

SexSense[©]

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LOOKING FOR MR. RIGHT

Q: I want a boyfriend, and eventually to be married, but every time I set out to meet Mr. Right, I get so nervous that I don't think I make a good impression. I think the nervousness shows on my face and I look desperate. Do you have any suggestions?

A: Are you generally nervous meeting people? If not, you may have untapped social skills which may help you. Skills such as warmth, directness, and a sense of humor, can be applied to your situation.

You might try not looking for Mr. Right. You may be putting too much pressure on yourself to find the perfect person. Instead, relax and set out to meet a variety of men. You might discover that there are delightful personality characteristics which you have never associated before with the perfect mate. Often we carry around a very narrow, specific picture of our potential partner.

To further let yourself off the hook, try the 5 minute rule. On a scale of 1 to 10, with 10 being the worst, decide how much nervousness and anxiety you can tolerate. Say, for example, you have chosen "7" (you can stand 6 or 7, but that's it!) The rule states that five minutes before your anxiety reaches level 7, you *leave!* Feel free to make up an excuse, but make sure you leave a full five minutes before you hit full tilt. If your body knows you are not going to push your anxiety level too far, you will most likely stay fairly relaxed. Try it and see if it works for you.

Also, remember that most men are just as nervous as you are (even the cool ones!) And, as you know, when you are nervous you tend to feel self-conscious, over-focussing on yourself and not tuning into your environment. That's right, I'm suggesting that most men may not be noticing your nervousness as much as you think, if at all. You might ask a good friend to provide you with some helpful feedback.