

*"Katherin Scott is an amazingly insightful woman who really knows how to explain the dating game."
~David DeAngelo, Founder of 'Double Your Dating'*

DATING

ABC's of DATING

*Simple Strategies
for
Dating Success!*

KATHERIN SCOTT

ABC's of Dating

*Simple Strategies for
Dating Success!*

Katherin Scott, M.A.

The Dating Coach

An excerpt from the book –

Chapter

A *is for AVAILABILITY*

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A is for AVAILABILITY

"Desire is proof of availability." ~Robert Collier

Are you truly available to date? How can you tell?

People date for four reasons; friendship, social connection, sex, or to find a long-term partner.

If you're on your quest to find your life partner, you need to be truly *single, ready and available*.

That sounds like common sense, doesn't it? But it's not. Too many people are looking for a life partner long before they're ready.

Let's start with the idea of being single.

***If you're separated, you should
either be working on your
marriage or on your divorce – not
dating!***

- Coach Katherin

If you're separated from your spouse, whether legally separated or not – you're still married! People who are separated need to be working on their marriage or their divorce, not dating. Dating is a distraction from the business at hand and only confuses the issues.

If your purpose for dating is for friendship or social connection and not to find the love of your life at the present time, no problem.

Just be sure of your intention and be clear to those you're dating. Be up-front about your purpose and do not lead anyone into thinking you're looking for a life partner if you're not.

And, if you're dating just for sex, again, be very clear to those you're dating about your purpose. Go out and have sex – safe sex. However, don't fool yourself into thinking your sex partner will turn into your life partner. It rarely happens.

***If you're "touch starved" get a
massage instead of jumping into
bed with the first person who
shows interest in you.***

- Coach Katherin

On the other hand, if you're feeling drawn to have sex because you're "touch starved," I recommend you get regular massages rather than jumping into bed with the first person who shows interest in you. Monthly massages at a minimum. A weekly massage is imperative if you haven't experienced healthy touch in a while.

So how can you be sure about your dating availability and readiness?

Take a few minutes to answer the 10 questions in the Dating Availability Assessment and find out if you are truly ready for the life and love you desire.

***"Vision is the spectacular that
inspires us to carry out the
mundane."***

~Chris Widener

Dating Availability Assessment

Rating Scale:

Honestly rate each of the following on a scale of 0 to 10.

8-10: Good; I feel confident this area of my life is strong.

5-7: Satisfactory; This area needs work but most likely would not sabotage my future relationship.

0-4: Needs Improvement; I am concerned about this area of my life.

Question:	Score
1. I know what I want. I have a clear vision for my life and my relationship requirements, needs and wants.	
2. I know who I am. I have a clear understanding of my strengths and weaknesses and a defined plan for continual personal growth.	
3. I have narrowed the gaps between <i>who I am</i> and <i>what I want</i> so that I do not need to be "rescued" or "completed" by a partner.	

<p>4. I know my "Must-Have's." I have a <u>written list</u> of at least 5 non-negotiable requirements that must be present in my relationship with a partner.</p>	
<p>5. I have clear conversational questions to quickly pre-qualify or dis-qualify a potential partner. These questions are conversational in nature, not interrogative or intrusive, and allow me to promptly screen a potential partner based on my "must-have's."</p>	
<p>6. I am happy and successful being single. My life is full and satisfying and I have not put my life on hold waiting for a relationship to happen. I realize my purpose for finding a life partner is to add value to my life, not to "complete" it.</p>	
<p>7. I am ready and available for commitment and do not have any legal, financial or emotional issues that would negatively affect my availability for a partner.</p>	

<p>8. My career / work are satisfying. My work is enjoyable, supports my financial needs and would not interfere with my relationship with a partner.</p>	
<p>9. I have effective dating and relationship skills. I am comfortable initiating contact with potential partners and disengaging for others who are not a match for me. I maintain healthy boundaries, both physical and emotional, allow myself to be appropriately vulnerable with others, and am aware of and have dealt with my past relationship issues.</p>	
<p>10. I have effective communication skills. I know how to clearly express my needs and wants and courageously communicate with others, even in times of stress / conflict. I practice active listening and am aware of other's facial expressions and nonverbal behavior.</p>	
<p>TOTAL:</p>	

Results:

76-100: GREEN LIGHT

You are ready and available and well on your way to achieving the life and love you desire.

50-75: YELLOW LIGHT

Use caution before committing to a partner. Take time to work on those areas needed to improve your readiness.

0-49: RED LIGHT

Take a break from seeking a life partner. Focus on becoming more successful and happy in your life and available for a relationship.

What are your strongest areas?

What areas need improvement?

What do you need to learn more about?

What area from the Dating Availability Assessment could most interfere with the success of your next relationship?

What exactly do you need to do / know / learn in order to improve your dating availability?

MY ACTION PLAN for AVAILABILITY:

About the Author



"**ABC's of Dating: Simple Strategies for Dating Success!**" is Katherin Scott's first book in the **ABC** book series.

Stay tuned for her upcoming books:

ABC's of Average Dating Dummy Mistakes

ABC's of Relationships

ABC's of Attracting Love with Feng Shui

ABC's of Successful Public Speaking

ABC's of Customer Service

and more.

Katherin provides individual dating coaching and couple's relationship coaching by phone, via email or in-person.

As a Certified Feng Shui Consultant, Katherin is available for feng shui consultations, both residential and commercial, which can be completed over the phone and internet or in-person.

Katherin is also available for private and public speaking events. She is a National Speaker's Association member, a trainer and keynote speaker who has a way of capturing her audiences with her wit, inspiration and practical strategies for easy application.

To access free downloads, articles, and Coach Katherin's ezine, and for contact information, visit her website

<http://www.KatherinScott.com>

ABC's of DATING

Finally, an easy-to-follow guide for singles that will astound you with its simple wit and wisdom! "ABC's of Dating" is an intelligent look at the dating scene with strategies, tips and useful exercises on how to initiate a great relationship and also enhance the one you're in.

From "A is for Availability" to "Z is for Zoos," this book helps you find lasting love fast!

- Discover where and how to find Mr. or Ms. Right
- Know how to comfortably converse with your date, even when uncomfortable topics arise
- Uncover the secrets to increased intimacy
- 26 easy ways to find your perfect mate and transform your love life!

"Katherin I'm engaged! I cannot THANK YOU enough. I really thought I was a lost cause. You did it for me girl - the one thing that no one else could help me with. You worked miracles! No kidding!"

~Helen M., Seattle, WA

"Chas and I are great and we are about to celebrate our third wedding anniversary. Can you believe it! We both say we have never been happier!!! Thanks to your coaching. Mahalo!"

~Marci P., Honolulu, HI

KATHERIN SCOTT is an internationally recognized authority on dating and attracting love. She has devoted her life to the pursuit of love and romance for the millions of single people who want love in their lives.

Katherin coaches worldwide and regularly conducts seminars and workshops to help people empower themselves to find love and happiness.