

Chapter 8: THE CHOCOLATE FETISH: FOOD, SEX, AND LOVE

Rate your date!

Is your lover into you?

(A “hot fudge sundae” or a “rotten egg”?)

As far as my sister and I were concerned, food, sex, and love were enmeshed. Our biggest love affair was with FOOD! All of our boyfriends were jealous of the noises my sis and I made in the kitchen, rather than in the bedroom.

Rate your Date! Relationship questionnaire:

Simply circle Yes or No beside each question:

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| 1. In your relationship, is the subject of long-term commitment or marriage avoided? | Yes | No |
| 2. Do you discourage your lover from fantasizing? | Yes | No |
| 3. Would you leave the relationship if your mate gained a lot weight? | Yes | No |
| 4. When your mate receives compliments from the opposite sex, do you feel insecure? | Yes | No |
| 5. Do you need constant attention and compliments from your lover? | Yes | No |
| 6. Do you get jealous of your ex's lovers or lover's ex's? | Yes | No |
| 7. Do you wait for calls from your lover rather than initiating the call yourself? | Yes | No |

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| 8. Are you the one in charge who needs control of the relationship? | Yes | No |
| 9. Are you opposed to your lover having a boy's night out or a girl's night out? | Yes | No |
| 10. Would you prevent your lover from having a best friend of the opposite sex? | Yes | No |
| 11. Are you attracted to mates who are unavailable (married, "cold," addicts, disloyal)? | Yes | No |
| 12. Would you stand up your friends at the last minute if your lover called spontaneously? | Yes | No |
| 13. Did you have a poor relationship with your parent of the opposite sex? | Yes | No |
| 14. If you were dumped by your lover, are you the revengeful type (rather than moving on)? | Yes | No |
| 15. Are you attracted to lovers you have to chase? | Yes | No |
| 16. Do you expect your lover to rescue you and solve your problems (credit card debts, car payments, etc.) | Yes | No |
| 17. Do you expect more than you receive in your relationship? | Yes | No |
| 18. Do you generalize characteristics of the opposite sex? ("All men are the same.") | Yes | No |
| 19. Do you consider your mate more like a friend than a lover? | Yes | No |
| 20. Do find yourself losing your appetite when you are with your lover? | Yes | No |
| 21. Do you complain that all men just want to have sex? | Yes | No |

Is Your Lover into You? (A "hot fudge sundae" or a "rotten egg"?)

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| 1. Does your lover emphasize that he or she doesn't want to ruin his or her friendship with you? | Yes | No |
| 2. Does your lover call you last minute for a date? | Yes | No |
| 3. Does your lover have a need to get high or drunk when you are out on a date? | Yes | No |
| 4. Does your lover make you wait for phone calls (late or forgotten)? | Yes | No |
| 5. Does your lover get nervous when speaking about commitments, relationships, or the future? | Yes | No |
| 6. Does your lover make future promises but put off immediate commitments? | Yes | No |
| 7. Is your lover moody and disinterested in you at times, but he or she makes up for it at other times? | Yes | No |
| 8. Is your lover too busy to see or call you regularly? | Yes | No |
| 9. Does your lover want space, time, and freedom before getting serious and figuring out what he or she wants? | Yes | No |
| 10. Did you make the first move on your lover? | Yes | No |

Ladies, have you ever noticed how women tend to drown themselves in chocolate when they've been dumped? It's frustrating to see the guy in a broken relationship be able to move on, making an *easy* transition from one woman to another without indulging in food. How many of us spent tons of money in therapy trying to rebuild our self-esteem, while the "creep" simply moved down to the next phone number in his little black book. I hated myself for having feelings for my "creep" when he obviously had none for me. *Finally*, I learned to stop comparing my mate with my twin's (or girlfriend's), which made it made easier to accept men and respect our differences.

This chapter combines years of my research through observation (as a voyeur), studies (with perverts), and personal experiences (obviously pathetic). It's not a coincidence that my sister and I worked as models and had a major food problem, because both are connected in more ways than one.

Since the beginning of time, men have been the hunters (gathering the food) and women have been the nurturers (taking care of the cave and the children). No matter how modern we feel, our roles haven't changes much from our ancestors'. In early times, women had to endure long, hard, foodless winters. This is one theory why it's always been natural for women to crave foods that are fattening, such as high-glycemic foods that raise the blood sugar faster. This induces higher levels of LDL (low density lipoprotein, the bad cholesterol). This historic biology is the reason women's bodies are fat efficient. Men (hunters) usually crave protein because they are dictated by testosterone. Women biologically store fat on the outside of their bodies, while men usually store it on the inside. The biological purpose of women's fat was both physical attraction and better reserve storage to bear children. Through the ages, women have maintained their innate nature as caretakers, using *food* as the main instrument. Subsequently, culture and traditions pass on generations of celebrating with food. A family dinner is the most intimate and endearing event that a family group can share. It could even be considered from a woman's viewpoint as the foreplay of exploring a relationship.

Science plays a big part in the love affair that woman have with food, particularly chocolate. A lot of women have a fetish for chocolate and can replace their feelings for a man with this little piece of forbidden dessert. Certain foods stimulate woman in the same area of the brain where sex and alcohol stimulants men. Women also respond to serotonin more easily than men. It is in the foods we crave and activates certain feel-good brain chemicals. Tryptophan, an amino acid abundant in carbohydrates (like grains, legumes, and seeds) is the precursor to serotonin, a brain chemical and hormone that is responsible for making us feel calm, happy, and fulfilled mentally and physically. That is why women prefer carbs to protein. When women suffer from depression, PMS, stress, and relationship difficulties, they use these foods to fix a feeling. Diet deprivation or exhaustion can also cause women to turn to chocolate or other high-sugar carbs for "relief." Chocolate increases endorphins (hormones that create a "high" or euphoria). Although chocolate has been given a thumbs up for having flavonoids and antioxidants, it still carries some questionable ingredients like theobromine. Theobromine is an alkaloid closely related to caffeine. Chocolate has also been referred to as an aphrodisiac. No wonder it's estimated that we individually eat approximately twelve pounds of chocolate a year! Regardless of the reason, women respond better to a box of chocolates than men do. Women also respond better to antidepressants, which trigger serotonin and/or norepinephrine (hormones and neurotransmitters). This further affects their sleep, emotions, and adrenals.

Women should refrain from competing, completing, or comparing ourselves with men because we are wired entirely differently. We interpret almost everything—especially food, love, and sex—as if we are from two different planets. Generally speaking, men usually use the left side of the brain. They deal with love, stress, and problem solving intellectually, simply, or quickly. Men fall in love with a woman through visual images and fantasize when they are away. Women, on the other hand, use their whole brains to make a decision, usually taking longer to decide. Women use the right side (feelings and intuition) to guide their own intellect. This causes a need for discussion and possibly over-analyzing. I have been accused of diarrhea of the mouth. Now I know why. Some claim gay men or very sensitive men are also able to tap into the right side of their brains, making it easier for them to empathize with women’s feelings. Recovery seems to be a struggle for women or men who primarily use the right side of the brain. This is because they emotionalize the addiction and connect it with their self-worth. When you emotionalize the addiction, you are *attaching* your feelings to a drug. These enmeshed feelings seem to *dictate* as well as *define* the addict. Have you ever noticed that highly creative individuals are constantly polarized between feelings of shame and grandiosity? They are controlled by their emotional addiction, not their intuition or actions. These right-brain addicts prefer “magical” thinking rather than rationalization, thus making recovery grim. Addiction seems to be prevalent among *artists*, who primarily use the right side of the brain.

Women fall in love with the way men make them *feel* when they are with them. Women need men to share their feelings. Our feelings actually manifest a “glow” when we fall in love. Because we are predominately dictated by the way we *feel*, as opposed to what we see, we connect (or sometimes replace) the same feelings that food gives us with sex and love. Basically, we fall in love with these feelings. We use treats as substitutes for love and feelings. This is why we lose our appetites when we fall in love. When men forget to call us, omit gifts on special occasions, or don’t want to discuss love or difficulties, we feel unloved. It’s as if they are showing us that we are unworthy. When men stray, we feel completely betrayed. Men are not so complicated. You pretty much know where men stand because they are very direct. They can separate food, sex, love, and several mates without guilt, because they don’t emotionalize things the way we do. A man’s innate nature is to be a hunter who is visually stimulated. It is said that an average man thinks about sex approximately once every three minutes. (That’s about the same amount of times I think about food and diets.) It’s easier for men to disconnect their feelings for their mates while straying. This can be considered double standard, because men interpret humiliation and disloyalty differently than women do. A man’s choice of his ideal woman usually has nothing to do with intelligence. It’s been proven that, the higher the woman’s IQ, the harder it is for her to hook up. I’m in no way condoning or promoting a certain behavior. I’m just

objectively pointing out a man's basic nature and the way they interpret love, which is far different than a woman's. Because men don't respond the same way as women do, men often feel that women are testing and grading them. Sometimes men find themselves in a no-win situation. Women will sometimes ask loaded questions such as, "Does this dress make me look fat?" or "Did you find her attractive?" How does the guy answer this? Ladies, let's be honest. No answer would suffice. We really want to be validated and supported. Let's face it: Any answer will make us overreact because we sense a lack of reaction or mutual feeling. We usually ask a rhetorical question that is meant to generate empathy for our feelings.

Women also deal with stress differently than men because of our different hormones. Men are predominately dictated by male hormone testosterone, which usually causes them to physically act out—more like an external release. Before you know it, they forgot about their issue, have moved on, or quickly deny it. Men would rather pout *alone* in their bear cave and be done with it. Women, on the other hand, release their frustration by initiating a dissecting discussion without a need for resolution. Women eventually internalize their stress, which may affect their adrenal glands (cortisol), blood sugar, and insulin levels. This can trigger a hypoglycemic reaction, which causes further depression or mood swings. Naturally, we want to help balance our blood sugar drop by turning to foods with sugar. The cycle of depression continues, causing our feelings to "smolder." Women really do have a *biological* need to "talk it out."

As women, we emotionalize everything that is said to us or has personal connotation. If a man tells us, or even hints, that we are gaining weight, we attach those feelings to our self-worth. We actually define ourselves not only by how we look, but by how it is conveyed to us. Men are just the opposite. Rarely will a man emotionally attach himself to feelings about his appearance or feelings of love. Women can continue a relationship by phone, unlike men, because we are in love with the feeling of being in love. Men have a hard time with the telephone because it lacks a physical connection. We are the ones who wait for phone calls and are hurt if they don't call us. Perhaps a man's *ego* can be provoked, but rarely will issues be about his appearance or feelings of love. I've learned to separate my dates from my "phone dumping", (complaining about various issues). That's what's great about having girlfriends or understanding gay male friends.

As I've mentioned, men communicate with quick and simple solutions (intellect) or physical behavior, while women communicate with feelings and discussion. Subsequently, everything men naturally show us is what they feel. It's not some profound conspiracy that they would want to discuss. It's simply what you see is what you get. When a woman expects a mate to recite poems and give her flowers, she is asking her lover to insincerely express *his* feelings the way *she* would. If a man were to express his feelings sincerely, his testosterone would encourage barbaric behavior. Perhaps he would drag a woman into his bear cave, by the hair. Evidently, men have

learned to seduce or manipulate women by doing what a woman *wants* and would respond to. Ironically, woman's pheromones actually respond best to the lover's awkward, crude, and sincere methods (cave man), not the "flowery way." Intellectually, we may think we want a sensitive man who reacts much like a gentleman. Not so. We actually are chemically attracted to the "raw" male. You will always hear the complaint that women are attracted to jerks or that nice guys are attracted to high-maintenance or demanding divas. It's because our hormones instinctively respond best to the sincerity of the chase. None of us, are actually attracted to jerks. Subconsciously, we are attracted to lovers who behave naturally and have confidence without needing to manipulate us. The gentleman might get a marriage proposal, but the "raw" man will get your attention and attraction.

Let's talk about the two types of gentlemen. First, there is the manipulating, manmade *pseudo* gentleman. Ladies, we've trained them to be this way. Then there's the one who naturally evolves into a gentleman, without a motive. Young girls confuse *masculinity* (strength) with being macho. Crude or macho men (a.k.a. boys) are immature. These "macho" men might be able to change themselves into temporary gentlemen to manipulate women insincerely. However, true strength comes from a man who has learned to withhold his primitive behaviors, eventually evolving into a true gentleman. I notice men from the Midwest and South (or from families with good values) naturally manifest chivalry.

Sex and love interrelate to evolutionary and scientific research in the same way that food does. Initially, the experience of love gives us the impression of being fulfilled. Hormones, such as oxytocin, better known as the "cuddling hormone," make us *feel* we are filling our void. The main purpose of oxytocin, which is secreted after childbirth, is to enhance the bonding experience between mother and child. Oxytocin makes monogamy easier for women. Endorphins and other feel-good hormones are released when you fall in love, in the same way certain foods or drugs work. For instance, when you eat chocolate, it releases endorphins, hormones that give us a feeling like we are in love. This feeling chocolate gives us can be compared to the "high" we experience when we are in love. Love and chocolate have the same withdrawal symptoms and both create cravings for more. For example, the neurotransmitter, dopamine (high feeling) actually secretes during the mere memory of your love or treat. This explains why we "can't shake" someone we fell for. Sometimes we insist on "marrying" these *feelings* (we can't live without the person responsible for this feeling), fearing we will lose the feeling this person gives us. Feeling a lack of love sometimes causes women to duplicate these feelings by eating certain foods. Have you ever felt like raiding the fridge when your lover doesn't call? When a man and woman are basically in love, the man's testosterone levels falls and the woman's testosterone levels rises. This enables women to maintain a healthy libido, while men may be prone to straying or fantasizing so they can recapture their testosterone level. Have

you ever noticed that female athletes have a healthy sex drive? When a woman is pregnant (or suffers from certain female problems), her estrogen levels usually dominate. This can decrease the sex drive, increase appetite and weight gain (edema), and sometimes cause depression. During this time, the female's progesterone levels are also unbalanced. Progesterone balance is necessary for mental well-being and responsible for bouncing back. It also helps maintain the muscle-building/fat-burning process.

Estrogen, the female hormone, also has a role in filling our void. Estrogen is stored in fat. This could be one reason women subconsciously crave fat or fattening foods, thus connecting the inner woman with their *curves*. Presently, it seems women usually prefer the contradiction of fighting this natural biological urge by starving away their curves. Subsequently, today's men have been involuntarily trained by women to prefer this androgynous image. Modern men subconsciously think this curve-less image represents better health and is therefore better for procreating offspring. Marilyn Monroe would be considered overweight by today's standards. Men and the media are not putting this pressure on women. We, as women, are. Men have always been programmed to be attracted to good health. Early history proves that men were always biologically attracted to youthful and symmetrical women because they were the best for childbearing. Men are physically attracted to women, while women are emotionally seduced by security. At one time, men who were muscular and strong provided security for the family. These days women seem to interpret security in terms of men's wallets and career status, not their muscles. A man who is superficial or a woman who is a gold-digger is responding to *extreme* basic instincts, not society. Society reflects our shameless desires.

Throughout the years, women have transferred their survival mechanisms from one escape to the other, trying to avoid an empty feeling. Perhaps bingeing is someone's survival mechanism and they want to escape from bingeing into other areas, such as sex and love. Shopping, modeling, and other escapes can be disguised as necessary events or goals. And of course, relationships can also be disguised fulfillment, replacing *food* to fill the void. Developing a relationship can medicate a "feeling of lack", the same way food does. A feeling of lack is when you want to fill your "void" with something to make you feel whole. It can be excess food, a man or even an inappropriate behavior. When you *transfer* a craving or survival mechanism, such as binge eating, to a relationship, it is *sex and control*—not love—that then dictates the relationship and defines the person. The "feeling of lack" is replaced by a "controlled substance" or a controlling relationship, out of fear rather than a developing a healthy and honest partnership. Control issues are (manifested in sex) which usually stem from the fear of feeling a void or incomplete. These new feelings are so powerful they diminish the possibilities for developing lasting love or inner fulfillment. It's simple: Real love does not coexist with fear. Fear is synonymous with any negative characteristic, such as jealousy.

A healthy relationship has the same qualities as a good career: connection and contribution. Control entails neediness, which makes it difficult to share or give to the relationship. Healthy relationships involve support rather than competition, empathy rather than pity, acceptance rather than control, inspiration rather than jealousy, gratitude rather than expectations, and surrender rather than giving up or denial. Obsession eventually overwhelms unhealthy relationships. Unhealthy relationships regress back to the original escape: the obsession of food. However, don't become your lover's friend. Some therapists claim intimacy is lost when there is a feeling of extreme safety in a relationship. It is normal to have *some* level of jealousy. Healthy, intimate relationships evolve when the *lover* remains the *lover*; that's it.

This takes us to another level. Some experts claim that women who have a need to constantly dress in a sexy way have a difficult time being satisfied (biologically speaking) with just one partner. One theory claims immodesty is a lack of oxytocin. (For example, adult children of alcoholics are shown to be born with less oxytocin.) Evidentially, these "sexy" women are unable to secrete appropriate lubrication consistently, unless they change partners. This can be perceived as a masculine trait, especially when observing the animal kingdom. It is the male species that reflects the ostentatious showmanship in both their appearance and attitude. Women who act out sexually or insist on an overt appearance usually come from families that had inappropriate boundaries. It's almost a cry for help or a possible need for appropriate closure of unresolved issues with their childhood guardian, usually the guardian of the opposite sex. (A professional can help closure.) These women can easily mistake feeling needy for feeling sexy. With this in mind, it's unfortunate that modeling has been celebrated as the ultimate career for a woman. Models are paid extraordinary amounts of money, are revered as role models, and don't feel any shame about walking into any door without a resume. On the other hand, modeling can be a healthy choice for female athletes or actresses when they want to celebrate their bodies or enhance their careers. This type of modeling seems to compliment their main goal rather than become a validating competition. When modeling is used as the primary goal, it's usually the result of a feeling of lack. Nude modeling, centerfolds, or pin-ups take us to another level. What type of woman would choose that image to define herself. (A desperate woman, from what I've experienced). It has been hypothesized these women had unavailable fathers or unhealthy paternal guidance and obsessively need the approval of a vast amount of men to replace their father. Some objectively compare this career choice to the oldest profession: prostitution, being paid to please a man. Nevertheless, society seems to shamelessly revere these lost souls. This influences our youth's desire, as well, to seek such easy infamy. It saddens me to see young people on talk shows express desire to attain this goal.

On the contrary, women sometimes act out in the opposite way. When there has been some sort of abuse (sexual, physical, or emotional), women sometimes shut themselves off sexually by overeating and subconsciously shielding themselves with a layer of fat. This shield can also manifest itself as anorexia or drug abuse. Although food/weight abuse can be the opposite side of promiscuity, it usually is derived from the same bad experience. For instance, one may be frigid due to a bad experience. Being frigid could be interpreted as using a survival mechanism to control or *discourage* sexuality in the same way anorexics control their food intake. Either of these mental disorders may stem from some sort of abuse. Healthy sex does have its physical and mental benefits as well. During sex, enhancing hormones and chemicals are secreted throughout the brain and body and raise the metabolism's set point. For example, epinephrine (helps blood sugar and muscle activity) is released during sex. This was evident when I had heard about a study about a group of nuns were compared with a group of sexually active married couples. The results noted that the nuns, surprisingly, had lower metabolisms and immune systems on the whole compared to the sexually active married women. (Bummer, I'm getting none!)

Here's the controversy: When is sex or sex appeal inappropriate or unhealthy? In my opinion, when it comes from a feeling of lack. It could be lack of control, lack of feeling love, lack of self-worth, or lack of family security. These feelings of lack subsequently turn into shame. When people are shame-based, as opposed to guilty, they mistakenly see themselves *as* the problem rather than *having* a problem. Those people's identities are smothered by unrealistic desires that can never be fulfilled. They compensate by placing extreme standards on themselves. Their desperate attempts at gaining control and escaping the shame swing one of two ways: They may inwardly seek self-punishment, triggering over-sensitivity that transforms into some addictive behavior. Or they may outwardly act out and overtly display insensitivity to what others think. Both are signs of depression, which is a form of self-absorption. Self-pity creates self-obsession and a need to escape. Eventually, the obsession loses its potency, which takes the behavior to new extremes. The addictive or radical and destructive behavior is born.

I have heard recently that it's been claimed that, when televisions were introduced into countries that normally don't have TVs, there was a rise in eating disorders. It seems silly to solely blame the media or outside circumstances for our behaviors. This creates a feeling of being helpless or a victim mentality, which prevents us from taking responsibility. We are in charge of our TVs and what is placed on ads. It's supply and demand. Women are the primary consumers. Television experts claim that during ratings sweeps months, *more than 3/4* of the audiences are woman. Women participate by viewing the sensationalized sex on TV! We do have a say by our actions as consumers and viewers. Women complain about the media pushing youth and unrealistic standards rather than boycotting

these shows, sponsors, and advertisements. As women, we are giving mixed messages of what we want in the media, because our actions don't match our complaints. Any show, commercial, and magazine that displays average women have been shown to not sell, time after time. Women idolize Marilyn Monroe more than men do. Her image is idolized on postage stamps. How has she contributed to women? Her story was pathetic, not enlightening or empowering. Her image is prehistorically cliché, not inspiring. People mistake Marilyn Monroe's weakness as being *vulnerable*. Being vulnerable actually means being without choice or power. Today, women think it's feminine to imitate and role-play this dated behavior. How discouraging that the world, particularly America, embraces and idolizes women's outsides rather than their insides. We do this by falling into the pit of making the billion-dollar campaign of sex and body image one of our main interests (in magazines, merchandise, on TV, etc.). Don't blame the messenger (or models). Stop buying magazines or watching programs that primarily sensationalize sex. Rather than demanding average looking role models, direct your financial support and ratings. Put your money where your mouth is. America is supposed to have the most liberated women with more rights than in most countries. We abuse that right by prioritizing beauty. In India, they are known for their caste system. Whatever caste you are born into dictates everything you do. There isn't any circumstance that would allow you to break in or out of that certain caste you were born into. In America, if a woman is born beautiful, she is automatically in the top of "America's caste system"—the system we have placed ourselves in. If you are an unattractive or older woman, your chances and choices are not available or easy compared to what the very attractive female can achieve with just her *appearance!* Yet we, as women, continuously choose role models (with what we purchase and view) by the way they look rather than what they've contributed. There are third world countries that revere women as top scientists or prime ministers. These women are not judged by their age or appearance. We've taken our woman's rights and thrown them back into the stone age by glorifying attractive women rather than women who contribute.

My sister and I are always asked the question, "What is sexy?" I think the most feminine quality a woman can embody is *virtue*. Virtue simply means "saving yourself" or waiting for the appropriate time and place. That is sexy to me. This correlates to the theory that women overexposing themselves or constantly dressing provocatively is a masculine trait. That is not sexy; it is a cry for help. I also think that a woman who simply chooses to be a wife and a mother carries that feminine virtue to the highest regard. As basic and outdated as it seems to some, I can't help but respect women who dedicate themselves to their families rather than seeking power, fame, and attention. To me, a sexy man is a man who seeks a woman with virtue and wants to share the desire to dedicate himself to his family above his

ambition to succeed. How unfortunate that I came to this conclusion walking down the wrong path.

Where did my sis and I go wrong, if we knew better? While growing up, my sister and I wanted to be veterinarians and horse trainers. We loved sports and animals and only used modeling to support our love of these things. We started modeling at seven years old. It was all we knew. Eventually our dysfunctional eating disorder turned a simple modeling job into a superficial career. Ironically, the image we portrayed on calendars and magazines is the complete opposite of what we really are. Initially it was sort of fun to be in disguise for a while. Then we became what we made fun of. Obviously we had underlying issues that caused our deadly disease (an eating disorder) to dictate and leak into our life-changing decisions. Using food to medicate our feelings of worthlessness was a learned behavior derived from an alcoholic family environment. When our eating disorder was out of control, we transmitted it into weight control, making modeling our *scapegoat*. We negotiated our career with our disease. Our career choices always stemmed from our disease talking. For example, we thought if we were documented as slim on the cover of a magazine no one would judge our eating disorder. We were like walking dry drunks. The “ism” was still there. Our unhealthy childhood environment had left us feeling neglected and unworthy. We associated our self-worth with success (at any cost), so we would be worthy. We turned to society for support and love rather than our unavailable family. It appeared to us that society respected *any* type of notoriety, even pin-up modeling. Being talentless: That was the perfect career that could help us control and hide our problems with weight. We obtained leverage by placing extreme standards on ourselves, and by doing so we pushed ourselves into a nightmare of extreme diet abuse. This is where we unknowingly crossed the line from victim to perpetrator, or started swimming with the sharks. We were so intoxicated with our insecurities and self-absorbed eating disorder that we became completely unaware of the negative impact we had on women. We didn't think much of ourselves, so we couldn't imagine having any impact on anyone else. That was the turning point when we came out of the closet and admitted to our eating disorder. Our career choice to model was originally transmitted from our food addiction). Modeling or food addictions come from a feeling of lack. Obviously modeling never fulfilled us; it only pushed us back to food. Our solution to weight gain was extreme dieting, which developed the next problem, bulimia, and eventually leaked into our modeling. We were more or less in a symptom-chasing cycle. Rather than dealing with the original problem (which were deep issues that transmitted into compulsive overeating), we solved it with continuous cycles of outside fixes. Our misguided interpretation of approval spun us into a superficial career to cover up the issues we were eating over. In addition, our addiction seemed to replace any relationship, because our only love affair was with food.

Despite everything, it now seems all worth it because we finally touched women who identify with us. Best of all, we finally have a huge female fan following that insists on purchasing our products and pictures, which they say helps inspire them to be healthy and recovered. We are grateful that we can finally utilize our “dysfunctional podium” and turn it into a source of motivation and *solutions* for others through sharing our downfalls and recovery.

Regardless of whether you are escaping or filling a void (unhealthy fulfillment), by using your survival mechanism (food, sex, and so forth), eventually it stops working and backfires. The very reason why you want to escape or fill your void is magnified when you find out your void can't be filled with escaping methods. This is denial. Unfortunately, I can admit we know this from experience. This holds true for any time you try to fulfill yourself with an “outside fix”.. If you seek a relationship for sex or money, then it is sex or money that will cause its demise. It is the same for food. If you use diet food to shed your weight, then the diet will bring you back to the reason for dieting: food indulgence or bingeing. The weight struggles begin their cycle, (dieting, bingeing, escaping, etc.). Of course it's natural for women to have the desire to feel attractive; that's normal. However, sex or concern about your appearance should never be a goal. Simply put, they should be the byproduct or a part of a healthy lifestyle and choices. And simple biology proves this true when you put it in that order.

RELATIONSHIPS:

My sister Shane and her eight-year marriage to actor Ken Wahl: I honestly feel my sister's marriage works for a few simple reasons. Both my sister and I have always been drawn to alcoholics. We had a lot in common with them, especially low self-esteem. We thought that, as long as we rescued our guys, we would be needed. Instead, we fed each other's diseases rather than sharing love. NEVER would I have imagined that my sis, who put the “L” in loser, would end up marrying someone who loved her as she was—without needing anything from her. Along came Ken Wahl. He was athletic, intelligent, and compassionate. He also happened to be a good-looking, popular, and successful actor. Star of the critical acclaimed series “Wiseguy” and about twelve major movies, he also won a few acting and writing awards and was named “sexiest man” on several major magazine covers. Despite all her insecurities, Ken loved my sister's virtue. It was a compliment. They take their relationship one day at a time. They both admit that, if it ended tomorrow, each would be grateful for what the other has given TODAY. Although they both love animals, sports, and shying away from the Hollywood scene, Ken is more like me than Shane. However, they respect each other's independence. Shane NEVER tells Ken what to do or tries to “fix” him. They make compromises respecting each others differences. They realize they don't owe or own each other, so everyday is exciting and new. They also realize nothing is forever and people have the right change their minds, which gives them freedom

without feeling obligated. This actually keeps their romance alive. I think romance is killed when there are expectations. That's why most marriages or relationships don't work or last. While people's similarities might bring them together, it is their differences that allow them to grow. "You like because.... you love although!" P.S. My sis thinks it's pretty ridiculous that I am writing about relationships when I haven't been hitched! Oh, well. At least I know what doesn't work!

Who do you think cheats more: men or women? Surprisingly, because women have entered the work field at about the same rate as men, they have also entered the cheating field on somewhat equal ground. I've heard it's about two to one (men to women), or approximately 17 percent of married women. The seven-year itch is a myth that was exaggerated by the movies. Some claim this straying theory has possibly originated from the poison ivy theory. It takes seven years to thoroughly be relieved of the poison ivy itch, without it returning. It's more accurate to call the straying syndrome the "four-year itch." This, again, goes back to biology. Supposedly, every four years seems to be the perfect biological time to bear the next child. The four year space, biologically speaking, gives enough time to find a new mate if necessary. This four-year theory seems to correlate with most relationship breakups. If your mate suddenly has a change in behavior, dress, healthcare, and schedule, then your instincts are usually right. Ironically, the cheater is usually the one who is overly consumed by jealousy and accusations. This is because he or she is projecting his or her own guilt. If your mate was the type to stray when you met him or her, then it will probably happen again. Straying, particularly with men, has nothing to do with their lack of love for their mate. It usually stems from a personal feeling of lack. Many times, men learn this from their parents or role models. If they outgrow straying, it's because of inner growth, not ultimatums. People change when they have suffered. Unfortunately, the suffering may happen when you leave them for good, without bluffing.

Setting yourself up and putting yourself in precarious situations will also inevitably lead to cheating. "Innocent" computer chats, a need to dress in a sexy way, and partying with friends of the opposite sex is putting the fawn in front of the lion. Trust is important, but denial is condoning disrespectful behavior. There are ways of setting boundaries without being controlling, in order to maintain self-respect. A mid-life crisis is a cry for help and is used as an excuse for cheating. It's a fear of responsibility and the need to recapture youth. Successful relationships are continuous compromises that entail different levels of mutual growth, other than sex. It is really important to treat your mate the way you want to be treated. Though a man may initially fall in love with a woman physically, he *stays in love* with the woman who makes him feel better about himself. Lasting couples learn to agree to disagree. This makes an argument a statement of boundaries, rather than a threat to control. If you are in a relationship to

help heal the past, it won't work if you are trying to change and control your mate. Rather than having to be right, respecting and accepting each other's differences and boundaries is more productive.

The divorce rate is more than 50 percent and rising. What does this tell us? People are jumping into relationships on an adrenalin rush, without any thought. In this state they use magical thinking and denial rather than communication and acceptance. Everyone is on a honeymoon high and put their best foot forward, initially. With this in mind, in the beginning of the relationship you won't be thinking straight and the other person won't be showing his or her true colors. Usually what people divorce over was *always* there to begin with. The honeymoon high creates selective denial. There's a saying that "once committed, women want to *change* their man, and men pray that their woman *doesn't* change." It's a mystery that arranged marriages seem to have a lower divorce rate. Perhaps, when there seems to be *no* choice, they work it out. People on their second and third marriage have a higher likelihood of divorcing again. Those divorcees seem to continually attract the same type of mate, who they continue to blame and complain about. I do notice that men or women who swear off the opposite sex are the ones who are *addicted* to relationships. They seem to get "high" during every crisis of the relationship. Their crisis usually brings them a great make-up session, which seems to be the only time they are decent to one another.

There are always the usual complaints when it comes to relationships. Men will complain, "the sex stopped; she nags me about everything; I had to pay for all her past debts" or "she gained too much weight." Women will complain, "I don't trust him and his wondering eye; he doesn't make me feel pretty or sexy; he'd rather be with his buddies than with me," or "he doesn't want to commit and discuss our future." Just because a jeep and a limo are both vehicles does not mean they perform the same way. They are built differently. So are we. Men are physical (visual) and women are connected with their emotions (feelings and romance). Because of our differences, it is important that you choose a mate who grew up with a *healthy* role model of the *opposite* sex. Naturally there is a special bond between mothers and sons and fathers and daughters. That is why we see most people attracted to characteristics of their parent in the opposite sex. If there is an unhealthy relationship between the child and parent of the opposite sex, that child, when grown, may need to heal that unhealthy relationship. A person may do this by being attracted to the same bad characteristics of the parent of the opposite sex. For instance, if a son hated his alcoholic mother, he might have a tendency to be attracted to alcoholic women. This will happen when there isn't proper closure or appropriate therapy before feelings turn resentful. Unfortunately, if your lover has unfinished business from an unhealthy relationship with a parent or guardian of the opposite sex, this will greatly influence your lover's perspective and rapport with you.

Sometimes children of alcoholics confuse rescuing or neediness for love. When lovers pretend to be their mates' therapists, it never works.

Currently, it seems more people are getting involved with addicts of some kind, whether it's a food addict, sex addict, shopping addict, drug addict, alcoholic, or another type of addict. The clues are always there. You either chose not to see them or you unconsciously participate. Just because someone complains about something doesn't mean there isn't a pay off for continually making the same poor choices. If you stay with an addict or continually attract addicts in your life and relationships, you have to reevaluate *yourself*; not them. What is your motive? Addicts are always living in a state of crisis. They are always trying to prevent, cause, or recover from a crisis. You will be manipulated into participating in their continual crisis if you choose to be a part of their lives. You will be forced to rescue them (temporarily) or enable them, but you will never be able to prevent their crisis cycle.

Sometimes people are attracted to bad boys/girls because it gives them a sense of power and it's easier to role-play (masculine/feminine). Some women feel feminine or virtuous when involved with a bad boy. Some men find the chase more challenging when they seek a hard-to-get diva. Continuously being involved with addicts or married spouses shows the need to have an "unavailable" lover. That makes it easier to blame the addict or the adulterer. However, these addicts or adulterers can't survive without enablers: you! Rather than focusing on their problems, ask yourself why you are attracted to or stay with "unavailable" lovers.

When people are in a relationship with an addict or are addicts themselves (whether it's a food addict or drug addict), it's not a relationship. It's what I call a "**hostage ship**." In the past, I seemed to confuse relationships with hostage ships. A hostage ship is when one or both partners are holding the other one hostage. All the unhealthy characteristics of the addict dictate the hostage ship. It's all about control, power, and mistrust. Neither lover is taking responsibility for his or her own actions. Healthy couples learn to agree to disagree. Unhealthy partners end up playing the blame game, diminishing any development of a true relationship.

Because eating disorders and other addictions are so prevalent (and rising), a relationship involving an addict seems to be more acceptable. If there are no serious commitments or children involved, then it would be highly recommended not to be involved in a relationship with an addict. If you are an addict, wait for at least one year of recovery before entering into a relationship. Reputable therapists and recovery institutions agree with this recommendation. This is because the addict in his first year of recovery has not yet evolved enough to make rational decisions. Incidentally, having a relationship with any addict is having a relationship with that person's unrealistic feelings. What I mean is that the addict is usually in love with the "high" feeling, not with you. You are along for the ride. The feelings

that that person gets from you are replaceable, and so are you. Their magical thinking is dangerous because addicts refrain from anything that ruins their “buzz,” including honesty. If an addict has a hard time getting in touch with his or her own feelings, he or she will hardly be able to be in touch with yours. Moreover, there is no room for any reality, because the addict is busy with “intoxication” rather than introspection.

When the food or drug addict is suffering from his or her disease, he or she lives in denial, numbing all true feelings. A lot of partners of addicts may be threatened by the addict’s recovery. They think they will no longer be needed or loved when the addict gets well. This may be true if you were an enabler. For addicts to get well, they need to clean up their environment, including people, places, and things that encourage their addiction. This may be you! Addicts are “unavailable” to give any real love because their priority and focus is on their drug of choice. Simply put, having an addict as a lover is having a relationship with the “*ism*,” not them. However, if you are a part of the recovery without being codependent, then you will continue to be a part of an addict’s life. The destructive part about having an intimate relationship with an addict, is that *you* become the problem, instead of that person working on his or her own self-made problems. When someone is detoxing from an addiction and lifestyle, feelings that are usually uncomfortably new will surface. The addict must learn to discover new and healthy ways to deal with those feelings, without having you to blame or enable.

Many times addicts transform their food or drug addiction straight into sex addiction, glossing over any love. Sex addiction, incidentally, is not the love of sex. It’s the “need” for sex at any cost. Sex addicts jeopardize their job, health, reputation, family, relationships, and integrity, just to obtain their drug of choice. I laugh when I hear porn stars or strippers claim that they are nymphomaniacs. More like *money-maniacs*. If they were sex addicts, they wouldn’t have a sense of priority or the patience to make business decisions. Sex addicts lack good taste or any taste at all. Their only “taste” is the taste of their addiction. Everything revolves around their addiction. Sex addicts have to give sex away for free or pay for it, because addictions don’t wait around for responsible, appropriate, or healthy decisions.

Love addiction sounded like a good idea for me. I thought, if I could lose my appetite over a guy, then I could cure my food addiction. Wrong! It’s just the opposite. My eating disorder waited patiently beneath my love addiction, eventually smoldering into a volcano. That volcano erupted any time my relationship fell apart or reality set in. Depressingly, I resorted back to my eating disorder, which silently accelerated on its own. That’s why I emphasize that all diseases are not about the drug of choice (food, sex, diets, etc.). It’s about denial, control, and escape, no matter what survival mechanism is used. It’s also trying to use outside fixes for an inside job in

order to deal with issues and feelings. In any relationship with an addict, there's usually an enmeshed situation. Your problem becomes theirs; theirs becomes yours. Rather than love, which should be unconditional (ability to let go), there is possessiveness, jealousy, mistrust, fear, obsession, and control. True love and obsession *do not* coexist. Love stems from security. Obsession stems from fear. With obsession, the relationship becomes more about obligation and manipulation. Not only do the partners in an addictive relationship take each other for granted, they feel the other owes them or that they own the other partner.

The dynamics of a relationship with an addict fluctuate between *reward and punishment*. The only time there seems to be peace or love in the relationship is after a huge argument. This honeymoon period is another high. The addict can't seem to live with or without you, but it is impossible to have consistency, commitment, or communication with them. The addict's partner is used to validate of the addict's insecurities. The addict will continuously test the partner's love. Remember, addicts are trying to fill their *void* with love. If they seek it through you or a sexual relationship, then you also become the target for all their blame. They will also blame you for their addiction. You are not filling their void. You become their excuse. Subsequently, the addict's partner takes things personally and guilt may perpetuate enabling. Although the addict will take things personally as well, that person's perception is unrealistic and he or she will take everything out of context. This creates a no-win situation. That is why you should place yourself outside of an addict's crisis until he or she has achieved long-term recovery. You need to remember it's not about you. It's about the addiction; that's all. There was no real relationship to begin with because the addict was suffering from a disease. Perhaps the addict was initially discrete and appeared to be in control. Nevertheless, you were never that person's problem or reason for being an addict, though you may be perpetuating the addiction.

If there seems to be no other choice but to stay in a relationship with an addict, because of major commitments like children, then family counseling is a priority. I would also suggest emotionally detaching yourself totally from that person. You, too, need your own therapy to deal with your feelings about the situation. You can't take these feelings to the addict. There is a fine line between a marriage that survives an addict's abuse and a relationship that thrives on codependency and enabling, or a sick need for each other. The few occasions when a relationship with an addict does survive happens when one or both partners seek extreme recovery. It works if each partner independently focuses on his or her own recovery—not the other person's. The relationship grows when each partner takes his or her own inventory rather than controlling and blaming the other. However, if the addict's destructive behavior is life-threatening or violent, or if repeated rehab attempts have failed, it would be wise to separate with the help of

a therapist. If an addict is determined to destroy himself and refuses all help or recovery, then you don't want to let yourself be pulled down with him. The addict will see more clearly when you aren't there to be blamed or enable. When they are alone the effect is like a mirror. This will help them introspect. However, if they continually isolate their sickness will be louder than healthy introspection.

In relationships with addicts, the sober partner becomes the caretaker. This person's role varies between rescuer, referee, the paternal figure, the food or drug cop, and the punching bag. Sex becomes a tool for validation or making up after an argument. Sex is the greatest form of intimacy to share with your loved one, but it becomes a dangerous tool of manipulation when used by an addict. The addict's perception is unrealistic, which makes him or her mistake sex for love. Sex cannot fill the void. This empty feeling causes the addict to resort to the *familiar* drug of choice.

Partners of addicts usually have the same complaints. They feel they are the bull's-eye of the addict's target practice. However, these partners don't want to "abandon" their loved one, especially because they are desperate to help and are afraid to leave them alone. The mistake of the addict's partner is thinking he or she can change, control, or help the addict. Only in rare instances has that ever happened, and it has only happened when the addict was willing to change and surrender to a healthy recovery on the addict's own time. But in most cases, this is not so. It is more important to be the addict's friend, who is better equipped to help, rather than the lover, who becomes the target. The lover should never be a parent, parole officer, or counselor.

I am speaking from the experience of being a food addict myself and trying to transmit my eating disorder into a relationship. The reason I am addressing the addict's partner is because that person will be more objective than the addict living with their disease. The addict usually chooses denial. You can't help someone that doesn't want help. You must allow your partner to hit his own bottom by himself. Unfortunately, only through suffering do we ever change. If you prevent your partner from finding his own bottom and constantly feel the need to bail him out, you are only creating a deeper life-threatening bottom for that person. Addicts must be willing to surrender and humbly accept the help they need to get well. Both the addict and the partner should keep this in mind: To open the door of *opportunity* in front of you, you've got to first close the door of *past actions and habits* behind you. Hope is the essence of positive affirmation. To love is to let go.

(Further details on addicts, enablers, codependency, etc. are in Chapter Nine.)

Brief answers to the relationship questions in the beginning

Rate your Date!

1. Women usually complain that the subject of long-term commitment is avoided. Every relationship should be lived day by day rather than immediately planning the future. Future expectations can kill any current romance. People who live in the future are magical thinkers, romanticizing the image of love rather than their mate. The mate becomes replaceable. A healthy relationship naturally evolves into mutual commitment. It's frightening for men to hear women speak about future commitments too early in the relationship, because they appear to be shoppers rather than daters.

2. It's ridiculous to discourage men from fantasizing, because it's natural for them and for some women. You can't train a man. They are biologically programmed that way. Women, on the other hand, have a destructive habit of thinking men should behave as their fantasy hunk from their romantic movies, soap operas, or sappy novels. These imaginary lovers are unrealistic and effeminate because these movies and novels are usually written by women, exclusively for women. Women actually think, if their lovers watch these chick flicks, they might see what a woman needs. It's just the opposite. Men hope women will get over romancing the romance. Most women don't realize their fantasizes are not what they are actually attracted to.

3. For men, physical attraction is their natural, instinctive nature. It's the same as a woman who is attracted to a man's financial status. If he were to lose all his money, would she leave him? Her instinctive nature is to be attracted to security. If a relationship was based on appearance and money, then that will be that reason for leaving. A man will leave a woman if she gains weight, if the relationship was primarily based on appearance. Furthermore, a woman would leave a man if he could no longer be a good provider, if that was the initial attraction for her.

4. If you feel insecure when your mate receives compliments, remind yourself that it is flattering that person is with *you*. You don't want to be with a charity case that no one will compliment. Feel good that you are with someone who is admired by others.

5. If you need constant attention or compliments, then you are not secure enough in yourself or the relationship. A relationship is not about competition. You don't always have to be the best or the first. This can also be a ploy to make the other mate jealous.

6. Jealousy makes you appear a "hoarder" who has to have *everyone* desire only you. It becomes a competition, not a relationship. You will not be able to truly love the person you are with, if you divert your focus from them to any past lovers. You should not judge your lover for past mistakes; nor should you care about your ex's lover. Instead, support your lover's growth. It's claimed that a woman lacks oxytocin if she feels the need to dress immodestly.

7. People are naturally attracted to strength. Patience and not overreacting is strength. If you call your lover continuously or always wait for their calls, you are probably obsessed. Don't have expectations. Obsession is the opposite of healthy attraction.

8. Be careful, constant need for control ruins intimacy. Obsessive control can develop into a "mother-son" relationship or an abusive relationship. Too much control turns a relationship into a hostage-ship. In a healthy relationship, there can only be one person who is in charge. Usually, in a healthy relationship, the man is respected and the woman is cherished. This way, the role playing is a not competition and does not get confusing. That is not to say you can't both make a decision together. On the contrary, women make the mistake of needing both: respect and being cherished. Demanding respect is a masculine trait. Respect is naturally earned. A woman should refrain from telling a man what to do but instead tell him what she *feels* she needs.

9. I think it's healthy to have your own life independent from your lover's. You should both have friends of your own. If your lover continually carouses without you, that is a clue there is a problem with the relationship. If this was your lover's behavior initially, you should know that people don't change for others—even you.

10. Usually having "friends" of the opposite sex doesn't work out well. It puts a strain on any relationship because the friend will always appear better than you or your lover. (The grass is greener on the other side.) Women can befriend men without sexual feelings. Men, on the contrary, rarely can separate sex and a friendship with a woman. Men normally have male friends. I would be suspicious about someone who insists on having "friends" of the opposite sex, unless they are gay. Hidden agenda!

11. When you continuously choose to be with "unavailable" lovers, then you also choose to be a victim. This usually stems from childhood abuse or a poor relationship with the parent of the opposite sex. When you choose to have an imperfect lover, it's easier to blame that person than take responsibility.

12. Blowing off the plans you made with your friends because your lover has called last minute is not only very rude but is obsessive behavior. Your friends can be a good support system. Your lover will have more respect for you if you state that you need advance notice. Perhaps your lover may join you and your friends.

13. If you had a poor relationship with your parent of the opposite sex, this will make it hard for you to trust or bond with your lover. Your image of the opposite sex is reflected in your rapport with your parent of the opposite sex. Don't make your lover pay for past wounds or unfinished business. Healing starts when you separate your lover from your negative image of your parent.

14. Revenge always backfires. Any type of revenge makes it appear as if you can't let go and you care too much. It could appear obsessive or like "fatal attraction." Revenge also gives away your power. The best revenge is no revenge, because it appears as if you've just moved on. ACT. Don't REACT.

THE CHOCOLATE FETISH: FOOD, SEX, AND LOVE

15. If you constantly are attracted to the chase rather than the relationship, you mistake need for love. Chasers don't want to join a club that would have them as a member. Chasers would rather have things that are not meant for them and get high on the initial challenge rather than develop longevity. Chasers live and thrive when constantly in crisis mode. Stability and security is boring for chasers.

16. Expecting to be "rescued" is being codependent. You take care of your own responsibilities, and your lover should take care of his or hers. This will define and maintain a healthy relationship. The lover who rescues becomes a parent rather than a lover, therefore ruining any intimacy. When you need someone, it becomes an addiction rather than a relationship. Chivalry is attractive, but you become less attractive if you become a bank withdrawal slip or therapist.

17. It is healthy to give and receive mutually. However, if there are expectations, then it becomes about keeping score.

18. Generalizing about the opposite sex is a sign of possible bigotry. This behavior is a clue to future problems. It can either be used as an excuse to blame or it can escalate into an abusive relationship. The person who generalizes about the opposite sex will speak to you condescendingly. There will be a lack of trust and respect. Look at your lover independently from his or her gender.

19. If your lover has become your best friend, then there is a lack of chemistry. When there is too much safety in your relationship, you will sacrifice intimacy.

20. Losing your appetite when you are with your lover is reacting to the initial adrenalin rush that *isn't real*. This means your appetite will eventually return. If there is no obsession, then there are never any appetite variations. Whenever there is a high, a low will follow.

21. If you are female and you always complain that men just want to have sex, be grateful you are still on the market. Men, regardless of their class, race, age, religion, and so forth, are first attracted to women, sexually. They are wired that way. Perhaps common interests, experience, maturity, spirituality, and other bonus qualities will complete a mutual bond, but sex appeal is the first on a man's list. If there is no sexual attraction, the relationship will not go further than friendship, if that. Men usually prefer male companionship. If your relationship remains purely sexual, then perhaps that was the only common dominator between the two of you and the only thing offered. Rather than complaining about men being "pigs," reevaluate your own dress, attitude, and the type of man you are honestly attracted to.

Answers to:

Is your lover into you? (a “hot fudge sundae or a rotten egg?)

1. Men rarely want to be friends with women, unless they are gay. A man is a “friend” with a woman (or a hopeful candidate) because he is hoping for sex. If either a man or a woman states to the opposite sex, “Let’s just be friends,” it’s saying “You’re not attractive enough to take it to the next level but are safe enough to hang out with, particularly if no one else is asking.”

2. Men premeditate their dates just like women do. If a man is interested in a woman, he will call her at least three days before the weekend. If he calls her last minute, then she was the last number on his list and his mind. If a woman calls a man last minute for a date, she is sick of being stood up or waiting for men to call her. She wants control.

3. If you are involved with someone who is heavily into drugs or alcohol, that person will use that as an excuse for infidelity and poor choices. It’s also an insult if someone has to get drunk or high in order to be intimate. Having a relationship with an alcoholic or drug addict, on any level, is having a relationship with the substance, or “ism,” not the person.

4. When someone is into you, regardless of that person’s excuses, he or she will always find a way to call or see you. The person won’t be able to get you out of his or her mind. Waiting is torture for the person who is interested, whether he or she is the one making or receiving the call. If someone makes you wait for a call, then that person is testing you while figuring out if he or she is into you.

5. If someone gets nervous when speaking about future commitments or a serious relationship, they simply are using *you* to fill that gap until they find the person that they *know* is their future! However, if the woman asks about careers, family, etc., on the first few dates, the man will feel the woman is profiling for providers rather than asking about the man as a person.

6. If someone speaks like a poem in a fairy tale, then that’s what he or she is doing: story telling. Talking about future dreams and making “dreamy” promises without hardcore, immediate commitments is just buying time, or leading you on. They are acting on their “high” and pulling you along for the ride. The person may not want to lose you or their “high” but also doesn’t want to seriously commit *right now!* The person seems to know what words to use to keep you hanging. Big stories are BS and whispering sweet nothings is just that: nothing but sweet manipulations!

7. You are in denial if you choose to only accept your lover when he’s in a good mood. In the beginning of the relationship, that’s as good as it gets. If your lover is a miserable person or cruel to others, you may just be in love with your lover’s initial high. Although everyone experiences moodiness, your lover may be using you to escape from misery. This is a problem because you will be replaceable, particularly when your lover’s moodiness evolves. Incidentally, you may eventually be the cause of

his or her moodiness. Judge a person by the way he or she acts around everyone, not just you. Is the person kind, generous, and a trustworthy person with everyone else?

8. I've known the busiest people with absolutely *no* time to spare. They will make the time for the right love interest. If someone is into you, that person will want to make you a part of his or her busy life. That person will stop the world for YOU! If they are too busy for a simple phone call, then you are NOT a priority worth pursuing and are last on their mind and schedule.

9. If your love interest complains that he or she needs space or time to figure things out, that person is still looking for better prospects than you! Perhaps it's moving too fast? That's another way of saying the person is attracted to *other* people and may feel bad about going too far with YOU! If they are still hanging onto you, they are just waiting with one foot in your relationship, ready to put the other foot in a relationship they are willing to be *serious* about.

10. Everyone enjoys the challenge of being chased and pursued. Even losers want to be chased (my sis)! Old fashioned or not, men's testosterone increases when they chase. It's the natural innate hunter in them. They sometimes may lose interest once they have caught you. Nonetheless, 99 percent of the time, when the woman makes the first move, it seems to never work out. In this case, the pursued gentleman may be susceptible to any other woman's dominant proposal and will be more vulnerable to straying. Perhaps he will yearn to gain back his manhood by chasing other females. Relationships seem to work when the man chases and cherishes and the woman respects without expectations. Women often complain that men get disinterested once the chase is gone. Though part of that is true, many times women don't seem to realize their own demeanor has changed as well and that they are expecting rather than accepting.