

## The Three Most Limiting Beliefs about Dating and Partnership—and How to Reverse Them

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### Limiting Belief #1

Our ideal partner is our “type.” We can describe their every physical detail to perfection—height, weight, eye color, hair color and length—all of which, of course, mean something about who they are. We get so attached to our particular type that if someone—who likely knows us well—wants to set us up with a different type, we either reject the offer or go with such resistance that we make the date an uncomfortable experience for ourself and, no doubt, the other person.

### Limiting Belief #2

Our ideal partner shares all our interests, sports, hobbies, and viewpoints. We think that something’s wrong in the relationship, that we must not be “made for each other,” if we don’t agree about everything, if we’re not “into” everything they’re “into,” if our partner wants to do an activity without us. We believe that compatibility means doing things together and thinking and feeling the same way.

### Limiting Belief #3

Our ideal partner has “chemistry” with us. We know immediately if it’s there or not. And when it’s not, it never will be.

So, to sum it up: We want someone who looks the way we like, does all that we do, thinks and feels all that we think and feel, and gives us a jolt when we glance their way.

My entire coaching practice is grounded in my certainty that you can get what you want, as long as you’re willing to ongoingly update yourself such that your behaviors and actions reflect your current values and circumstances. We tend to relate to who we are (and who others are) as a fixed entity—an especially destructive notion in the dating and relationship game. Can you imagine navigating the dating field at forty with the values and beliefs you had when you were twenty?

You are a multilayered, multifaceted work in progress.

If you’re willing to reverse your limiting beliefs in the dating and partnership realm, consider these more expansive beliefs:

### Encouraging Belief #1

Of course, you want to be—and can be!—physically attracted to the people you date and partner with. Consider, however, making your “type” be anyone who is self-respecting and well groomed, respects and cares about you, wants to know the real you, and enjoys sharing life experiences with you.

### Encouraging Belief #2

True compatibility with an intimate partner resides in shared values and life direction. You can ski, attend the theatre, eat sushi with anyone. When it comes to money, children, and lifestyle choices, however, you better share your bed with someone who values what you value. Measure compatibility by who you are, authentically, when you are together, not by how much you do, think, feel together.

### Encouraging Belief #3

Sure, sexual chemistry is exciting—and necessary—though intellectual and emotional chemistry is ultimately what grounds and preserves an intimate relationship. An intellectual and emotional connection is exciting to explore and takes time to assess because both you and your partner’s mind and heart—your curiosity and engagement of ideas, your feelings and communication style— are essential aspects distinctly shaped over your respective lives.

What we believe, we create: we are that powerful. Most of us want to create an enduring intimate partnership that supports both people in becoming their grandest selves. Dating *is* a game, a playing field where you can experiment with different “types,” discern your values, and practice patience and openness in getting to know someone and revealing your authentic self to them. Any choice you make—with respect to, say, your sexual activity, your date’s or partner’s age, relocating for a relationship—will be a positive one if it’s made with full integrity, in alignment with your current values.

To be in a fulfilling intimate relationship, put aside all the how-to books and begin by exploring who you truly are in the now—including your limiting beliefs. When who you are in the present is someone you’d want to date, then equally wonderful people will want to date you, too!

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