

## Confidently Cherished Episode 141: How to Date with Intention

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When

It comes to dating.

I think that looking back on my past, the biggest mistake that I made when I was single was also accidentally the smartest decision I made. And that was when I was in my early twenties. I was not dating intentionally. And what I mean by that is, yes, I figured I would get married someday. Um, I grew up with married parents. I grew up surrounded by married couples. Um, marriage was just a very normalized thing for me growing up. So I always figured, yeah, eventually it'll happen for me. And because of that, in my early twenties, I just wanted to have a good time, right? You know, I went on different dates, I met different types of people. Guys would ask me out and you know, I would pretty much just be like, yeah, sure. Let me see what this person is like, what, what do I have to lose?

And on one hand, um, it was not my smartest decision, you know, to, to have this attitude that just, yeah, whatever. Um, even if it's a bad date, even if I can tell this person's not compatible with me, at least I'll get a free dinner out of it, right? Because having that attitude, being so open to going out with pretty much anyone led to some very trash experiences, right? Um, it led to some very awful dates. Uh, it led to men who most definitely wasted my time. And that was the downside. Now, the reason why I ended up being a smart decision for me is because a, I ended up becoming a dating coach. So now when I work with women, I can be very open-minded, and non-judgmental because pretty much anything that you throw at me, um, I've experienced it, right? So there's, I don't wanna say there's nothing a client can say to me that would shock me.

'cause I'm sure there's something, but so far it has not happened so far. I have not had an experience that caught me off guard or has shocked me because I've been through the ringer myself, right? But also when I got to the point where I grew up a little bit and realized that I was being ridiculous, um, my past experiences, the previous ones up to that point, made me very intentional about trying to find the right partner about being with the right person. Because, you know, I got to a point where I was fed up, and it's actually why I not only don't judge my clients when they're in that kind of, um, f around phase. Because as you know, when you f around, you will find out. And sometimes I need my clients to have that moment. I need them to get that clarity that because they previously were not willing to do the work, to be intentional about dating, that they need to have a find out moment so that they can then get the discipline, get the intentionality that they need in order to attract that healthy relationship that obviously they want because they're working with me.

So that's what I wanted to talk about, is what it means to be intentional about dating. Welcome to Confidently Cherish. My name is Keshia Rice. I am a dating coach and hypnotherapist. I help ambitious women learn how to heal from their unhealthy relationship patterns and attract satisfying, loving, cherished relationships. So we're gonna talk about the things that happen when you are dating with intention. And I wanna be clear that this intention is an intention that you set for yourself. So for most women in society, that means marriage, right? Um, this could also be, you know, you have an Oprah and Steadman type situation, um, in marriage or, or not

marriage. You know, you may wanna be in a relationship where you are looking for just a husband. Um, you may be looking for both a husband and the father to your future children, or if you are a single mother, the father stepfather to your current children.

So before you get intentional on dating, you need to be clear on what that intent is. What type of relationship do you want? What are your ideas about timelines? How long do you think you need to get to know someone before deciding whether or not you're ready to marry them? What does a healthy relationship, healthy marriage look like to you? You need to know those things first, because dating is not one of those things. And again, I can tell you from experience, dating is not one of those things where you just, you know, go out into the world, jump in and hope you figure it out. Now, that phase that I had in my early twenties did help me get clearer. It helped me really decide after, again, dating different types of men. Like, okay, yeah, these are the qualities that I like. These are the qualities that I don't like. These are the must haves. These are the nice to haves. These are the things that dating this type of person taught me that I can tolerate, even if I don't prefer it. And these are the things that like I absolutely cannot handle in a relationship. So again, to that point, I do think that women should have a period in their life where they're much more open-minded about dating, um, where they have less of a type and are more willing to get to know a variety of people.

I think if you are a younger woman or if you have been off the dating market for a while and you are hopping back in, so I'm talking to my women who are divorced. You know, you were in a long marriage and now you are getting back into to the dating pool, and you see that that pool has changed a little bit. Then yes, having a period of time that is kind of an exploration time is a great idea. But talking about being intentional about dating, I also don't think that this period should last indefinitely. You should set a time, you know, I would say if you are 19, 20, 21, 22, you know what I mean, the very early twenties, give yourself a year to do that. Um, if you are divorced, widowed, you were in some type of long-term relationship, and now you're single again, you had dating experience previously.

So you don't necessarily need as long, but maybe a good six months to, to just get out there, explore, be open-minded, go on a few dates, get your feet wet again, practice your communication skills again, and then say, okay, now we're getting serious and we're going to really hone in on this intentional dating thing. So yes, the first thing is to know what the intent is. The second is to understand the unhealthy patterns that have led you being where you are now. And what I mean by where you are are now is single or in a situationship or relationship that's not satisfying, right? So you are in the dating pool because you've been single for a while and you still haven't met the right person, or you're dealing with a failed relationship. And also, even if, you know, you end up in a relationship where it wasn't traumatic, it wasn't hurtful, but you just decided that this person wasn't aligned and you're getting back into the dating pool.

Or you had a period where you just chose to be single for a while and you're getting back into the dating pool. So it doesn't mean that anything bad had to happen beforehand, but if you are, again, getting back into the game after some type of break, or you're trying to up your game after a long time of not being in a relationship, you need to take the time to again, look at any unhealthy patterns that you've had previously. You need to understand those. You need to know where they came from, and you need to have a plan of action for how you are going to heal from those and how you are going to do differently. How are you gonna break those patterns?

You know, oftentimes those patterns are generational curses. There are things that you behave this way in relationships because you saw your mother, your sister, your auntie's, grandmother, you know, you saw people in your line behave this way, but you now recognize that they're unhealthy.

You now recognize that you have to be the one in the family to break the generational curse. And if you are taking on that responsibility, you can't just again, hope and pray that things get better. You have to have a concrete plan. You know, this is where oftentimes therapists and coaches come in because they can help you create that plan. They can help you, you know, remain accountable to that plan. So again, we have to understand what our intent is. We have to heal from the unhealthy patterns, recognize them, and then heal from them. And then the third thing that we do when we date with intention is we have to be very willing to enthusiastically say yes, and enthusiastically say no. So when we date with intention, we have standards and we have boundaries. We have deal breakers, we have must haves in relationships. And when we get all those together and we write them down so that we have the reference to look at, we go out into the world and we date, you must be willing to say no to anything that, that does not look like the boundaries, standards, expectations that you have written on that paper.

When someone gives you a sign that they cannot meet the standards that you set, you need to leave immediately. You need to not waste your time. And honestly, as a courtesy to them, you're not wasting their time either for something that you know is not gonna work out. And on the other hand, when you meet someone who does meet those boundaries and standards and does look exactly like what you're looking for, you need to be willing to wholeheartedly say yes, even if it comes in a package that you're not expecting. Because here's the thing that often trips up clients of mine, right? That is they will get clear on what it is they that they need in a relationship, and they will learn to focus on those things and not be so caught up in these superficial things, right? And when they do that, they may meet someone who does not match the original picture that they had in their head.

And it could be a looks thing, it could be a, you know, I've had clients who've only dated within their race, for example, and they meet someone who fits their list perfectly, but he's different race, different ethnic background, and that catches them by surprise. Or they wanted to meet someone who, um, is responsible, financially stable, able to take care of a family, and they had an idea of what a man like that would look like. Um, you know, they pictured in their head someone who is white collar, and then they meet someone who meets those standards, but has a job in an industry that's say more blue collar, right? Whatever the difference is, I will see women hesitate because it's not what they're used to. And my response to that is, you know, doing what you used to, how did that work for you in the past, right? So part of this being intentional and holding onto what we want is remembering that it's not just that we hold onto everything that we want, every little whim, it's that we hold onto the things that are important. You have to know what factors you need to have a firm grip over, and what factors that at the end of the day, they really don't matter.

So when we're talking about dating with intention, you know, it also means knowing your worth. And I often hate talking about this because it sounds very cliché, and I know that even when I said that phrase, there's a chance that you may have rolled your eyes, right? Because that's, that's what all dating coaches say. That's what all femininity coaches say. That's what all female

motivational speakers say, right? It's so important to know your worth. Um, if you've ever started a business, especially an online one, then you've had a business coach who tells you, you know, you are so valuable, you need to know your worth and charge your worth, right? And it is cliché, and it's said so often because it's true. Here's the thing. If you truly believe that you are priceless, if you truly know that you bring a lot of value to the people in your life, then you don't settle you.

You won't settle for anything that is below the standards that you set for yourself. If you truly know your worth, then you are not afraid to walk away from situations that don't serve you. You are not willing to waste your time hoping and praying that someone may one day, you know, a decade or so in the future, meet their potential. Um, when you know your worth, you're not dating for potential. You are dating for what's there, for what you see in front of you. And if that person can't meet the standard, it's nothing personal, they can still be a good person. Um, and they can be the right person for someone else, but it's not a situation for you. Dating with intention means understanding that you need to trust the process. You, that's the one that I really wanna leave you with because we live in such a microwave society where people are always in a rush to get things.

And yeah, it can seem unfair because there are people who meet their soulmates when they're like five years old, right? And they start dating that person in high school and then through college, and they marry that person, live happily ever after. And you know, the two people die together when they're in their nineties. And it's the sweetest love story ever. Being honest, being real. There are also women out there who are not gonna meet their soulmate until they're in their forties or fifties or maybe beyond. And even in those cases, while people will look at that and be like, oh, that's so sad. Um, I believe that God's timing is always for a reason, right? And because of that, you know, even those women will still at the end of their life be happy and fulfilled, and that's what matters.

You know, talking about clichés, I, I was going to say, you know, it doesn't matter how, how you start the race is how you finish it. And I'm really trying not to sound like a sappy rom-com in this episode. But yes, I mean, it really matters when you look back over the course of your life, like how satisfied are you at the end? So it's understanding to trust the process, to also allow dating and getting to know people, to be fun, to be curious, to not take it personally. When someone doesn't align with you. There are 7 billion people on this planet, I can guarantee that a lot of them are not going to align with you. And rather than take it personally, the best thing you can do is say, well, okay, I had this opportunity to meet someone, maybe meet someone interesting, to practice my discernment, to see how long it took me to notice the red flags, to see how long it took me to leave after noticing the red flags, to gain more clarity on what I do want and don't want in a relationship. You know, I dated this person and from being with him, I learned I really love these qualities in him. When I meet my life partner, they need to have these same qualities. And also this person taught me that I don't like it when a person does these things. So I'm going to look out for that and consider it a red flag in my future relationships.

So I want you to understand that dating with intention is not hard, but at the same time, it does require some discipline. And while that doesn't seem like the most fun thing in the world, let me tell you from experience dating without intention, was not the most fun thing in the world. Dating without intention led to a lot of unhealthy and miserable experiences that I would never wanna

repeat. So making the decision to be intentional about your dating and your relationships is one of the best forms of self care that I can think of. And because it also teaches you to be that way, not just in your romantic relationships, but when I got really intentional about finding the right life partner for me and getting married and all that, I found myself being more intentional about my friendships as well, and all my other relationships, and really focusing on holding on tighter to the people who served me, who made my life better.

And being so much more willing to let go of the people who didn't. And being able to let go in love, not in resentment, hatred, bitterness, or any of that, but just understanding, okay, you know, this person was put in my life for a reason, and now that reason and that season is up. So let me know. How do you plan on being more intentional about your dating in the future? Um, feel free to message me on social media. I'm at Keshia Rice on Instagram, on TikTok and on YouTube. So that's K-E-S-H-I-A-R-I-C-E. And again, let me know how you plan on being more intentional. Love you, talk to you soon.

Hey, there. So you made it all the way to the end of the episode, which means I have two things to say. One, thank you so much. I truly appreciate it. And two, you like me, you really like me. So I would appreciate it if you would show that like by subscribing to this podcast so that more people can hear about it and enjoy it as much as you do. And if you want to know more about any of the links that I mentioned on this episode or any guests that I've had, be sure to go to [keisha.rice.com/links](https://keisha.rice.com/links). That's K-E-S-H-I-A-R-I-C-E.com/links. I can't wait to talk to you again in the next episode. So see you then.