

I'm Alvean Lyons, and I'm Doug Weiss and welcome to Love Life.

I hear this all the time from single friends that are back on the market again. Are there any good men or women for that matter who are left out there? I want to find somebody good. And I feel like the pickings are really slim. So where are the good ones? My question to you Douglas is, how do you find a good one? And are there good ones still out there? And don't use Peggy as an example, because she is an exception to the rule.

I am a little uncomfortable with this question because I feel like we are talking about fruit. This one is in this would be tasty. Yes, of course, there are good men and women left out there. Where do you find them? Well, let me back up a second because I really want to pull at the thread of this question or why anyone asks that question. It seems to me that if you're asking that question it presumes, first of all, that you haven't had a very successful experience in identifying someone. Second, there's something implied by 'good one. There's a criteria being applied consciously or otherwise. And I suspect that where people voice that kind of opinion, the criteria that's being applied is not being applied in a conscious way. That is to say that there is some subtle inherent bias about what constitutes a good one and a lot of folks are not passing muster. We were talking earlier today about someone that I knew of who had a lot of criteria. In fact, this woman could never find someone even though she was a perfectly desirable person. She was attractive, she was successful, a professional, and yet alone, and not by choice. But when you spoke to her, what you heard were all the rules. I won't date anyone like that. I won't date anyone like that. I won't date anyone like that. Well, when you've narrowed the list

To 3% of the population. That would be the world's population.

Yeah, you may have some difficulty in finding your perfect mate.

So then I have to ask the question, she was not alone by choice. But is that really true, because, well.....

She would have said she wasn't alone.

But that's exactly what I was going to say. Because it's your list, it is your choice, what you will and will not negotiate on that list. So you have to accept that everything in life comes with consequences, good and bad. If I'm only going to date a man that is making high six figures, if I'm only going to date a man that is over six feet tall. If I'm only going to date a man that does not have children, if I'm only going to date a man that has never been divorced before, and the list goes on and on. Conversely, I don't want to date a woman that has children, I don't want to date a woman that doesn't have at least a 700 credit score, I don't want to do , like we're depending upon what's on our list. Quite frankly, if you are alone, you have to recognize that you are actually alone by choice, because you are choosing what is on your list of negotiable and non-negotiable criteria. Although you may call yourself a passenger in the seat of your relationship life, the truth is, you're driving it and you have decided your left, turn your right

turning your go straight. So wherever you end up, you own it. And you can't be passive about that thing. And you may not like where you end up. But we have to take personal ownership for what it is we decided we will and will not do.

So there's a larger frame around this and that is how you encounter life's experiences and other people in general. I think you're absolutely right. And I actually don't think this woman is an exception, many, many people I know, have either explicitly or implicitly stated criteria, who's acceptable, who's not acceptable. I think you should approach life on the basis that every experience that you have, even negative ones are worth having. Because there's something that you can take away from any experience that's going to be valuable to you. So, meeting somebody, whether they are dating material or not, marriage material or not, is a worthwhile experience. And let's face it, I hate to say this, but love at first sight, the experience that we all have been taught or told we should hold out for is really an exception. I'm not sure I buy it. I think there were sparks don't get me wrong. But I think the idea that I knew instantly that this person was the love of my life, that's a great fairy tale.

Yeah, it's a good story.

So understanding that finding out whether this person that I'm going to meet is somebody that I can grow invested in takes time. And if I've started with a list well, I'm not even going to go out with them because they don't meet some arbitrary criteria, that's a self-fulfilling prophecy, as you said.

I think generation is another factor too. When I listen to women under 40 say, I can't find any good men out there. In particular, the first question that always crosses my mind is, where are you searching for them. Because if you are searching for a great man inside of a club, good luck. If you're searching for a great man at some massive, mosh pit, good luck to that too. That's not to say that there aren't good people that don't do these interesting and exciting things. But that is to say that there are certain environments that are more likely to attract the kind of person who's interested in a stable relationship, versus someone who just wants to have a really good time. And it's okay for people to choose to have a good time. But you don't fish for a husband in a one-night stand pool they're not in the same environment. So, it's important to have a sense of where it is that you're looking for a good partner, so to speak. if you're consciously doing this, for instance, are you putting yourself in environments where you're likely to find someone who has common interests and values and things that you're into; the things that actually real relationships are built on? Are you creating the atmosphere for those things to be possible? And, obviously, there is some amount of Kismet, there's some amount of faith, some amount of spirituality in the process.. But there is a part that we play in it. And if you are shopping for a partner in an environment where people don't do serious and committed relationships, you may find yourself struggling to find the kind of person you are looking for. A bar is generally not where you're going to find a husband. So I just think that on some level, finding that person has something to do with where we're looking.

Well, first, I have to say that I've hung out in a lot of bars, and it was never with the intention of marrying.

Thank you for that affirmation. I appreciate it.

I think you make exactly the point fish where the fish are. It's a little bit crass, but a huge percentage, I don't know what it is, but a huge percentage of relationships are somewhat serendipitous. They're either somebody that you met in a working situation or through a friend. There's some kind of however tenuous connection that that brought you together, whether it evolves or not, remains to be seen. I also think that, to get back to this question of how we filter in, or a filter out possible mates is an interesting one. Interesting because of what it reveals about us, not about them. And I think that it's okay to have criteria, I'm not trying to suggest otherwise, we want you to have standards, but when those criteria are arbitrary, that is to say, they're based, not upon something that's a value judgment about the quality of people, but a value judgment about something external, as in I won't date anyone who's of this faith, I will date anyone who's of this religion, I won't date anyone who's of this race, I won't date anyone....., that's when you're beginning to reveal you who you are, your prejudices or preferences.

Exactly. And I think you have an obligation to yourself to be honest about those things to be explicit about them to have the conversation with yourself. I also I want to revisit the thought you said was crass. I thought it was spot on in terms of fishing where the fish are. I also want to say that you also have to be mindful of what your bait is. If you as a woman are trying to find a husband, but you're meeting a man while you are scantily clad, expecting that that is going to produce attention, it's not going to give you the intention you want. So you've got the attention, but you have the wrong intention as a byproduct of what your bait is. If I attract you based on physicality, then I can't be surprised that the relationship drifts only in the direction of physicality. If I tracked you based on spirituality, then I won't be surprised that the relationship has a deep spiritual center to it. Because that's how we met. So if you're looking for a life partner, then you might want to be thinking about whether or not you're baiting in a way that's going to attract what it is that you want. You don't want to have bait and switch which women I'm sorry to say, I have to be honest, are very classic for; that I am one way in order to get your attention, but I'm a different way once we're inside of a relationship. It's important that we don't do that. If you want somebody who's going to be the guy that's going to go to Mass or service with you every Sunday, then meeting the guy in the bar while you have on a dress that is three sizes too small for you is probably not going to attract the guy that's going to be there on Sunday when you want to go to Mass.

Well, I will pound this one into the ground with one more fishing metaphor. If you keep going to the same place and you never catch anything, find a new spot. Find someplace else to go because this obviously is not productive.

Well, this is one of those topics we could probably talk about endlessly but we've run out of time today and so we're going to bring it to an end but we hope that you'll be back next week to hear what else we come up with or our listeners come up with

In the meantime, we thank you for listening to us. We love hearing from you so if you'd like, write to us at doug@lovelife.digital or alvean@lovelife.digital

We want to thank Kamaria Mason, our producer, Todd Washburn, our Recording Engineer and the entire Love Life family, including you, our listeners. We'll be back next week with another episode. Until then, have a wonderful week. Bye folks.