

WELCOME TO THE 21 DAYS DATING CHALLENGE!

HI! Welcome to Day 16!

When you first meet someone you should always be aware of any red flags that they are giving off, whilst they might seem insignificant at the start you can be sure that they will escalate over time.

You have put so much work into yourself that you need to be protective of yourself and acknowledge your needs. There is no point convincing yourself that a person who is exhibiting red flags on the first couple of dates is going to change, also remember, anyone can put on a good show for a short time, so whilst being open to letting love in also never forget to trust your gut!

TODAYS LESSON - DAY 16 – BOUNDARIES AND RED FLAGS

Have you just met that amazing girl/guy and felt an immediate connection. Are you chatting on line and they have the banter and are all in, or do you feel there is something that does not ADD UP!



BE CAREFUL!

TRUST YOUR GUT!

After covid we are all looking for that special one...love and to share our life with and experiences with.

Don't be afraid to ask, "what are you looking for?"

Some people are just looking for the experience and challenge. Others maybe looking for the one. Bring it on. Find out that they match your values, your vibe, really match your journey.

If you have done the work before you'll be here as the happy you who is bringing on the best you. The confident you and knowing what your North Star is, Knowing your true you and what you are really looking for! Listen to what that person is saying to you and that person is consistent and that there is a progression.

I have this amazing client Gemma. She was dating a guy who suddenly very busy and pulled back. Let him go, I said. If he didn't explain who he isn't moving forward and not taking the time to meet, he's not for you!

So I believe at the beginning of a relationship, it's important to let the guy be the hunter, especially if I want to be treated like a lady. So I let him set the scene.

Ask you for a drink/coffee/ lunch/walk... it's both your choices.

Get out there asap!



SOME EXAMPLES OF RED FLAGS...

Red Flag No.1

Excuses not to meet up. Lack of drive and desire. If someone wants you, they will do their best to meet you.

Red Flag No.2

He or She is too obsessed. They are suffocating you. You need to both move at a similar pace that's comfortable for you. We will cover this more in Attachment Styles but for now. Are you leaning in or out. Balance yourself and feel the energy.

Red Flag No.3.

They blame and give out about their ex all the time or they don't want to talk about them at all. Yes, it's important to know why your ex broke up and that they have dealt with their baggage, or else they maybe mirroring and not healed from their past. Make sure they open up and if they don't, keep your barriers up. Don't give them your heart until you know that they will give you theirs in return.

Red Flag No.4

So you finally meet up and go out. Yes, you're building trust but are they jealous of you chatting to others? or concerned that you're not giving them all your attention? Respect is vital but be careful of possessiveness. This can be a major sign of a controlling narcissistic personality.

Red Flag No.5

They change plans all the time and are over guarded with their phone, social media. You can feel it in your gut. Something is off. LISTEN... they will tell you. If someone says, I'm not sure if I'm ready. Believe me, they are not. Let people heal, the right one will come back. Don't be afraid to let people go.

Red Flag No.6

You feel they are unreliable. They let you down and have no real excuse for doing so that you believe.

Red Flag No.7

They don't want to meet you in a public place. The excuse is usually they are just out of a relationship and don't want to be out in public and maybe asking you to just meet at their place. They don't introduce you to family or friends and there is always a silly reason as to why. Walk away.

You will feel it in your gut if they are being secretive. Pay attention ;). Deep down you will know.

Remember don't be blinded by love or lust. Falling in love can be easy but DON'T fall for the wrong one.

Always listen to your gut! ♡♡



Day 16 - Homework

In your journal write down a list of red flags you have missed in the past and if they have occurred in multiple relationships put a number beside them.

When you have finished, see can you see a pattern in them.

Now make your personal TOP 3 Red Flags to avoid list.

SEE YOU TOMORROW!

With Love, Sharon Kenny xx

“I didn’t invent MatchMaking....I PERFECTED it!”

SUPPORT / QUESTIONS ETC

WhatsApp me anytime directly at
+353-86-0-711-711 (Best way to get in touch with me)

SOCIAL LINKS

TIC TOC – @SharonKenny45
FACEBOOK: SharonKennyMatchmaker
INSTAGRAM: sharonkenny_thematchmaker
WEBSITE: www.TheMatchMaker.ie

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