

Dating only feels scary because you lack confidence, but you can change that by changing your mindset around the whole thing. Read the following often (every day) to maintain a clear, accurate mindset about dating.

Clarity mindset for dating

I know who I am and where my value comes from. My value comes from my uniqueness and my love. I am a unique, irreplaceable, incomparable, one-of-a-kind, amazing human soul. My value is, therefore, infinite and absolute. Nothing I do (or don't do) can change it. Nothing anyone else thinks can change it. I am bulletproof and no one can diminish me. Because my value isn't on the line. There is really nothing to fear.

My life is a classroom, not a testing center. I am here to learn and grow. Every experience is a lesson (not a test) and my value (as an irreplaceable, incomparable, unique human soul) never changes. This dating experience is serving me with perfect lessons which bless my life and teach me things. Every person I meet is there to show me something about myself and help me grow. Most of these teachers don't stay in my life long. I choose to be grateful for each lesson.

What other people think doesn't affect me. If this person likes me, then they are supposed to like me. If they don't like me, they aren't supposed to like me. I'm OK (the same good person with the same value) either way. I will choose to experience each situation in trust and love. I will see each experience as a lesson to teach me something.

If a person is the right one for me, they will like me no matter what I do. If they aren't the right one (or are only meant to date me for a while, to facilitate a lesson) then it won't work out, which will leave me open for the right one. Either way, I am fine.

There is a right person (for me) out there. I will meet this person when I am supposed to meet them. This person will like the real, authentic me. I will not have to impress this person. I cannot mess this up. They will like me even if I do dumb things or make a fool of myself. I cannot mess this one up because it is meant to happen. If someone is the wrong person for me, then I can't make it work no matter how perfect I am. It won't work because it's not supposed to work. Either way, I'm fine. I will attach no drama, emotion or fear to whether a person likes me or not.

There is nothing to fear. I can go to dances, meet people and socialize without any fear whatsoever. I can do this because I understand (accurately) who I am and the nature of life. If my value isn't on the line and the right person will find me when they are supposed to, then I can just relax, have fun and look for opportunities to be kind to other people. When I escape my fears I can start giving, loving and edifying others. In doing this, I will discover who I really am.

Sometimes another person will like me more than I like them. I will kindly tell them that they just aren't "the one" for me. I will do this honestly and kindly. I will not attach fear around this experience or feel guilty for it. The universe has brought this perfect experience to both of us. This person will process through their disappointment and learn something from it. I must let them experience this however they choose to.

With this love based attitude towards myself and others, dating is a fun learning experience.

Wonderful adventures are coming my way. I focus on edifying others and making friends everywhere I go. I ask lots of questions and do more listening than talking. This makes dating a fun experience and one without fear.