

Dating advice: chained in
your childhood trauma

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2 Foreword

I have butterflies in my stomach. So many people, so many wishes. Every jar finds its lid.

These old folk wisdoms reveal truths about human nature and remind us that we are all unique. We strive to be happy with the right partner, but what matters to one person might not matter to another. What we value is partly shaped by our own norms and values, which are formed during childhood by our educators, the culture we grow up in, and later, the culture we function in. Our faith and political beliefs also influence our thinking. With each experience, our intuition sharpens. All of these factors contribute to our self-esteem, and that self-esteem serves as the foundation for every healthy relationship.

Humans are forgiving and often forget unpleasant events from childhood, while cherishing the beautiful moments. It is only in the chair of a psychologist that one may discover they were manipulated or treated unfairly as a child, which can lead to low self-esteem. If a parent was dominant and prone to tantrums, the child might have developed certain self-defense mechanisms to survive. As a result, they may not have learned to establish proper boundaries.

While these self-protective mechanisms were crucial for survival during childhood, they often become clumsy saboteurs rather than effective tools in adulthood. Someone who does not know their own boundaries may fall prey to unkind individuals or those seeking to exploit a relationship.

Our childhood traumas often influence how we move and present ourselves. People interpret each other 93% through movements, body posture, and other forms of non-verbal communication, with only 7% based on spoken words. Our reptilian brain is millions of years old, while our cognitive brain is comparatively young. We understand each other primarily through non-verbal signals. Humans, in essence, are a kind of animal capable of determining at a glance where someone stands on the hierarchical ladder of human relationships. This determination comes not only from observing movements or the pitch of someone's voice but also from status indicators such as clothing, accessories, career, housing, social position, and so forth.

This book later explores the impact of parenting on partner choice. Humans are not entirely free in their decisions and are guided by unconscious, intuitive patterns, which do not always prove accurate. Drawing on insights from psychology, the author addresses whether childhood trauma explains why we tend to attract the same kinds of partners.

How and when do you meet your life companion, ideally with those much-sought-after butterflies in your stomach? Living together simply because you like each other and find each other attractive does not provide a solid foundation for a happy marriage. A marriage is like a ship sailing through the sea of life. It may encounter rocky shores, and the sun will not always shine. As a couple, you may face wild, stormy seas. How can you navigate these challenges together without blaming one another?

This book outlines the key steps to help you find your like-minded partner as quickly as possible. It highlights the real pitfalls

of dating and shows how to meet someone with whom you can truly be happy. The book draws from the personal experiences and insights of the author, as well as the works of renowned psychologists. The author also brings expertise in non-verbal communication and NLP and has conducted hours of interviews with over three hundred seekers. These practical findings have been tested against various psychological theories, with references provided in the footnotes. This book aims to greatly simplify the search for true love and shorten the long journey.

3 Self-insight

People often say, 'I follow my gut and don't make any demands.' Such statements can sound like clichés. It is often these individuals who find themselves on dating sites twenty years later, still searching for a permanent partner. This inability to bond may stem from childhood trauma. However, this book places more emphasis on how someone who is capable of forming attachments can find their partner within a short time.

If your search for the right partner feels like a series of repetitive stories that never culminate in a fulfilling relationship, it is worth considering whether the issue lies within yourself. If so, this becomes the starting point for change. To initiate change, you must gain insight into the causes that consistently lead to the same outcomes.

It is helpful to start by asking yourself these questions:

- How do I come across to others?
- Is there something in my behavior that consistently obstructs me from achieving my goals?
- Am I skilled at networking?
- Are there triggers in human communication that immediately evoke negative reactions in me, causing me to miss opportunities to build good friendships?
- Where do I see myself in ten years? What activities do I enjoy? What kind of house do I live in? What sports do I play? Which friends celebrate my birthday with me?

Many people believe they know themselves well. But is that truly the case? How many unconsciously stored mechanisms

contribute to our blunders? How can you bring these mechanisms to light? Self-observation is a valuable tool for uncovering the unconscious

Keeping an agenda where you document your feelings can be helpful. Pay attention to the types of words you use - do they reference something tangible, visual, or are they related to sound or taste? Understanding how you experience the world is key. For instance, individuals who value tangibility may unconsciously attempt to touch others. These individuals often use words like 'silky soft' and 'wool.' Visually oriented people, on the other hand, tend to be more distant and describe experiences with phrases like 'I saw' or 'I have seen.' Visual thinkers process information quickly and often speak rapidly. Auditory individuals are more focused on listening and frequently say things like 'I heard you.' While a mix of words is commonly used, preferences usually emerge.

Reflecting on your upbringing is also essential. For example, if you had a narcissistic parent who humiliated you, you may unconsciously seek this type of parent in your partners. Among the dozens of messages you receive, you might gravitate toward the one that gives you a sense of 'coming home.' But was your 'home' safe? If not, you are likely living according to unconscious thought patterns that are often inaccessible to your conscious mind. These patterns influence social interactions and relationships. Keeping a journal can help identify what triggers certain reactions, such as anger. Document your outbursts and analyze the events that precede them. In some cases, guidance

from a psychologist or coach may be beneficial.

4 The importance of having the right photo in your profile

You work a lot and don't have time for events where you could potentially meet a partner. Perhaps that overtime is also a façade, hiding an inability to form meaningful social connections. Only after beginning the journey to discover your true 'self' can you accurately answer this question. Through self-examination, you learn how others perceive your physical presence, how your voice is experienced, and whether your overworking might be an escape. Our brain is elastic, and you can always train your communication skills.

There are plenty of single men and women who visit museums, attend opera concerts, play golf, or travel alone. Suppose a dating site is the only way for you to find a partner - what should you focus on in your profile? Both your profile text and photo will significantly influence the kind of people you attract. You can even experiment with this data to see which text and photos appeal to the people you find interesting.

Never lie about yourself, but remember the principle: like attracts like. Avoid clichés in your profile, such as: "drinking wine by the fireplace." To intellectuals, this may come across as a shallow or overt desire for physical intimacy. Consider carefully the caliber of partner you want to attract. What are the unwritten rules within certain social circles?

When taking a profile picture, it is essential to pay attention to your state of mind. Have you just been through a tough period? Then take good care of yourself first and pamper yourself before taking a profile picture. We understand each other 93% through non-verbal communication, and because our 'reptilian brain' is millions of years old, we can easily read each other's emotions. Darwinism has led the strongest species to be attracted to other resilient individuals, increasing their chances of survival. Unconsciously, we are programmed to seek the strongest possible partner.

For women, this often means an optimistic man with characteristics of stability and a winner's mentality; after all, he can provide for his wife. Men find vital signs of youthfulness in a woman important, even when they don't want children anymore. This reproductive mechanism shapes humanity.

So, if you have a day when you're feeling genuinely happy, take lots of pictures of yourself immediately. Then, choose two photos for your profile. In your profile text, you don't have to describe in detail who you are and what you've accomplished. Create a concise profile that remains honest. Remember, the woman or man you are looking for should be able to recognize themselves in it. Highlight the qualities that are important to your ideal partner, but always be sincere.

If you receive a lot of messages, start by reviewing those with profile pictures that appeal to you. Pay particular attention to faces that you find attractive, then proceed to examine the profile. Avoid projecting personality traits onto someone prematurely; this can lead to disappointment later.

The best profiles are often versatile, featuring dynamic descriptions and various photos that showcase the individual well. For women, the most successful photo is typically one where she smiles with only her upper teeth visible, wearing a beautiful, elegant dress tastefully coordinated with her bag and shoes. Similarly, for men, a friendly smile and neat attire - such as a freshly ironed shirt paired with a fashionable jacket - make a strong impression. An open, camera-facing gaze, relaxed facial muscles, elegant posture, and a well-groomed appearance are universally appreciated in profile pictures.

Displaying hobbies in your profile picture might not appeal to everyone. For instance, many men find women with numerous pets less attractive, while women often view men who showcase sports activities as potentially narcissistic. A vulgar clothing style can also be off-putting, especially to highly educated individuals in prominent positions. Awareness of these perceptions is crucial.

Your vocabulary and language use are equally important. People interpret words differently. Use neutral, refined language in your profile to avoid misunderstandings. Only when you meet someone in person can you discern the connotations they associate with certain words. It's naïve to assume they fully understand you, as interpretations vary widely. Consider letting your conversation partner speak first, noting the context in which they use specific words. Remember, verbal communication is often understood differently than intended.

The way you move reveals much about your personality. Our ancient reptilian brain, responsible for survival instincts, makes us adept at interpreting body language. In contrast, our