > ----- - -

The **Sex Starved Marriage - Part 2** - Michele Weiner- Davis with Dr. Dave Currie and Christie Rayburn

= > Part 2 - Michele Weiner-Davis with Dr. Dave and Christie See Dr. Dave & North Americas top experts answer all your marriage and family **questions** at <http://www.doingfamilyright.com>

“I’ve got a headache.” Whether you are a man or a woman, living in a **sex-starved** marriage can be devastating. After awhile, the excuses begin to ring hollow. Have you experienced this unfortunately common problem as a husband or wife?

What have you tried to alleviate it, and have you had success so far?

<https://www.youtube.com/watch?v=mH9Xh4fvTIM> 7 min

- - ----- < ^ ~ , ~ ^ > ----- - -

7. **Don’t** Try to Fix Her Problems — Just Listen to Them = > “Men are conditioned to solve problems and to protect the women they love,” says couples therapist Shiri Cohen, Ph.D., an instructor at Harvard Medical School.

“This can backfire when all she really wants is to be only heard,” she says. “The next time your mate needs to vent or complain, just give her your open ears.”

If you think you do have a good solution, wait and bring it up later during a separate conversation.

8. **Be!!!** Sweat with Her, Then Hop in the Shower Together Later. It’s Healthy! = > For 20 years, Thomas Bradbury, Ph.D., and Benjamin Karney, Ph.D., of UCLA’s Marriage Lab, followed more than 1,000 couples to evaluate the different ways partners support each other in their efforts to make important changes in their lives. Bradbury says he was amazed that the most common topic — coming up in about seven out of 10 couples — was that they wanted to change to a healthier lifestyle.

Their book, *Love Me Slender*, shows couples how to work together to maintain healthy weights.

A new large-scale British study seconds that: “Men and women are more likely to make a positive health behavior change if their partner does too,” the authors note. Get started today with the [21-Day MetaShred](#), an at-home program to strip away fat and reveals rock-hard muscle.

9. Look Past Her Flaws (**Don't Try to Eliminate Them**) => “Look above the things you find annoying or unpleasant,” says Douglas LaBier, Ph.D., a psychologist based in D.C. “Respond to the best qualities in her — which will always make her best side stronger.”

10. Tell the Kids to Shut Up While You Two “Connect” => “A measly 15 minutes,” says William Doherty, Ph.D., a professor of family social science at the University of Minnesota. These kinds of “connection rituals” **hot** wire your whole life together. So, do it.

11. As Go Mom and Goo Dad, So Go Their Kids. The Sooner the Little Monsters Understand That They're Part Of Your Life, **not** Vice Versa, the Better.

12. Always Look for Ways to Turn “Me” Into “We” => Listen up as Monmouth University psychologist Gary Lewandowski Jr., Ph.D., sets you (**and her**) straight with this **not-so-obvious** fact: “Research shows that people who see themselves as overlapping with their partner have better relationships.

You begin to lose track of where one partner begins and the other ends.” Coach was right: It's all about the team.

Related: [4 Incredibly Easy Ways to Be an Awesome Husband](#).

13. Respond to Good News and **Bad** => Your wife gets cool new responsibilities at work. How do you respond? Passively (“**That's nice. What's for dinner?**”), destructively (“**Less time for me, right?**”) or — jackpot! — actively and constructively (“**Wow, let's party!**”)?

According to UC Santa Barbara psychologist Shelly Gable, Ph.D., positive responses reassure your wife that you'll also support her when the news is good or **bad**.

14. Go Out to the Movies. Then Talk Afterward => Ronald Rogge, Ph.D., a professor at the University of Rochester, followed 174 committed couples for three years.

Some of the couples received traditional marriage counseling, others received **no** special attention, and still others were instructed to watch relationship - focused movies each week and talk afterward.

Watching flicks and getting counseling both cut the breakup rate by half.

15. Come Together Only Happens on Abbey Road. Relax. Take Turns => Related: [6 Tricks for Hotter Monogamy](#).

16. Autonomy in a Relationship Is Good => Neither of you should feel that you're being guilty or coerced into choices about the way you live. Researchers at the University of Houston found that couples who feel self-determined instead of trapped are less defensive and more understanding during fights.

17. Expand Your Mate's Idea of You Two . . . => In Aruba. Or Zion National Park. Or Quebec City. Travel is a mate redefiner, which may be why you enjoy exuberant sex in exotic places.

18. Keep Your Voice Down When You Fight. It Might Shock Both of You Into Being More Reasonable.

- - ----- < ^ ~ , , ~ ^ > ----- - -

If YOU like or YOU got some help in this part or YOU know of someone this part will help from the part above. Copy it and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

extra@marriagesecondtimeplus.org/

- - ----- < ^ ~ , , ~ ^ > ----- - -

Note: Yes. Both single people, people dating and married people have review (**Well Pre – viewed**) this “Web Site” and its parts so far. As a summary of the parts and up-coming part drafts; most people are telling us that this information is also needed and wanted for them, those married people too and many people found this as new information as they **didn't** even know about this stuff.

Subscription: Then one may have a Subscription as over age 18 Adult (**including the open part**) or the open Blog part for only a small fee of \$3 for each month. If you like these ideas and tiPsalms – please tell a few others.

Marriage Second Time Plus => **A new Web Site.**

A new Blog: <http://marriagesecondtimeplus.org/>

- - ----- < ^ ~ , , ~ ^ > ----- - -

If YOU like or YOU got some help from this MSTP PDF or YOU know of someone this part will help from this part above. Buy a copy it and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

[extra@marriagesecondtimeplus.org/](mailto:extra@marriagesecondtimeplus.org)

- - ----- < ^ ~ , , ~ ^ > ----- - -

A new Web Site: <https://marriagesecondtimeplus.org/>

Also: may like to visit: www.Tri-CountyRegion.US

Also: may like to review books: <https://tri-countyregionbooks.com/>

May E-Mail: LehrLionsClub@bektel.com

- - ----- < ^ ~ , , ~ ^ > ----- - -

May download this or many others at MSTP PDF for a donation of \$5.

May download this as a MSTP member the PDF for a donation of \$3.

Here is the link to the books ([stories PDF](#)) and MSTP PDFs - you can use.

The store files with the books ([PDF](#)) and checkout.

<https://tri-countyregionbooks.com/>

Visit a new Web Site: <https://marriagesecondtimeplus.org/>

Visit a new Web Site: <https://tri-countyregion.US>

- - ----- < ^ ~ , , ~ ^ > ----- - -

Related: [4 Easy Steps to Resolve Any Fight.](#)

19. Banish Boring, Part 1: Do Something Batshit as a Couple => Jet skiing? Hang gliding? Psychologist Arthur Aron, Ph.D., and his colleagues at Stony Brook University and UC Berkeley have found that couples who engage in a novel activity together report much

more marital satisfaction than couples who have merely “pleasant” date nights ([that is, like the same old routine](#)).

Okay, it **doesn't** have to be skydiving, says Aron; “it can be an art class.” The point is: **Bust your butt.**

20. Banish Boring, **Part 2: Do Batshit Things with Another Couple** => If you go on a double date and do something new that creates closeness among the four of you, says Aron, you've just quadrupled the excitement level in the room. That thrill is associated with your partner.

“And that initial sense of exhilaration that comes from falling in love is reinvigorated,” he says. Aron's theory: You're happiest when your mate expands your sense of who you are. So perhaps some time travel is in order.

Remember when you two were young and the possibilities seemed limitless? Reengage with friends from that time, preferably ones who've been sweating with together ([see #8](#)). Then push new boundaries as a group.

21. Ask: How Much Do I **Hate** My Wife? => Be brutally honest. Oh, you love her? Next **question**: Then? Why, am I so mean to her sometimes?

David Schnarch, Ph.D., coined the term “normal marital sadism” to describe the many ways we annoy our spouses on purpose.

Stop the purposeful hurts, says Schnarch, and she'll “like you, maybe she will want to have **sex** with you, and wish you well.” Leave the snark and sadism behind, and you're onto something like the title of Schnarch's landmark book: *Passionate Marriage*.

Related: [The Unbelievably Easy Way to Make Her 14 Percent Hornier.](#)

22. Buy a Lamp Together (**It's Worth It**) => Beloved, jointly acquired items are called “couple markers.” They're a barometer of your bond. They help replace “yours” and “mine” with “ours.”

23. Your Sacrifices Are Your Gift, **Not** Her Debt => It's called having a “communal relationship” with your wife. In such a marriage, sacrifices ([yours and hers](#)) are the gifts that keep on giving. Do something nice. **Don't** keep score. Both of you benefit.

24. You Know Her / Him — Push the Buttons That Please Her/Him => In her terrific little book *Marriage Rules*, Harriet Lerner, Ph.D., mentions urging a client to come up with three things to do that he knew his wife would appreciate. You can do the same. Get started, smart guy.

25. Practical Stuff Can Wait. Attend to Her Now. => **Don't** let the urgent (**Bills! The office! The lawn! The Clubs!**) get in the way of the important (**steps 1 through 24 above**).

Remember: Your financial, emotional, and physical health depends on a close collaboration with your wife. Make it a priority, or else. Now, care to revise your to-do list?

- - ----- < ^ ~ , ~ ^ > ----- - -

Book => Marriage Rules

How to Prepare for Your First Date After Divorce

Here's how to prepare for that all-important first date after **divorce**: from 7 tips for successful flirting to 16 first-date Dos and **Don'ts**. By **Diana Shepherd** Updated: **November 19, 2018**

- - ----- < ^ ~ , ~ ^ > ----- - -



- - ----- < ^ ~ , ~ ^ > ----- - -

Are you past the “walking wounded” stage of **divorce recovery**? Have those intense feelings of anger, **hatred**, or grief **died** down to background noise? Have you **stopped** talking about how awful your **ex-spouse** is to whoever is unlucky enough to sit beside you

on a bus / train / plane? And have you spent some time discovering who you are after your **divorce** – and what your must-haves and deal-breakers would be in your next relationship?

If so, it might be time to [test the waters in the dating pool](#). Here's how to prepare for that all-important first date after **divorce**: from successful flirting to first date Dos and **Don'ts**.

The First Step is to Find Someone Worth Dating

Now that you're **emotionally ready** to meet your soulmate, you have to find him/her. Here's a hint: he / she probably **isn't** sitting on your sofa waiting to watch "Westworld" with you. So, you're going to have to leave your comfort zone and put yourself out there. This **doesn't** mean you have to start hanging out at singles bars or attending political rallies (**unless you like these sorts of activities**). Slowly begin to do things you like that will also get you out of the house and meeting new people. Join a church single group.

Start taking up art, dance, even square dancing, cooking, stand-up comedy, or car-repair lessons; take up tennis, golf, rollerblading, or snow skiing; go to parties – even if you **don't** feel like it; volunteer for an animal rescue organization, traveler's aid, or at your local hospital.

Be a volunteer with your local **Lions Club** and you will feel much better about yourself. Be only a volunteer – if later you wish to join this local **Lions Club**, it is up to you, later. You'll be meeting other people who share your interests, which gives you an easy opener when striking up a conversation. Just maybe YOUR next lifelong mate. This Web Site is sponsored by a **Lions Club**.

And when that special someone shows up in your life, try to flirt instead of running screaming for the hills.

- - ----- < ^ ~ , , ~ ^ > ----- - -

KKKK. More => Soon something more will be added here.

- - ----- < ^ ~ , , ~ ^ > ----- - -

Fifteen Things God **WON'T** Ask: - (Author Unknown)

1. God **won't** ask what kind of car you drove => but will ask how many people you drove who **didn't** have transportation.
2. God **won't** ask the square footage of your house => but will ask how many people you welcomed into your home.
3. God **won't** ask about the fancy clothes you had in your closet => but will ask how many of those clothes helped the needy.
4. God **won't** ask about your social status => but will ask what kind of class you displayed.
5. God **won't** ask how many material possessions you had => but will ask if they dictated your life.
6. God **won't** ask what your highest salary was => but will ask if you compromised your character to obtain that salary.
7. God **won't** ask how much overtime you worked => but will ask if you worked overtime for your family and loved ones.
8. God **won't** ask how many promotions you **received** => but will ask how you promoted others.
9. God **won't** ask what your job title was => but will ask if you performed your job to the best of your ability.
10. God **won't** ask what you did to help yourself => but will ask what you did to help others.
11. God **won't** ask how many friends you **had** => but will ask how many people to whom you were a **true** friend.
12. God **won't** ask what you did to protect your rights => but will ask what you did to protect the rights of others.
13. God **won't** ask in what neighborhood you lived => but will ask how you treated your neighbors.
14. God **won't** ask about the color of your skin => but will ask about the content of your character.
15. God **won't** ask how many times your said deeds matched your words => but will ask how many times it **didn't**.

- - ----- < ^ ~ , , ~ ^ > ----- - -

How to Flirt on Your First Date After **Divorce**

Whole books have been written on this topic. My best advice is to lead with your strong points, even during an initial exchange.

For instance, if you **aren't** funny (**you know who you are!**), **don't** try to tell jokes. Still, try to keep things light at first: small talk actually puts people at their ease and can open the door to deeper conversations.

Take a cue from your surroundings: if you're standing in a long checkout line, try: "I always seem to choose the line where someone is using 185 coupons; we're going to be here for a while!" or "**Doesn't** the cashier look like Jennifer Lawrence?" or even "Gosh, it's **hot** / **cold** out today!" After a couple of non-threatening exchanges about nothing important, you can try to find some common ground to create a bond between you and the dreamboat in line right behind you. For instance, you could say, "I'm a bit stiff today: I went rollerblading yesterday for the first time. Do you rollerblade?"

If the answer is yes, you can talk about rollerblading for a while: where you go, the equipment you use, what you like about it. If they say **no** but is still looking at you in a friendly way, you could try offering a genuine compliment: "That suit/dress/color looks great on you." They may respond by telling you where they got it, then you can ask a **question** or make a (**positive**) comment about the store.

If you are genuinely funny (**ask your friends to be honest with you about this**), you could opt for an amusing or offbeat opening line.

Body language is an important part of flirting. This includes smiling (**but don't try not to mimic the Cheshire Cat from Alice in Wonderland**) and standing just a little bit closer than you normally would with a stranger.

Warning: there's a fine line between showing interest and pushing someone into a flight-or-fight response: **don't** stand nose-to-nose, and **don't** back the person into a wall or corner. This is just plain creepy and will guarantee that your next marriage mate (**victim**) will never want to set eyes on you again.

Try mirroring the person's body language: if she/he leans forward, you lean forward; if he/she crosses his/her left leg, you cross your right leg. Again, **don't** overdo this: your aim is **not** to mimic the person, but to put him / her at ease.

Here are a few more tips to set you on the path to successful flirting:

1. Always try to look your best before engaging in flirting. If your hair is a disaster, you **haven't** brushed your teeth, or your mascara has run half-way down your face, you're **not** going to exude the cool self-confidence a successful flirt requires. If you are in dirty work clothes – tell them, you are on a work break or have just gotten off work.

- - ----- < ^ ~ , ~ ^ > ----- - -

2. Offer a genuine compliment. This could be physical – “You have such beautiful eyes” – or **not** – “You laugh easily. That’s a trait I really admire.”
3. If you’re good at it, tell jokes (**make sure they’re neither dirty nor disparaging, though**).
4. Never brag – **not** even if you’ve just won the Nobel Prize or the Oscar for Best Picture. Nothing demonstrates insecurity better than bragging – and it’s extremely irritating to be on the receiving end of a bragger in full slate.
5. Be **fearless**. The **worst** that can happen if you approach that gorgeous creature is that he/she will reject you. Contrary to what you may feel at the time, this will **not kill** you. The best is that you may succeed in captivating the most interesting person in the room. **Isn't** that worth a bit of bruised ego?
6. Be interesting. To charm an interesting person, you need to be interesting. So, disconnect the TV and get out there.

Push your physical and emotional boundaries: whether that means trying skydiving or maybe only soft yoga. Also, if reading some great books will help to wake up those sleepy brain cells.

7. Get help. Ask a friend who's a great flirt to give you tips and coaching on everything from body language to ice-breakers to how to tell a joke.

- - ----- < ^ ~ , ~ ^ > ----- - -

The First Date After **Divorce**

Okay: so, one of you has gotten up the nerve to ask the other on a date. Now what?

Again, start with small talk. I **don't** care how much you **hate** it: a first date is always somewhat nerve-racking, and small talk puts people at ease, giving them a chance to regain their balance. Usually, small talk lasts **no** longer than about five minutes; some people require more time, and some require less in order to relax.

Your next challenge is to find a topic of mutual interest to discuss. This may take a couple of attempts, so **don't** be discouraged if your first conversational arrow misses the mark. Try hobbies, sports (**spectator and participatory**), each other, movies, books, and music. If you are genuinely funny (**ask your friends to be honest with you about this**), you could opt for an amusing or offbeat **question**. Avoid politics, religion, and your **ex-spouse**.

Of course, you're **not** going to **lie** about the fact that you're **separated** or **divorced** – just **don't** give them a two-hour monologue about the breakdown of your relationship.

This is enough information for a first date: “I've been **divorced** for about two years now. It was a friendly **divorce**, and I wish my **ex** all the best.” This lets your date know that you're **over your last relationship** and that they **won't** find themselves in the middle of a psychodrama involving you and your **ex** if they get into a relationship with you.

Warning: if your date starts spewing **hate** and **vitriol** when discussing his/her **ex**, run for the hills! Do **not** get involved with this person – unless you're interested in years of misery and possibly even **danger** if these two are still locked in a **toxic, hate-filled post-divorce relationship**.

So, after you've bonded a little over your shared fondness for Drake, it's time to start offering and asking for a little personal information.

Since a woman will normally have a few safety concerns about spending time with a man she **doesn't** really know, a man should let her know he's “safe” by offering some information about where he works, goes to church, works out, likes to go with his friends

for a beer after work, etc. This demonstrates that you a) have a life of your own, and b) are a fairly normal guy with **no** big secrets (like you're actually married with three kids or that you're currently out on parole).

Don't interrupt (unless to warn of imminent physical danger: "Look out for that runaway piano!" or "Look out for that Mac truck!"), lecture, or interrogate your date. Ask **questions** designed to elicit more than one-word answers, but **don't** make your date feel as though you're interviewing him/her for the position of "next spouse."

Paying a genuine compliment is always a good idea. "You have a lovely smile," "I love dancing with you," or "You look great in that dress" or "suit" are all good **examples**.

Being overtly **sexual** is **not** a good idea on the first date, so refrain from commenting on breasts, butts, etc. even if you find them exceptionally nice. By the way, if someone compliments you, the correct response is: "Thank you! It's so kind of you to say/notice." **Don't** deflect it – "I hate my teeth," "What – this old rag?" or "I have two left feet" are **examples** of ways **not** to respond to a compliment. Even if receiving praise makes you feel shy or awkward, deflecting it will make your date feel stupid, hurt, or annoyed.

3 Questions to Ask on Your First Date After Divorce

The four Harvard mathematicians who built the [OKCupid dating website](#) suggest asking the following three **questions** on your first date to determine whether you are **truly** compatible with someone:

1. Do you like scary movies? Or Westerns or which ones.
2. Have you ever traveled around another country alone?
3. Would you like to ditch it all and go live on a sailboat?

They claim that if someone answers all three **questions** the same way you do, you're a perfect match for each other! If you decide to try online dating, these math whizzes have some advice when it comes to posting your profile photo: "The best pose for men is 'mysterious and **sexy**,' looking off camera and **not** smiling, whereas women who hold the camera above their head and look coy and flirty receive more hits."

16 First Date Dos and Don'ts

1. Do show up on time; tardiness shows a disregard for your date.
2. Do observe rules of proper hygiene: dirty hair, un - brushed teeth, and lingering B.O. are all turnoffs and very disrespectful.
3. Do make your date laugh (hopefully with you rather than at you). Tasteful jokes and comments only, please: no racist, no sexist, or no dirty jokes.
4. Do pay him/her genuine compliments.
5. Do listen at least as much as you talk; make an effort without dominating the conversation.
6. Do make lots of eye contact.
7. Do mirror your date's body language.
8. Don't talk about how you're doing on other dating websites.
9. Don't answer your phone or send text messages (aside from genuine emergency).
10. Don't dress inappropriately. If you're not sure, ask – it's less embarrassing than showing up wearing jeans when your date is formally attired.

11. **Don't** ramble on about **your ex's failings**.

12. **Don't** interrogate your date. The object is to have fun while getting to know each other – **not to interview for the position of "my next spouse."**

13. **Don't** brag or **lecture**.

14. **Don't** fight about who picks up **the check**.

15. **Don't** lead with your tongue if you're trying to initiate **a good-night kiss**.

16. **Don't** sleep with someone **on your first date**. (**This would not send a very good message to the other one**.)

- - ----- < ^ ~ , ~ ^ > ----- - -

The End of the Evening.

It seems ridiculous, but the issue of who picks up the check can turn a great first date into a minor nightmare. We all come to this with different assumptions: some people feel the person who asked for the date should pay; some people feel the man should always pay; some people feel it should be Dutch - treat.

Unfortunately, if your assumptions are different from your date's, it can generate a huge misunderstanding about your cheapness / chauvinism / outdated values / ego – whatever you make the act of paying mean.

The best way to avoid this kind of incident is to establish right off the bat what your expectations are. When making the date, say: "I'd love to treat you to dinner. How about Luigi's on Friday night?"

If this advice comes too late for you, initiate a short discussion about it during the date. You can make it impersonal by talking about a “friend’s” experience: “My friend Sara had a strange experience last week.

She was out on a date, and when she offered to pay half, her date became very angry with her: he accused her of thinking he was cheap, or unable to pay. She was just trying to be polite.

It’s so confusing these days... Do you think she was **wrong** to offer?” You’ll bond a little on the issue of how confusing modern etiquette is, and you’ll find out what your date thinks about who should pay.

If your date expresses a strong opinion, try to respect it.

If he wants to pay, but she feels a little uncomfortable about it (**maybe she makes more money than him, or maybe her ex-spouse was so cheap she simply isn’t used to being treated**), she could say: “Thank you – that’s very kind. I’ll treat you the next time.”

Do **not** fight with your date or try to snatch the check-out of his/her hands. Be gracious, and make sure you’re clear on what the deal is for the next date before you go out.

The next **thorny** issue: to kiss or **not** to kiss?

Well, that depends a bit on how the date has gone. If you’re **not** interested in repeating the experience, say, “Thank you for the evening,” and shake hands. **Note:** do **not** say, “I’ll call you” if you have **no** intention of doing so. Just thank the person and walk away. If it has gone really well, look for clues that your date wants to kiss you. These include:

- Lingering outside your car or front door.
- Touching your face.
- Taking both your hands and gazing into your eyes.
- Leaning towards you and gazing deeply into your eyes.

- Saying “I’d like to kiss you – is that OK?”

If your date exhibits any of these behaviors, you can offer a kiss on the cheek, or a light kiss on the lips. **No** tongues, and **no** hip - grinding! If your date **doesn’t** pull away after the kiss, and you’re equally smitten, you can offer another, slightly deeper kiss.

Regarding **sex on the first date**: unless you’re looking for a one-night stand, you probably **shouldn’t** do it. Aside from any other concerns, there are **diseases** you can catch that will really **kill** you – and despite what some people still think, you **can’t** tell whether or **not** someone is safe by looking at them. Money and social standing are **not** an indicator that they’re **truly disease** - free, either.

When you sleep with someone, you’re also sleeping with all his/her as all previous **sexual** past partners – that makes a lot of people in bed with you! You **cannot** sleep with someone until you’ve had a frank talk with him/her about **sex**. If you’re too embarrassed to discuss safe **sex**, you’re **not** ready to have it.

- - ----- < ^ ~ , ~ ^ > ----- - -

How do you know if a man is in love with you?

11 Undeniable Signs He’s In Love With You

He loves me ... he loves me **not** ... if only finding the answer were as simple as plucking petals off a flower. So, what makes it so hard to determine if a man **truly** loves you?

A lot of us have ideas about what **love should be**, what it should look like, and how it should feel. A lot of the time these ideas are plain wrong (**we can thank romantic comedies for that**). Because of that, some of us might **not** recognize the real thing when it comes our way. Maybe it’s because of these grand visions of love that have been implanted in our minds, but it could also be the result of being burned too many times in the past and having walls up when it comes to either giving love or being able to receive it.

The point is, love is a tricky thing. A guy can say he loves you and **not truly** mean it, and a guy can **love you a lot** but **not** be ready to say it.

Love, as beautiful as it is, can also be scary, and a lot of us keep our guard up until we’re sure he feels a certain way in order to keep from getting hurt. As the saying goes, before you fall in love, make sure there is someone there to catch you. The trouble with this is that when you get caught up in trying to figure out if a man loves you, you can **no** longer be present in the relationship.

Instead of connecting, you are stuck in your own worried thoughts, and those thoughts produce **fears** and **insecurities** that ultimately block you from getting the love you want.

So how do you know if a man is truly in love with you?

If he shows these 11 signs, then it's pretty safe to say he is.

Take The **Quiz**: Does He Really Love You?

[Click here to take our quick \(and shockingly accurate\) "Does He Really Love You" Quiz right now and find out if he Really loves you...](#)

Does he talk about the future? (**Question 1 of 15**)

1. The way he looks at you.

He looks at you like you're a unicorn, like he **can't** believe you exist. He may even come right out and tell you, "I **can't** believe someone like you exists."

It **isn't** a look of **lust** and desire. Instead, it's marked by a certain awe, serenity, and inner calm. It's a look reserved only for you. It's **not** only the way he looks at you; it's the frequency. He **can't stop** looking at you; whether you're together or you are across the room from each other, his gaze will always be oriented toward you.

- - ----- < ^ ~ , ~ ^ > ----- - -

2. He wants to give to you.

- - ----- < ^ ~ , ~ ^ > ----- - -

Lizz

Zzzz



- - ----- < ^ ~ , ~ ^ > ----- - -

Real love is about giving, **not** taking. This is why parents typically love their children more than their children love them. You would think it would be the opposite. From birth through our teenage years (**and sometimes beyond!**) kids take and parents give. Every parent will tell you that you never know real love until you have a child, and that's because this kind of love is all about giving.

When you love someone, you want to give that person everything you have. This **isn't** about material possessions.

You want to give by being the best you can, you want to make them happy, to enhance their life, you want to do things for them that will make them happy.

Love **isn't** merely a feeling; it's a verb and it comes across in actions. The biggest action that indicates a man loves you is when he gives you all he can.

5. He really sees you.

He notices things about you that others **don't** (maybe he even sees things that you **don't**!) He notices how you interact with others, how people feel in your presence, how your mind works, how you process emotions, how you express yourself. He pays attention to all the little details and he **remembers** them. He appreciates the full scope of who you are, the good and the **bad**.

He **doesn't** just love you, he loves things about you. Really loving people **doesn't** mean you love the way they make you feel (**although many people believe that's what love is**), it's about loving them as they are at their core.

This sort of love has nothing to do with how good that person makes you feel about yourself. That's **not** to say someone you love **can't** or **won't** make you feel good about yourself, but you **can't** truly love people only because they make you feel good. That's a very selfish kind of love, a love that feeds your need to feel good in the moment, **not** a life-changing, deep love.

When someone really sees you, he sees **not** just everything you are but everything you want to be, and he'll let you know when you're falling short. The catch? This may actually make you feel **bad** about yourself. If you're being a jerk to strangers, treating a friend poorly, or **not** living up to your obligations somehow, someone who loves you will let you know. It may **not** feel good, but it's a sign that he really sees you, all of you, and cares about you.

(I go into greater depth on this in my article on [what no one tells you about being in a good relationship](#).)

6. Your happiness is as important to him as his own.

[Your happiness](#) may be even more important! When you love someone, really love someone, their happiness is your happiness. This is especially **true** for men who need to feel like they can make a woman happy. If you tell him that something makes you unhappy and he keeps doing it, this is **not** a sign that he's in love with you.

A man who loves you will avoid doing things that make you unhappy and will learn the things will make you happy, and he'll make an effort to do those things.

7. He misses you when you're apart.

Men typically fall in love in a woman's absence, **not** her presence.

A man can shower you with all the love in the world while he's with you, because it's nice to be with someone else and to connect and be affectionate, but what is he like when he's **not** with you? Does he miss you? Does he make an effort to reach out?

Or [does he disappear](#) for days on end and then tell you he's sorry, he's just been "super swamped?"

When you love someone, you yearn for their presence and miss them when they're gone. It **doesn't** mean you are constantly thinking about them every waking minute, because that would be an unhealthy obsession, **not** love, but the thought of them always lingers in the background. Things remind you of them, something happens and you want to tell them, you just feel a constant connection even when you're apart.

He'll be in touch, he'll send you funny things he finds online or links to articles he thinks you'd like, or he'll tell you about something funny that happened to him that he thought you'd appreciate.

- - ----- < ^ ~ , ~ ^ > ----- - -

8. He keeps you in the loop.

- - ----- < ^ ~ , ~ ^ > ----- - -



- - ----- < ^ ~ , ~ ^ > ----- - -

I **remember** very early in my relationship with my husband I knew he really cared about me because he would always keep me in the loop, even when it **wasn't** necessary.

For instance, before our third date I texted him to confirm the time and he **didn't** respond for about 45 minutes and when he did he apologized for the delay and said he was out with friends and **not** checking his phone.

I **don't** consider 45 minutes to be that significant of a time lag and **didn't** need the explanation, but it made me feel cared for and it showed me that he considered me someone important and **didn't** want me to think that something else was more important.

He would do considerate things like that constantly, and that's how I knew he loved me long before he even said it.

When a guy loves you, he **won't** ever leave you hanging. He'll keep you informed about what he's up to, **not** because he has to, but because he wants to.

9. He's there for you even when it's inconvenient.

Being in love is easy when everything is going great and it's all smooth sailing, but what happens when you hit a rough patch, or when you need him? How does he respond when there is a problem, when he needs to be there for you even if there are other things he would rather be doing?

Love is other-focused; it's **not** about one's own needs and desires, it's about factoring in someone else.

When a man loves you, nothing will be more important than being there for you when you need him. It may **not** always be his ideal scenario, but he'll step up and be there.

10. He **doesn't** give up.

He puts his all into the relationship and really commits to making it work. When you love someone, you **don't** quit without a fight.

I **remember** in the beginning of my relationship with my husband, a lot of my deep-seated relationship **fears** started bubbling to the surface. I had been blindsided by breakups in the past; I'd had men tell me they loved me and then they left me. It's hard to just forget such things and wipe the slate clean. Even though this relationship was totally different from anything else I'd ever experienced, those **fears** lingered. I **remember** one conversation where I brought this up to him, and he told me that if this relationship **didn't** last, it would be a mutual parting and we would both see it coming.

He **wasn't** going to just leave; he was going to put in everything he had. He did and so did I, and fortunately it all worked out!

If a man says he loves you but **doesn't** want to try anymore, or gives up because he thinks it's too hard, then it probably **wasn't** real love. You **don't** give up on love unless you have put everything you have into making it work, and it was just impossible (**and this is something that both people will usually be able to clearly recognize**).

There are obviously times where someone can **truly** love you, but because you're just **not** right for each other, or maybe because you **aren't** willing to put in the necessary effort, that he will walk away even though he loves you, but only after giving it his all.

11. You **don't** worry how he feels — you just know.

Similar to what I said in my article about [how to know if a guy likes you](#), when a guy love you, you just know. It's obvious to you and to everyone around you. You'll have a feeling of peace and calm and just knowing.

When someone **truly** loves you, his behavior and way of being with you **won't** arouse feelings of **insecurity/fear/anxiety/worry** in you (**as long as you yourself are emotionally healthy. If you're prone to having those feelings no matter what, then they are probably generated within you**).

Check in with yourself and see where it's coming from. Usually, when we feel uneasy, like the rug is going to be pulled out from under us, it's because the relationship **isn't** standing on a stable ground because the guy **isn't** sure of how he feels. When someone loves you, he shows it and you just know it, even before he says it.

I hope after reading this article you're totally clear on the signs a man is in love with you.

But before you go, I need to tell you that there's a crucial period in your relationship that will determine if you and he end up together, or if the relationship falls apart. At some point, he will start to back off. He may lose interest, he may pull away, he may suddenly need space. Do you know how to handle it when he does this?

If **not**, you will probably make one of the major mistakes that most women make that can irreparably destroy your relationship. Read this now so you **don't** risk losing him forever: [If He's Pulling Away, Do This...](#)

The next problem you may run into is when he gets to the point where he asks himself: Is this the woman I want to commit to for the long-term?

The fate of your relationship lies in the answer to that **question**. Do you know how men decide if a woman is girlfriend, or even wife, material?

The type of woman that a man wants to commit himself to?

If **not** you need to read this next: [The #1 Things Men Desire in a Woman](#)

In summary...

These Are the Biggest Signs He's In Love With You:

1. The way he looks at you.
2. He wants to give to you.
3. He treats you like a priority.
4. He wants to immerse himself in your life.
5. He really sees you.
6. Your happiness is as important to him as his own.
7. He misses you when you're apart.
8. He keeps you in the loop.
9. He's there for you even when it's inconvenient.
10. He **doesn't** give up.
11. You **don't** worry how he feels — you just know.

- - - - - < ^ ~ , , ~ ^ > - - - - -

A new Blog: <https://marriagesecondtimeplus.org/>

Also: may like to visit: www.Tri-CountyRegion.US

Also: may like to review books: www.Tri-CountyRegion.US/books

May E-Mail: LehrLionsClub@bektel.com

- - - - - < ^ ~ , , ~ ^ > - - - - -

Regarding [sex on the first date](#): **OoPpSs**, unless?

Sex And Intimacy After Divorce: Okay? Are You Really Ready? => JUNE 26, 2018

- - ----- < ^ ~ , ~ ^ > ----- - -



- - ----- < ^ ~ , ~ ^ > ----- - -

You deserve to love and live after **divorce. You deserve **sex** and intimacy after **divorce**!**

Well? Once those **divorce** papers are signed or perhaps after the initial separation between you and your **ex**, the idea of **sex** and intimacy after **divorce** can make someone feel one or two ways:

Some people run right out for the first warm body upon **divorce** and others run away from the idea of **sex**. But even the most eager of “beavers” so to speak encounter a lot of the same emotions that the timidest of wallflowers do when they venture into **sex** after **divorce** like:

Guilt: “Am I really allowed to do it now with another person?”

Excitement: “Someone new is kind of **sexy** — hey, actually make that VERY **sexy!**”

Anxiety: “Will she think I’m flabby?” “I’m **not** sure he likes what I’m doing. Does he see my thighs?”

Weirdness: “This is strange.”

No matter what side of the emotional fence you’re sitting on, here are some pointers for navigating the roads of **sex** and intimacy again after **divorce**.

Are you ready?

Yellow Light **Caution:**

Just Because You Can, **Doesn’t** Mean You Should.

Not to call out men specifically, but some men dive into **sex** with multiple partners after **divorce** simply because they can. This **isn’t** to say that women **don’t** do this as well, but men are more apt to because it’s socially acceptable for guys and hey, they’re hunters with that evolutionary need I suppose. Whether you’re a lascivious man or woman, dial down the casual **sex** a bit if it starts to get out of hand.

Why?

It’s **not** about judgment. You have the right to enjoy casual safe **sex** with whomever you want as often as you want, but it’s **not** uncommon for people to fill post-**divorce** loneliness with a lot of **sex** after **divorce**. Rather than trying to fill up the loneliness that might be there or **fear** of starting over, dial back and decide if you’re going a bit too crazy **sexually**.

If you feel comfortable with an active **sex** life and casual sex then by all means, enjoy! But be sure you’re **not** trying to fill an empty hole inside of yourself that would be better spent getting to know who you are as a person, post-**divorce**.

On the flip side: if you're terrified about the idea of hopping into bed with someone after **divorce**, **don't** feel pressured to do so simply because you can now legally and morally now sleep with another person. Go at your own pace.

If You Feel Weird After Your First Post - **Divorce** Romp

You had **sex** with someone and enjoyed it yet a few days later or hours later even, you feel strange. It's as if you willingly walked into a classroom nude and enjoyed it, only to wonder, what Did I Just Do?

It's normal to feel a bit odd after getting naked with a new person after **divorce**. **Don't worry**: this **won't** last forever.

If You Feel Weird During Your First Post - **Divorce** Romp

If you start to feel guilty or awkward while being intimate with another person after **divorce**, it's okay to slow it down, **stop** it, or decide after, to take a break for a while from that kind of intimacy.

Getting a **divorce** is a bit like breaking yourself down and rebuilding yourself back up. You may feel vulnerable as the clothes come off and the naughty activities move forward simply because you're starting over again and it can be scary.

Take it Slow If You Feel The Need

Foreplay goes a long way. The engine needs to warm up. Why **not** tell your new partner you want to take it slow and enjoy all the different various "stages" of intimacy like making out, mutual masturbation, oral **sex**, etc., without going straight in for intercourse first.

Don't be afraid to set boundaries with a new person. It's important and will earn respect from your bedroom partners whether they're serious long-term potential or casual bed buddies.

Green Light: Go!

Many => Turn those fantasies into realities.

This is the time to try all the **sexual** things you **couldn't** with your **ex**. Perhaps you were secretly into S&M or role play yet your partner **couldn't** be bothered. Seize the opportunity to find a partner who's a willing player and enjoy it, even if the two of you **don't** talk the next day.

At some point, you may end up checking off every fantasy you've ever had and may decide it's time to settle down, so enjoy this playtime while you're open to it.

Have a Brief Fling

Have a short fling with someone who thinks you're amazing and **sexy**. There's nothing like a little fling to boost the confidence of a man or woman after **divorce**. Be sure of course that this person will be attentive and loving.

Ladies, give that Don Juan a chance for a bit, but expect he will leave shortly after. Simply enjoy him for the ego boost he'll give you.

Men, that black widow spider **isn't** right for long-term romance but she will devour you the right way so you get some of your game back again!

Sexual Self - Knowledge Is a Good Thing

Explore what you like through masturbation, sex toys (especially for the ladies!) or pornography if you're inclined.

You may have been going through the "sex routine" with your **ex** for so long that you've forgotten what you like or may even discover things you'd never thought about before. Get to know yourself!

Red Light: Don't Even Think of It!

Don't Devalue Yourself

I have seen many a man or woman settle with a **bad** catch after **divorce** simply to avoid being alone. **Don't** do it!

Worse, I have seen **divorced** people settle for being someone's "booty call" when what they really wanted was a committed relationship. Value yourself and your intimate partners will as well.

Let Go Of The Shame

Don't feel **bad** for craving intimacy and **sex** after **divorce**. It's a normal feeling to want to get out there. And if you're too nervous to consider the prospect of **sex**, **don't** let others get to you. Everyone navigates life after **divorce** differently and at his or her own pace.

Most importantly, if you do find yourself between the sheets with someone, do **not** feel guilty! You deserve to love and live after **divorce**. You're **not** tied to your **ex** anymore. Go out and get what you're after! Life is waiting for you!

- - ----- < ^ ~ , ~ ^ > ----- - -

About the Author

- - ----- < ^ ~ , ~ ^ > ----- - -



- - ----- < ^ ~ , ~ ^ > ----- - -

My name is Fredricka but my friends and family call me Freddie. I'm German born but, American bred. My family immigrated to America when I was 10 and we settled in Boston. At 21 I married my college sweetheart and began what I thought would be my "happily ever after." He was in medical school and I worked full-time as a Process Engineer at a local Boston firm. After 7 years of marriage, when I was 8 months pregnant, my husband met and fell in love with a Nurse where he was doing his residency. And that is when life changed on a dime.

I survived the loss of my marriage, I've **healed** from the **infidelity** and I'm now in the process of carving out a new life path for myself and my daughter.

I'm now attending BYU, working on my Master's in clinical psychology. My **divorce** and the adversity that caused helped me find a new passion. It's my hope to one day save marriages via clinic work with families in trouble.

My daughter is now 2-years-old and the light of my life. When I'm **not** at school, she takes up most of my time. Single parenting **isn't** easy but, she and I have a strong bond that I **don't** think would be there if **not** for the **divorce**. I guess you could say, weathering that storm together helped us stick like glue. I thought my life was over when he left. Now I know, it was just beginning.

<https://divorcedmoms.com/sex-and-intimacy-again-after-divorce-are-you-ready/>

- - ----- < ^ ~ , , ~ ^ > ----- - -

If you like these ideas and tips – please tell a few others.

Divorce

<https://www.divorcemag.com/>

<https://www.divorcemag.com/home/>

<https://www.divorcemag.com/articles/>

<https://www.divorcemag.com/articles/military-retirement-benefits-divorce/>

- - ----- < ^ ~ , , ~ ^ > ----- - -

KKKK

We are planning ahead and will add in more here.

- - ----- < ^ ~ , , ~ ^ > ----- - -

If YOU like or YOU got some help from this part or YOU know of someone this part will help from the part above. Buy a copy and tell about it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

extra@marriagesecondtimeplus.org

- - ----- < ^ ~ , , ~ ^ > ----- - -

Join up with a volunteer non - profit program.

Volunteering is a great way to meet new people, get some exercise, and involve yourself in a **positive** project that can lift your **spirit**. It also comes without a cost (**or very little**) to you and can provide a lot of entertainment and a fulfilling day when you're in the right mindset.

I've come to spend more and more of my time **volunteering**, serving on various committees and people helping groups in the community. I am on a few local area towns and Church committees. It is hands-down the best thing I have ever done. Be a volunteer with your local **Lions Club** or other Non - Profit Org. and you will feel much better about yourself. Be only a volunteer – for a time - if later you wish, you may later to join this local **Lions Club** it is later and it is up to you. You'll be meeting other people who share your interests, which gives you an easy opener when striking up a conversation.

Meet many new people and also maybe might meet the next Him or Her for YOUR life. This Web site is sponsored by a **Lions Club**. This Lions Club does **not** always agree with any items contained in this **PDF**.

- - ----- < ^ ~ , , ~ ^ > ----- - -

Note: Yes. Both single people, people dating and married people have review (**Well Pre – viewed**) this “Web Site” **PDFs** and all its parts so far.

As a summary of the parts and up-coming part drafts; most people are telling us that this information is also needed and wanted for them, those married people too and many people found this as new information as they **didn't** even know about this stuff.

Subscription: One may have a Subscription as over age 18 Adult (**including the open part**) or the open Blog part for only a small fee of \$3 for each month. If you like these ideas and tips – please tell a few others.

Marriage Second Time Plus . **Org => A new Blog:**

A new Blog: <http://marriagesecondtimeplus.org/>

- - ----- < ^ ~ , , ~ ^ > ----- - -

MSTP > Guide Parts -to => Marriage Second Time Plus

Marriage Second Time Plus . **Org => A new Blog:**

A new **Web Site:** <http://marriagesecondtimeplus.org/>

- - ----- < ^ ~ , , ~ ^ > ----- - -

MSTP Guide sheet

Note: Yes. Both single people, people dating and married people have review (**Well Pre – viewed**) this “Web Site” **PDFs** and its parts done and those in draft so far. As a summary of the parts and up-coming part drafts; most people are telling us that this information is

also needed and wanted for them, those married people too and many people found this as new information as they **didn't** even know about this stuff.

Subscription: One may have a Subscription as over age 18 Adult (**including the open part**) or the open Blog part for only a small fee of \$3 for each month. If you like these ideas and tips – please tell a few others.

Marriage Second Time Plus => **A new Web Site:**

Marriage Second Time Plus . **Org** => A Lions Club sponsored **new Web Site:**

A new Web Site: <http://marriagesecondtimeplus.org/>

If YOU like or YOU could get some help from one of these **MSTP PDF** or YOU know of someone this part will help from this part above. Buy it and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

extra@marriagesecondtimeplus.org/

- - ----- < ^ ~ , , ~ ^ > ----- - -

MSTP > Guide Adult Parts -to => Marriage Second Time Plus

Marriage Second Time Plus . **Org** => **A new Web Site:**

A new **Web Site:** <http://marriagesecondtimeplus.org/>

- - ----- < ^ ~ , , ~ ^ > ----- - -

MSTP > 0 = PDF Guide Parts - to => Marriage Second Time Plus on 4 pages

Marriage Second Time Plus . Org => **Is a new Web Site:**

Yes. A new **Web Site:** <https://marriagesecondtimeplus.org/>

All 50 or most of the 50 **PDF** Guides are done or are partly done (**more is being added each month**) and are re-posted on the membership side - part with in the next or the first two months of 2022. Objective and goal is to have all 100 PDF over 250 pages.

Note: Yes. Both single people, people dating or still dating, and also first-time married people have reviewed (**Well, have viewed and Pre – viewed and have read**) this “Web Site” and its PDFs parts done and many of those in draft so far. To now soon include members inputs. As a summary of the parts and up-coming part drafts; most people are telling us that this information is also needed for all people over age 18 and as those single or

married and would be wanted for them, even those older married people too and many people found these as new information as new to them and as they **didn't** even know about much this needed stuff (**information**).

Those PDFs above are open to people visiting without membership

- - ----- < ^ ~ , ~ ^ > ----- - -

Those PDF Subjects following are with Membership.

MSTP > 1 = > Marriage Research

MSTP > 2 = > Marriage Again With Kids

MSTP > 3 = Rules Of Dating

MSTP > 4 = Know Your Self Interview

MSTP > 5 = WHY Go To CHURCH

MSTP > 6 = Money Management

MSTP > 7 = Secrets (Share your Secrets here to help others**)**

MSTP > 8 = Mentors - **Self-Esteem – Beliefs**

MSTP > 9 = 9 First Date After **Divorce**

MSTP > 10 = Signs He Loves YOU

MSTP > 11 = Modern Miracles

MSTP > 12 = Second Marriage Baggage (is worse than first time Marriage**)**

MSTP > 13 = ALWAYS BE POOR

MSTP > 14 = General Life Skills (still expanding so come back and check**)**

MSTP > 15 = TEEN TO TEEN

MSTP > 16 = Subject **Still Open (**but have more from on # 26 plus below**)**

MSTP > 17 = Relationship General

MSTP > 18 = What Did They Say

MSTP > 19 = Subject => Still working in Draft

MSTP > 20 = Subject => Still working in Draft

MSTP > 21 = Avoiding Scams => Still working in Draft

MSTP > 22 = Ways to ???? => Still working in Draft as more is ad each month.

MSTP > 23 = Subject => Still working in Draft

MSTP > 24 = Subject => Still working in Draft

MSTP > 25 = Subject Still in Draft (but have more from on MSTP # 26 plus below)

Subscription: Then one may have a Subscription as for overall age 18 Adult “Web Site” part for only a small fee of \$3 for each month. If you like these ideas and tips – please tell a few others.

Marriage Second Time Plus => A new Web Site:

Marriage Second Time Plus . Org => A Lions Club sponsored new site:

A new Blog: <https://marriagesecondtimeplus.org/>

If YOU like or YOU got some help from one of these **MSTP PDFs** or YOU know of someone this part would help from this part above. Copy PDF and send it to someone.

If YOU have any other or more additional information on these PDF subjects above or below send the **MSTP PART** Document additions to: **Subject: PDF Part #**

To: extra@marriagesecondtimeplus.org/

- - ----- < ^ ~ , , ~ ^ > ----- - -

MSTP > O => PDF Guide Parts -to => Marriage Second Time Plus

Marriage Second Time Plus . Org => A new “Web Site”:

A new one: <https://marriagesecondtimeplus.org/>

View all or most of the 50 PDF parts on the membership parts within the next 90 days.

MSTP > 26 = Adult – Adult

MSTP > 27 = Marriage DEMONS ARE REAL

MSTP > 28 = Divorce

MSTP > 29 = FOR ADULTS ONLY

MSTP > 30 = For Women Only “A”

MSTP > 31 = For Women Only “B”

MSTP > 32 = For Men Only

MSTP > 33 = More Secrets

MSTP > 34 = Adult LIFE SKILLS (View also MSTP > 14 General LIFE SKILLS

MSTP > 35 = Subject => Still working in Draft

MSTP > 36 = Body Language

MSTP > 37 = Story Telling

MSTP > 38 = Subject => Still working in Draft

MSTP > 39 = Adult Why Go To Church

MSTP > 40 = Subject => Still working in Draft

MSTP > 42 = Subject => Still working in Draft

MSTP > 43 = Subject => Still working in Draft

MSTP > 44 = Subject => Still working in Draft

MSTP > 45 = Ten Women Plus (Mostly done)

MSTP > 46 = Subject => Still working in Draft

MSTP > 47 = Subject => Still working in Draft

MSTP > 48 = Subject => Still working in Draft

MSTP > 49 = Subject => Still working in Draft

MSTP > 50 = Subject => Still working in Draft

- View both **MSTP >14** General LIFE SKILLS and **34** Adult LIFE SKILLS

Note: Yes. This web site is for both he / she who are single people, people still dating and older married people (**for those who have been married 4 years**) have review (**they have read and Pre – viewed**) this “Web Site” and its PDF parts done and PDF also in draft so far.

As a summary of the parts and up-coming part drafts; most people are telling us that this information is also needed and wanted for them, for most of those married people too and many people found this as new information as they **didn’t** even know about this stuff.

Those PDFs from # 51 up to 100 are still in **draft** - planed Subjects are => **many are => Still in working in Draft**. Goal is to have 100 PDF Subjects with over 250 pages each.

Subscription: One may have a Subscription as over age 18 Adult for the open or membership web site part for only a small fee of \$3 for each month after the free 30 days in the open part. If you like these ideas and tips – please tell a few others.

Marriage Second Time Plus => **A new** “Web Site”:

Marriage Second Time Plus.Org A Lions Club with other AD sponsors **new** “Web Site”.

A new Web Site: <https://marriagesecondtimeplus.org/>

If YOU like or YOU got some new information or help from one of these MSTP PDFs or YOU know of someone this part would help from one of these PDF parts you viewed above. Copy as a download and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

extra@marriagesecondtimeplus.org/

A new Web Site: <https://marriagesecondtimeplus.org/>

Also, may like to visit: <https://www.Tri-CountyRegion.US>

- - ----- < ^ ~ , , ~ ^ > ----- - -

Note: Yes. Both single people, people dating and married people have review (**Well Pre – viewed**) this “web site” and its parts done and in draft so far.

As a summary of the parts and up-coming part drafts; most people are telling us that this information is also needed and wanted for them, those married people too and many people found this as new information as they **didn’t** even know about this stuff.

Subscription: One may have a Subscription as over age 18 Adult (including the open part) or the open Blog part for only a small fee of \$3 for each month. If you like these ideas and tips – please tell a few others.

Marriage Second Time Plus => A new Web Site:

Marriage Second Time Plus . Org => A Lions Club sponsored new Web Site:

A new Web Site: <http://marriagesecondtimeplus.org/>

If YOU like or YOU could get some help from one of these **MSTP PDF** or YOU know of someone this part will help from this part above. Copy it and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

extra@marriagesecondtimeplus.org

- - ----- < ^ ~ , , ~ ^ > ----- - -

KKKK We planning ahead and will add in more right in here.

- - ----- < ^ ~ , , ~ ^ > ----- - -

Getting a **Divorce** with Kids: What Parents Need to Know

Going through a **divorce** and worried about the impact it will have on your kids? Parents play an important role in how a child copes with **divorce**. Dr. Dehra Harris offers her suggestions for managing the impact of **divorce** on kids. **Divorce** is stressful, but it **doesn't** have to be traumatic. When navigating a **divorce**, prioritize open and honest communication to help make children feel as comfortable as possible.

To answer your specific **questions**, jump to:

00:14 - Myth-busting: Getting a **divorce** with kids **doesn't** have to be ugly and dramatic

00:30 - How to minimize the impact of **divorce** on kids

00:54 - Seeking professional guidance to help children cope with **divorce**

1:00 - Living at two different houses and how to make your kids feel comfortable

1:35 - Demonstrating good communication between parents when going through a **divorce**

1:50 - How to send positive messages to your kids

2:00 - Being honest about **divorce**, but also age-appropriate

3:20 - Talking to your kids about different types of love (**romantic love**, **unconditional love**)

Visit Children’s MomDocs (a blog by mom physicians at St Louis Children’s Hospital and Washington University School of Medicine): <http://bit.ly/2k3V2W2>

Learn more about St. Louis Children’s Hospital – Find a Physician, Get Directions, Request an Appointment, See current ER Wait Times <http://bit.ly/2ksGOMK>

Want to hear more from St. Louis Children’s Hospital?

Subscribe to the St Louis Children’s Hospital YouTube Channel: <http://bit.ly/2aW48k9>

Like us on:

Facebook: <https://www.facebook.com/stlchildrens>

Follow us on Twitter: <https://twitter.com/STLChildrens>

Learn More About Donating on YouTube: <https://support.google.com/youtube/?p...>

“The St. Louis Children’s Hospital YouTube station is intended as a reference and information source only. If you suspect you have a health problem, you should seek immediate care with the appropriate health care professionals. The information in this web site is **not** a substitute for professional care and must **not** be used for self-diagnosis or treatment. For help finding a doctor, St. Louis Children’s Hospital Answer Line may be of assistance at 314.454.KIDS (5437). The opinions expressed in these videos are those of the individual writers, **not** necessarily St. Louis Children’s Hospital or Washington University School of Medicine. BJC HealthCare and Washington University School of Medicine assume **no** liability for the information contained in this web site or for its use.”

https://www.youtube.com/watch?v=oKd7PI_GjSs 4 min

- - ----- < ^ ~ , ~ ^ > ----- - -

Do You Really Qualify for **Divorce**? | Michelle Rozen | TEDxNSU

Divorce is an epidemic and it may be contagious. Too often couples **don’t** take the time necessary to determine if **divorce** is the right option.

But there is a research-based approach that offers couples the time, insight, and tools to empower them to better assess their unique situations based on a series of applicable **questions**.

For mediators, guiding couples through a constructive evaluation of their relationship for a period of six months can offer them the time needed to make an educated decision and potentially avoid **divorce**.

An NSU alumna, Michelle Rozen, Ph.D., researches, teaches, and practices mediation and conflict resolution through her **divorce** and family mediation services organization based in New York and New Jersey. She specializes in conflict management and proactive and productive communications. Rozen is also the author of *The Effective Mediation* and a writer for the Huffington Post. She helps **divorcing** couples remedy their unique and varied situations and works with corporations of various types and sizes. Rozen's mission is to help individuals, teams, and organizations diffuse conflicts and encourage conversation, strengthen team dynamics, and inspire superior performance.

Her goal is to help clients discover the underlying potential for growth in every conflict-oriented situation, adapt, and make changes accordingly. Rozen holds a Ph.D. in Conflict Analysis and Resolution and an M.S. in Family Therapy, both from Nova Southeastern University.

This talk was given at a TEDx event using the TED conference format but independently organized by a local community. Learn more at <http://ted.com/tedx>

<https://www.youtube.com/watch?v=qIHuDb-WU7o> 11 min

- - ----- < ^ ~ , , ~ ^ > ----- - -

Couple Finds **No** Freedom After **Divorce**

Four years into their marriage, Chris turned his back on God and also his marriage to Stephanie. After their **divorce**, Stephanie continued to pray for him and their reconciliation.

<https://www.youtube.com/watch?v=BkBbMHd7oIY> 7 ½ MIN

- - ----- < ^ ~ , , ~ ^ > ----- - -

My Experience With **Divorce**

“No one gets married to get **divorced**,” Meggan says.

For 12 - years she had been friends with the man who would become her husband. They loved each other and felt good about getting married. As the stresses of life wore on them over time, though, their marriage crumbled.

“Connecting got harder and harder. His goals got more and more different from mine. ... I just **didn't** get fed emotionally or **spiritually**. I just felt really lonely,” she describes.

During that time, her husband also became addicted to prescription drugs. As he worked hard to overcome the addiction, he suffered acute withdrawal and dysphoria. His depression inhibited him from connecting with Meggan, and she found solace in her relationships with family and friends.

Though any hope for their relationship seemed to be disappearing, Meggan was sure they would find a way to endure. As a **divorce** attorney mediator, she understood the difficulty of **divorce**.

“I was committed to him. I loved him, you know. I **didn't** have a partner, though, and it was really hard,” she admits.

Suddenly, her husband decided to leave. Meggan was devastated. As she began to move forward with her life, she discovered an unexpected peace. She **hadn't** been alone in her challenges, and in fact, she had learned from them.

“God has a plan, and it's **not** always the **blueprint** that you think it should be. Just listen and ask and be open to different answers. It's all God.”

<https://www.youtube.com/watch?v=8o30eOejkLk> 4 ½ MIN

- - ----- < ^ ~ , ~ ^ > ----- - -

How To Cope With **Divorce** After A Long Marriage

A **divorce** is never planned for, but sometimes it happens. It can really be challenging and difficult to cope with a change like this. In today's episode of Hero TV, Paul Jenkins teaches how you can still find happiness after experiencing a **divorce**, even after a long marriage.

Watch and Enjoy! Nate Woodbury

<https://www.youtube.com/watch?v=TL6MDOT5sbo> 12 MIN

- - ----- < ^ ~ , ~ ^ > ----- - -

UnPHILtered: What To Ask Yourself Before You **Divorce**

Dr. Phil offers advice and **questions** to ask yourself to determine if you are truly ready to **divorce**.

Dr. Phil uses the power of television to tell compelling stories about real people.

The Dr. Phil show provides the most comprehensive forum on mental health issues in the history of television. For over a decade, Dr. McGraw has used the show's platform to

make psychology accessible and understandable to the general public by addressing important personal and social issues. Using his top-rated show as a teaching tool, he takes aim at the critical issues of our time, including the "silent epidemics" of bullying, drug abuse, domestic violence, depression, **child abuse**, **suicide** and various forms of severe mental illness.

<https://www.youtube.com/watch?v=LFpsbbGnBz8> 4 min

- - ----- < ^ ~ , , ~ ^ > ----- - -

The impact of **divorce** on children: Tamara D. Afifi at TEDxUCSB

Tamara Afifi is a Professor in the Department of Communication at UCSB. Most of her research focuses on how family members cope communicatively with various challenges they face. When examining her research program, two primary themes emerge: (1) information regulation (**privacy**, **secrets**, **disclosure**, **avoidance**) in parent-child and dating relationships, and (2) communication processes related to uncertainty, loss, stress and coping in families, with particular emphasis on post-**divorce** families. Professor Afifi was the recipient of the Young Scholar Award from the International Communication Association in 2006 and the Brommel Award from the National Communication Association in 2011 for a distinguished career of research in family communication.

She has also won several other research awards, including the Franklin Knowler Article Award in 2004 and the Distinguished Article Award in 2008 from the National Communication Association. Finally, she has received numerous teaching awards, including a Distinguished Teaching Award from the faculty senate at UCSB in 2009.

In the **spirit** of ideas worth spreading, TEDx is a program of local, self-organized events that bring people together to share a TED-like experience. At a TEDx event, TEDTalks video and live speakers combine to spark deep discussion and connection in a small group. These local, self-organized events are branded TEDx, where x = independently organized TED event. The TED Conference provides general guidance for the TEDx program, but individual TEDx events are self-organized.* (***Subject to certain rules and regulations**)

<https://www.youtube.com/watch?v=cKcNyfXbQzQ> 19 min

- - ----- < ^ ~ , , ~ ^ > ----- - -

The Other Side of Infidelity | Dr. Kevin Skinner | TEDxRiverton

<http://tedxriverton.com> - Have you or someone close to you experienced **infidelity**?

Infidelity is **not** going to go away, Dr. Kevin Skinner poses the **question**, will we rise up as a society and help those suffering from the trauma of **sexual** betrayal?

Dr. Kevin Skinner is a recognized leader and authority on **sexually** compulsive behavior, **infidelity** and trauma from **sexual** betrayal. He's a core faculty member of IITAP ([The International Institute of Addiction and Trauma Professionals - https://www.iitap.com/about/](https://www.iitap.com/about/)) and Clinical Director and Co-Founder of Addo Recovery (addorecovery.com), a nationally sought out therapy brand that helps individuals and family with **sexually** compulsive behavior, **infidelity** and **sexual** trauma. In addition, he's the Clinical Director and Co - Founder of Bloom for Women (bloomforwomen.com), a global online community of thousands of women with **sexual** trauma, spanning over 15 countries. In addition, Dr. Skinner has Co - Founded Discover and Change, an assessment platform providing assessments specifically to those struggling with **sexual** trauma, **sexually** compulsive behavior and relationships.

Dr. Skinner's treatment is based on his own research stemming from more than 250,000 assessments and over 20 - years' experience. He's spent the last 15 years researching how **sexual** betrayal creates PTSD-like symptoms in the betrayed spouse.

His latest research has exposed the traumatic impact that **sexual** harassment from those close to the individuals, the workplace and society has on individuals. Dr. Skinner is a Licensed Marriage and Family Therapist, holds a PhD, and is a Certified **Sexual** Addiction Therapist and Supervisor (**CSAT-S**). He also is trained in EMDR ([Eye Movement Desensitization and Reprocessing](#)).

Dr. Skinner has authored, *Treating Trauma from **Sexual** Betrayal and Treating Pornography Addiction: The Essential Tools for Recovery*. Currently, Dr. Kevin Skinner trains therapists from all over the world in **Sexual** Trauma.

In 2017 alone he's trained hundreds of therapists throughout Europe and the United States. This talk was given at a TEDx event using the TED conference format but independently organized by a local community. Learn more at <https://www.ted.com/tedx>

<https://www.youtube.com/watch?v=NBPmZJEsaAA> 18 min

- - ----- < ^ ~ , , ~ ^ > ----- - -

If YOU like or YOU got some help from this MSTP PDF or YOU know of someone this PDF part will help from this part above. Give them this PDF or web site or copy it and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

[extra@marriagesecondtimeplus.org/](mailto:extra@marriagesecondtimeplus.org)

- - ----- < ^ ~ , , ~ ^ > ----- - -

A new web site: <http://marriagesecondtimeplus.org/>

Tri-CountyRegion.US

- - - - - < ^ ~ , , ~ ^ > - - - - -

A new Blog: <https://marriagesecondtimeplus.org/>

Also: may like to visit: www.Tri-CountyRegion.US

Also: may like to review books: <https://tri-countyregionbooks.com/>

May E-Mail: LehrLionsClub@bektel.com

- - - - - < ^ ~ , , ~ ^ > - - - - -

- - - - - < ^ ~ , , ~ ^ > - - - - -

If YOU like or YOU got some help in this part or YOU know of someone this part will help from the part above. Copy it and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART #** Doc to:

extra@marriagesecondtimeplus.org/

- - - - - < ^ ~ , , ~ ^ > - - - - -

Note: Yes. Both single people, people dating and married people have review (**Well Pre – viewed**) this “Web Site” and its parts so far. As a summary of the parts and up-coming part drafts; most people are telling us that this information is also needed and wanted for them, those married people too and many people found this as new information as they **didn’t** even know about this stuff.

Subscription: Then one may have a Subscription as over age 18 Adult (**including the open part**) or the open Web Site part for only a small fee of \$3 for each month you can read and study all **PDFs**. If you like these ideas and **PDFs** parts – please tell a few others.

Marriage Second Time Plus => **A new Web Site.**

A new Blog: <http://marriagesecondtimeplus.org/>

- - - - - < ^ ~ , , ~ ^ > - - - - -

If YOU like or YOU got some help from this MSTP PDF or YOU know of someone this part will help from this part above. Copy it and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

[extra@marriagesecondtimeplus.org/](mailto:extra@marriagesecondtimeplus.org)

- - ----- < ^ ~ , , ~ ^ > ----- - -

A new Web Site: <https://marriagesecondtimeplus.org/>

Also: may like to visit: www.Tri-CountyRegion.US

Also: may like to review books – stories at: <https://tri-countyregionbooks.com/>

May E-Mail: LehrLionsClub@bektel.com

- - ----- < ^ ~ , , ~ ^ > ----- - -

May download this or many others at MSTP PDF for a donation of \$5.

May download this as a MSTP member the PDF for a donation of \$3.

Here is the link to the books ([stories PDF](#)) and MSTP PDFs - you can use.

The store files with the books ([PDF](#)) and checkout.

<https://tri-countyregionbooks.com/>

Visit a new Web Site: <https://marriagesecondtimeplus.org/>

Visit a new Web Site: <https://tri-countyregion.US>

- - ----- < ^ ~ , , ~ ^ > ----- - -

- - ----- < ^ ~ , , ~ ^ > ----- - -

This sponsoring Lions Club does **NOT** endorse all information contained this **PDF # 3** part.

- - ----- < ^ ~ , , ~ ^ > ----- - -