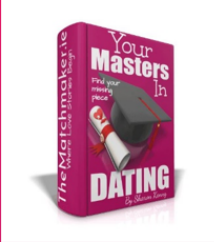


WELCOME TO THE 21 DAYS DATING CHALLENGE!

HI! Welcome to Day 5!

How Dealing With Your Fears And Vulnerability Gives You The Power To Date



E + M = EM

Let's talk about love, baby, let's talk about...

You & Me!

It's All About = Emotion
The Most Powerful Emotion is LOVE





93% of Communication is not about what we say.
Let's focus on the 7% and create that strong
Connection and NOT Rejection



YourMastersInDating.com

*Now Let's Focus On YOUR
Needs And Values That Lead To Love*



TODAYS LESSON -DAY 5 – STEP AWAY FROM FEAR

The very thought of being vulnerable disgusts most of us. It conjures up images of the times when you were at your lowest ebb and had nobody to comfort you. Yeah, I know! You are possibly one of those people who cringe when they hear words like 'fear' and 'vulnerability'. Please humour me for a moment.... Be honest and answer if any of this applies to you.

- Asking someone out on a date gives you cold feet because of the possible rejection.
- You keep getting into boring conversation topics simply because you think they are 'safe' and shallow and you don't run the risk of offending others with them.
- You didn't dress yourself to the extent that you could for fear of being labelled 'flashy'.
- You don't smile at others as you might come across as 'creepy' or needy.

If you have had any of the feelings mentioned above, then it is because of your inability to accept your vulnerabilities. Not all of us were taught to express our sentiments freely. Due to some reason or the other, we tend to sideline our fears to one corner and carry on as if everything is okay. But in doing so, we end up ignoring a part of us too - an element within us that's crying for our attention.

When you get on that date, there is nothing as powerful as vulnerability. On the date, it shows courage. All you have to do is speak up, be yourself, and listen. By doing this, you are more likable as you cross the boundary of trust, and your date is more inclined to be more drawn to you and bond with you.

I know this sounds contradictory, but trust me on this. All of us are vulnerable in some way. This is subconsciously keeping us safe, so we don't run under a train, for example. The idea of getting hurt is not nice, but, the idea of stepping outside your comfort zone and bonding with a new person (that can benefit you) is a fantastic return if it works, and a valuable experience if it doesn't. Remember, you have to kiss a few frogs before you meet your prince.

People come into our lives for a reason, a season, or forever. Some can be a bridge to take us to that special place. This is your journey to love, and I'm here to make sure you get off the fence and make that journey.

When Vulnerability Is Courage

Most of us have grown up with habits so deeply embedded in us that we keep ourselves bottled up and stifled. It all goes back to our options about our relationships with our parents. How was your relationship with your Mum and Dad? Were you spoiled by one maybe or maybe even talked down to by another? Write it out, you'd be surprised what you bottle up.

Instead of trying to overcompensate and trying to get everyone to like you, try connecting with people by embracing your fears. It will result in some of the best connections that you will form in your life.

There's possibly nothing more cringe-worthy than bragging about being exceptionally good at something when you are clearly not up to it. You can keep a record of the things that you have tried hiding from your previous dates. That will help you identify your fears. Acknowledging them will make you more receptive toward them and help you deal with them better.

As Tyrion Lannister puts it, one must never forget who they are, for the world wouldn't forget either; instead, they should wear their identity around them like armor so that it can never be used to hurt them. Once you start having those difficult conversations and begin expressing yourself without inhibitions, you will find new depths in your relationships.

While it is essential to shed one's inhibitions, it is equally necessary to understand where the other person stands. Often people get too carried away and lay bare their insecurities that other people are not ready to deal with. For instance, consider the following case that I was working on some time ago.

Steve, aged 32, went on a date with Aoife. Prior to this, I had been encouraging him to open up a little. He not only opened up, but he started to lay bare every ugly truth about himself. Some of them at the beginning came across as sweet, but then he narrated a story about having to use the sink to go to the toilet after a friend's party. Now that's insane if you're not on the same energy level. Aoife liked him up to this point, but it's apparent that he got carried away with his

stories when she was still on the light chat. That being said, this would disgust most, especially for a chat on date 1, but I encouraged her to give him a second chance. He learned from his mistakes and has understood over several dates to keep the chat level. Keep it simple stupid. Chill and be you.

Speak up but don't "light-house". Get your breathing right and keep that smile on your face. It's contagious!

Don't be afraid of knocks; they are lessons to make us stronger and bring us closer to finding our other half. xx



Day 5 - Homework

- 1) Where have you been vulnerable, and how did you overcome it?
- 2) Name two things that you are working on to make you more vulnerable and ready to let love in.

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



