

FIVE STEP
SECRET SYSTEM
TO MAKE DATING

FUN & EASY



by Stacy Corrigan

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Five Step Secret System to Make Dating Fun and Easy



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Five Step Secret System to Make Dating Fun and Easy

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Five Step Secret System to Make Dating Fun and Easy



Before I share with you the Five Step Secret System to Make Dating Fun and Easy, I would first like to introduce you to the powerful Law of Attraction tool called Contrast, since it is the basis of my method. Simply stated, Contrast is the process of taking something you are clear you do not want in your experience and flipping it into a statement of something you do want. Sounds incredibly basic, doesn't it?

Think back to when you were a child. How many times did you hear the word *no* rather than *yes*? Our parents unconsciously conditioned us to gravitate toward the word *no* based on their choice to focus on what they did not want us to do rather than what they did want us to do. It is no wonder 80% of our thoughts are negative. Luckily, you can use contrast helps you to make the switch from how you were trained to think to how you now wish to think.

You have an opportunity to impact a huge portion of your thought process when you focus on simple changes you can make by using contrast on a daily basis. For example, if you say, "I do not want ice cream," your subconscious will process the words *ice cream*, and will begin moving you toward ice cream. Rather, if you say, "I want to eat only healthy dessert items such as berries," your subconscious will move you toward healthy dessert or berries.

Can you see how powerful your choice of words becomes when you define what you want to create in your world? When you know how the subconscious mind works, you realize how significant your word choices become for the creation of what you desire for your life.

Another common statement most people make is "Don't forget xyz." Your mind is then focused on *forgetting* xyz. What if you said instead, "Remember xyz." Your mind is now

focused on remembering instead of forgetting, or centered on what you want to happen instead of what you don't want to happen. If you tell yourself on the way home from work, "Don't forget to bring home milk," don't you find you forget more often than you remember? It's much better to just write the word 'milk' down on a piece of paper. Or say to yourself instead, "Remember to bring home milk."

Let's take this example to the extreme. If you wrote on the list of qualities of what you want in your man something stated in the negative such as, "I do not want a man who is critical of me," you are likely to attract a man who is critical of you. To reframe the previous statement you could say instead, "I want a man who is supportive and encouraging of me." Are your requests to the universe phrased as positive, affirming statements? Take a few moments now to go through your list of Your Man's qualities and the Essence of You exercise to make sure all aspects are stated in the positive. (These exercises appear in my book Manifest Your Man® as well as the accompanying Guidebook. Both available for purchase on my website, www.ManifestYourMan.net)

In every aspect of your life there are literally hundreds of thousands of opportunities to improve your life and the experiences you attract to you based on the one strategy of contrast. It may take time to change how you think, to stop yourself and reframe your statements, and then present a new request to the universe. Remember, you only need a short period of *asking* time to engage the power of the universe. When you take the time to flip your statements, the new result can start making its way toward you.

A quick summary of contrast is:

- 1.) Statement of what you do not want.
- 2.) Notice that it's something you do not want in your experience.
- 3.) Think about what you do want in your experience
- 4.) Reframe your statement into a positive expression of what you do want.

You can make the process simple to remember when you think of flipping a coin. There are two sides to the coin and all you need for contrast to occur is to just flip it to the other side. Mario's brother has come up with a great saying for this, he says, "I'll see you on the flipside." It helps him to not beat up on himself and to stay positive and supportive of himself as he practices this new way of being. I think it is an awesome expression, and I like teaching it because it keeps your mind at the higher end of the vibrational scale by keeping your responses fun.

In the year and a half I spent manifesting Mario, I dated a lot. I treated every date as an opportunity to refine my preferences and to be thankful to the universe for bringing me another interesting person to meet. I developed a specific way of using the concept of contrast to deal with meeting new people and the potential feelings of rejection that come with those encounters. Continue reading to discover how I handled this dating adventure...

Contrast in Action

I thought to myself as I drove to meet my date, *this guy seems like he might be nice. His photo makes him look distinguished.*

I walked through the restaurant door, and he was waiting for me in the alcove. *Not exactly what I was expecting. Those suspenders aren't so distinguished in person when he's wearing them because he needs to.*

"Stacy?"

"Yes, you must be Steve."

"I am." He gave me a toothless grin.

Oh, my gosh—no teeth?!

"I hope you don't mind, but I put our name in for a table. I know we were only supposed to meet for a drink, but I'm starving. We can have a drink at the bar while we're waiting for them to call us."

"Okay," I said, but I thought, *I do mind actually. I don't want to be stuck sitting with you through a whole meal.*

We headed to the bar and I ordered a Golden Margarita on the rocks with salt. Normally, I would just get a glass of wine, but I needed something a little stronger to get me through this date.

Why couldn't I just say that I already had dinner plans? I'm too nice, dang it.

I had to be careful to not drink too fast, because I tend to get drunk quickly, and I wanted to make sure I had my wits about me so I wouldn't say or do something I regretted in the morning.

Thankfully, the coaster quickly alerted us our table was ready when it lit up and vibrated like an amusement park ride.

"I would have put this in my pocket if I knew it was going to do that." He said and winked at me.

I winced. *It would have been a funny line if I were into you pal, but, since I'm not, you're just grossing me out.*

We sat down at a table and I grabbed the menu, attempting to think of an escape plan. *We were just going to meet for drinks. I didn't need an escape plan. I can tough it out for half an hour with anyone; but an hour and a half dinner with this hillbilly, I wasn't prepared for this.*

"Can I get you two another round of drinks?" the waiter asked.

"Yes," the troll answered.

"No thank you." I said. "One is my limit." *I hope this guy is a fast eater, because I'm out of here as soon as possible.*

We made conversation for the next few minutes. I was grateful for the sales training I had on how to strike up a conversation, and pictured the house, car, etc. to help me think of things to ask him, "Did you grow up in the Boston area?"

Too bad I don't care about his answers. I'd much rather be home watching a movie right now.

"Here you go sir." The waiter said as he placed my date's soda on the table. He turned to me, "Have you decided?"

"I'll just have a small cup of the tortilla soup. I thought we were just meeting for drinks, and I already ate." Lying, but I didn't care. I had secretly hoped I would have been into this guy and we could have eaten a nice meal together. I guess the universe arranged half of the scenario for me. Too bad it was the wrong half.

"I'll just have a burger and fries." Steve said.

How the hell is he going to eat that without any teeth? I thought.

He obviously was getting enough sustenance since his waist measurement appeared to equal his height.

It seemed to take forever, but I was never more relieved to hear a waiter say, "I'll take this when you're ready," as he put the bill down on the table.

We left the restaurant, and as I started walking toward where I parked my car and said, "Thank you for a nice evening. I have to run as I'm meeting my sister in about 45 minutes." *I think of an escape plan now?*

"Okay," he said, sounding a little flustered, "I'll email you."

"Sounds good." I said, and meant it, since this guy would receive my standard thanks but no thanks response to another Mr. Wrong. "Have a good night."

Whew, I thought. At least I dodged the potential kiss goodbye at my car. I don't think I could have made it through that one.

On the drive home I pondered, and went through my list of questions I recently developed.

I said the first statement out loud, "Thank you universe for this interesting person you brought me to meet today." *Interesting is an understatement, that's for sure.*

Next, I liked these things about him. *What did I like? Not much to be honest with you. There must be something...* I committed to myself I would say something positive about everyone. *Yes, here it is, he was on time, and we were able to make conversation during dinner. Okay, that's good. I'm only human. I don't have to be Mother Teresa.*

Third question, "What didn't I like?" *I definitely did not like his dental hygiene, or that his waist was so big, and I felt deceived by his photo.*

Fourth question of what I would like is... *someone who has good dental hygiene, no cancel that, I want good overall hygiene. Why risk it right? Go for the gusto, girlfriend, and ask for it all. You'd think good hygiene would be a given. I really don't want to be going out with a homeless guy next though, so I'll be sure not to take overall hygiene for granted.*

Thank goodness I didn't have any more to drink, I was getting punchy. *I don't mind some extra weight, but I'd like my guy to be attractive and carry it well. And I want someone who is who he is, isn't ashamed of himself, and who puts up a photo that leaves me pleasantly surprised when I meet him rather than wanting to run for the hills.*

Okay Universe, those are my requests, please try again. I definitely need to not be too accommodating. I think I need to become a bit choosier about who I agree to meet in person. However, I do like this process. It makes me feel good when I am finished that I find something good in everyone and I'm getting clear on what I want. I like that it leaves me feeling good when I leave a date instead of dejected. *Alrighty then, I guess I'll be looking at some more matches tonight, since this guy definitely wasn't Mr. Right.*



I practiced using contrast to my benefit constantly while dating. I made sure I did not lead anyone on, and I was clear in my communication so we didn't tie each other up if I knew he wasn't right for me. Doctor Warren from eHarmony said in his book, *Date or Soul mate in Two Dates or Less*, "Love without chemistry is friendship." I would tell my dates usually via email, "Thank you for the opportunity to meet you. I found you to be a very interesting person. However, I'm sorry, but I don't feel any chemistry between us and I don't think we're a match. Good luck with your search." I found that most men were grateful for a polite, sincere decline that wasn't personal and they weren't left wondering if they should call or not.

Let's say you just had a date with someone and you're feeling down because it didn't go as well as you hoped, and you are certain that once again you have encountered Mr. Wrong. I suggest you practice my **Five Step Secret System to Make Dating Fun and Easy**:

- 1.) "Thank you universe for exposing me to this interesting person."
- 2.) "I liked the following things about him ..."
- 3.) "I didn't like these things about him..."
- 4.) "What I really would like is ..."
- 5.) "Try again please."

This way you can feel grateful for everyone you meet. You allow yourself to remain centered in a positive, appreciative frame of mind: ready, open, & willing to meet the next interesting person who could be *Your Man*.

It took a bit of effort on my part, because I had to sift through many options. You might be further along at raising your vibrational level and it may not take you as long as it took me. Still, practice the exercise diligently and I promise you will begin to see the caliber of men you attract improving as it did for me. When you focus on the good, you attract more good qualities.

While it's fun to talk about your dating horror stories to your girlfriends, make sure you mention something good about the person and end up stating what it is you are looking for.

About *Stacy Corrigan*

As Chief Manifester, Speaker, and Author of Manifest Your Man® Stacy Corrigan empowers women worldwide to eliminate the blocks that keep them from attracting love into their lives.



Stacy inspires you to escalate your self esteem, embrace self love, and radiate self confidence to the degree that you become a magnet for the quality of man you deserve.

In her loving and gentle, yet captivating style, Stacy will teach you how to love yourself first, guide you toward your magnificence, and ultimately prepare you to fall head over heels in love with your man.

Stacy co-authored 101 Great Ways to Improve Your Life – Volume III with Mark Victor Hansen, Byron Katie, Les Brown and Ken Blanchard, and her manuscript, Manifest Your Man® is available on her website below.

**To learn more about Stacy Corrigan
and her Manifest Your Man® process,
visit www.ManifestYourMan.net**



Contrast

Remember the summary of the concept of contrast is:

- 1.) Statement of what you do not want.
- 2.) Notice that it's something you do not want in your experience.
- 3.) Think about what you do want in your experience
- 4.) Reframe your statement into a positive expression of what you do want.

Many people think that the second item is obvious and silly to even note, however, there are often many things in our world that we do not want which we don't even realize that we are allowing and even attracting into our existence based on the pervasively negative nature of our thoughts.

Obviously there are things in your experience right now that you do not want or you wouldn't be reading this book. I would like to challenge you to make five copies of the contrast exercise and notice five different things on each of five different days that you do not want in your experience. They don't even need to be related to your man.

Then think carefully about what you have been tolerating in other relationships where you were manifesting by default and not even aware of when you decide to complete the contrast list with respect to your man.

Try Again Please

You may not have been on the dating scene for a while, but for the next exercise I would like to encourage you to have five dates as close together as possible with different people. Often online dating sites provide an easy option to practice this exercise. Treat your dates like an experiment where you'll suspend judgment until after the date, and truly attempt to get to know an interesting person and not your life partner. Notice afterwards what you liked, didn't like, and what you truly want in your man and see if you don't become more clear about what you're looking for in your ideal relationship.



Contrast

Statement of what you do not want in your experience	Flip that into something you do want in your experience
I do not want a man who's going to treat me as worthless or less than him.	I do want a man who will treat me as a treasure and who values all the gifts and talents I have to offer to him and the world.

Try Again Please

Thank you universe for exposing me to this interesting person:

I liked the following things about him...	I didn't like these things about him...	What I would like is...
He was on time.	Lack of Dental hygiene, large waist, I felt deceived by his photo.	Everything on my list plus someone with good overall hygiene, and a man who's more attractive