

# USING FILTERS

Remember that your list is Not Your Filter! So the “Magic List” that you created is meant to be a list of your “ideal man” that you give to the Universe and not something that you measure all men you meet against. That’s why we need a system to use for filtering out the wrong men without inadvertently filtering out the good ones. In order to filter your men out you should have certain filters in place. We use a three step filter where each step allows us to give potential men a chance, filtering out only the ones that really don’t suit us. Begin with Step One and keep going from there.

- **Step 1: Meeting Him.** The first step is to help you decide whether you want to meet him at all.
  - Ask yourself “Do I want to meet this person in person?” (if met on dating site or app or “Do I want to see him again?” (if met in person in a venue, event, party, place, etc.
  - List three things that are automatic turn-offs and that will immediately make you NOT want to see him again. (ex: “he doesn’t look after himself physically” or “I really don’t find him attractive” or “he doesn’t have a good job”, etc).
  - Now turn those three things into positives, such as “He is physically fit” or “I find him attractive” or “He has a good job”, etc.
  - These three then become your three filters so that “I will go out with him if he 1..., 2..., and 3...
  - Remember that you are only allowed three for each of the three categories.
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- **Step 2: The First Few Dates.** The second step is to help you decide whether you want to keep seeing this man. This usually takes you through the first few dates, possibly up to a month or so of dating this man..
  - Ask yourself “Do I want to keep seeing this man? I met him a few times, I know a bit about him, now do I like him enough to keep going out with him?”
  - As above, create a list of three things that would be turn-offs for you, but this time on a slightly deeper level. For example “He has no ambition” or “He doesn’t communicate well” or “He has a boring life”, etc
  - As above, turn the negative statements into positive ones. For example: “He’s driven to succeed” or “He’s a great communicator” or “He has an interesting life filled with activity”, etc.
  - These three then become your three 2nd level filters so that “I will keep going out with him if he 1..., 2..., and 3...
  - Again, boil down to the most important three factors.

**Step Three: The long-term leap.** The third and final step is to help you decide whether you want to be with this man for the long-term. This usually takes place after around a month or two of dating, and prior to being intimate with him, possibly just before having the discussion about “commitment and monogamy” with him.

- Ask yourself “Can I imagine having a future with this man? I’ve been spending a lot of time with him, and I like him, but are my feelings strong enough to embrace a future with him?”
- Before you are intimate with this man, and before you embark on a committed, monogamous relationship with him, consider whether he is on the same level as you are. Are there future goals and values based on which you might share your lives?
- As above, consider three areas which may be turn-offs for you. However, these should be at a considerably deeper level than the ones above, as you should have had the opportunity to know this man more deeply by now.
- Create three (and only three) negative statements that you then change into positive ones, as in the previous two. For example: “He isn’t spiritual enough” would become “He is connected spiritually”.
- Make sure that you dig deep and consider your values and what’s important to you, considering what would really not work with you long-term. What are you unwilling to compromise on?

**Once you have gone through this process, listen to the guided visualization and keep in mind the importance of reinforcing what you want to find with clear imagery and strong emotions.**