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Q&A Forum - Review

[Getting To Know A Date Quickly, 2008-02](#)

Fellow Q&Aers,

I have cleaned out the Q&A list with the half dozen emails that bounced back after my last Q&A - I made a good attempt to contact people via phone to see if we could contact them and keep them on the list. If your email will be changing, be sure to let me know or if you know people who would like to receive Q&A have them go to our website and sign up in the Q&A section.

Today I want to point out the section on our website called "Waiting Room" - there you will find several very short articles that may have value to you or those you love. Be sure to scan the archived ones by clicking "more articles" on the lower right, then the forward arrows. I'd like to point out two recent additions to this section - they are the articles entitled: STUDY: ADDICTS' BRAINS MAY BE WIRED FOR RELAPSE and PTSD SYMPTOMS. In sessions I have referred to the one about Alzheimer's Warning Signs and the ADHD one quite frequently. Good luck roaming around in our cyberspace waiting room!

While on the subject of our waiting room, I would like to thank Kathy for the superb job she has been doing in our real life waiting room in Stratford. Kathy volunteers her time (for the past year!) and she is in charge of our bulletin board. It usually gets an upgrade every couple of months or so. If you would like to help out, or just contribute an article for the board, give/send it to me with a brief note. I will be sure she gets it and it gets up. Also, I do make copies of things on our bulletin boards for people so, if you see something that you want, please ask.

Next, the hopper in which I keep questions to be answered is getting low - I only have a couple left so, if you would like to ask me a question, I would love to answer it. Send it to me in an email and I will do my best to get to it in a timely fashion.

Now, on to the Q&A.....

Peace, John

**Q:** What questions does a person ask a potential date that will help get to know them quickly? i.e. do you drink?

**A:** Whoa there! Why do you want to get to know them so quickly? And, what is a "potential date?"

Seriously, why ask? Why not observe and sense? Observe them carefully, their interactions with others, their mannerisms, their facial expressions, their body language and the tone of their voice. Observe them, if you can, when they do not know you are watching.

Listen to your gut. What do they choose to talk about with you? Are they talking about themselves, about you, about others, or former relationships? All these may be clues as to what kind of a person they are.

Observe how they treat you - do they cut you off in mid-sentence, do they overrule you with their own thoughts, plans or ego? How do they respond when you set a boundary? (you do know how to set boundaries, don't you?) A wise client once told me that the hardest part about setting boundaries was that, once you set them up, you have to do "sentry duty." How are they when you reinforce your boundaries?

Questions you might ask can be answered truthfully or not... so, again, listen to your gut. Do you have a list of the qualities/traits you want/deserve in a healthy relationship? (if not, create one - at least 40 items need to be on it!) How does this person stack up compared to your list? Are there any red flags, i.e. warning signs? If so, back off and observe. If a couple of red flags, leave.

Asking if they drink is a yes/no question and does not foster communication/dialogue. There are a lot of social drinkers who are likely to be good dates. There are also a lot of problem drinkers/alcoholics/drug abusers who will pass themselves off as social drinkers and, for a time, behave as such. Time.....

Try to ask open ended questions to explore how the person thinks, communicates their feelings and whether they are consistent, i.e. their words and actions match consistently. One question that could be very revealing would be: what can you tell me about your relationship with your mother? or if you are male, about your relationship with her father? How they treat their mother/father may be an indication of how they are likely to treat you, don't you think? The key issue here is respect.

Finally, know that relationships take time to develop - you don't need to get to know someone quickly. You can get to know them slowly, over time and the relationship, like a flower, can come into bloom. The myth of "love at first sight" is more often a myth than a reality. Oftentimes it can be infatuation or lust at first sight. True love often develops from an initial attraction fed by familiarity, respect and acceptance.

So, give your self some time, observe, listen to your gut and those in your healthy support system. Insure there is respect, consistency and a lack of control and the person should be worth a second date. Happy relationshiping ☺ Peace, John

**Quote: "Do the hard jobs first. The easy jobs will take care of themselves" -- Dale Carnegie**

Bonus 1, Bonus 2, Bonus 3, Bonus 4 etc. (they are all included here this time!)

### Silly Sundays...

There was a very gracious lady who was mailing an old family Bible to her brother in another part of the country. "Is there anything breakable in here?" asked the postal clerk. "Only the Ten Commandments." answered the lady.

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Somebody has said there are only two kinds of people in the world. There are those who wake up in the morning and say, "Good morning, Lord," and there are those who wake up in the morning and say, "Good Lord, it's morning."

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A minister parked his car in a no-parking zone in a large city because he was short of time and couldn't find a space with a meter. Then he put a note under the windshield wiper that read: "I have circled the block 10 times. If I don't park here, I'll miss my appointment. Forgive us our trespasses."

When he returned, he found a citation from a police officer along with this note "I've circled this block for 10 years. If I don't give you a ticket I'll lose my job. Lead us not into temptation."

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There is the story of a pastor who got up one Sunday and announced to his congregation: "I have good news and bad news. The good news is, we have enough money to pay for our new building program. The bad news is, it's still out there in your pockets."

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While driving in Pennsylvania, a family caught up to an Amish carriage. The owner of the carriage obviously had a sense of humor, because attached to the back of the carriage was a hand printed sign... "Energy efficient vehicle: Runs on oats and grass. Caution: Do not step in exhaust."

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A Sunday School teacher began her lesson with a question, "Boys and girls, what do we know about God?"

A hand shot up in the air. "He is an artist!" said the kindergarten boy.

"Really? How do you know?" the teacher asked. "You know - Our Father, who does art in Heaven... "

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A minister waited in line to have his car filled with gas just before a long holiday weekend. The attendant worked quickly, but there were many cars ahead of him. Finally, the attendant motioned him toward a vacant pump. "Reverend," said the young man, "I'm so sorry about the delay. It seems as if everyone waits until the last minute to get ready for a long trip." The minister chuckled, "I know what you mean. It's the same in my business."

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People want the front of the bus, the back of the church, and the center of attention.

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A father was approached by his small son who told him proudly, "I know what the Bible means!" His father smiled and replied, "What do you mean, you 'know' what the Bible means?"

The son replied, "I do know!"

"Okay," said his father. "What does the Bible mean?"

"That's easy, Daddy." the young boy replied excitedly, "It stands for 'Basic Information Before Leaving Earth.'"

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Sunday after church, a Mom asked her very young daughter what the lesson was about. The daughter answered, "Don't be scared, you'll get your quilt." Needless to say, the Mom was perplexed. Later in the day, the pastor stopped by for tea and the Mom asked him what that morning's Sunday school lesson was about.

He said "Be not afraid, thy comforter is coming."

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The minister was preoccupied with thoughts of how he was going to ask the congregation to come up with more money than they were expecting for repairs to the church building. Therefore, he was annoyed to find that the regular organist was sick and a substitute had been brought in at the last minute. The substitute wanted to know what to play.

"Here's a copy of the service," he said impatiently. "But, you'll have to think of something to play after I make the announcement about the finances."

During the service, the minister paused and said, "Brothers and Sisters, we are in great difficulty; the roof repairs cost twice as much as we expected and we need \$4,000 more. Any of you who can pledge \$100 or more, please stand up."

At that moment, the substitute organist played "The Star Spangled Banner." And that is how the substitute became the regular organist!

End of bonuses (for this time!)

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