

## **Four Sex & the City Dating Patterns**

*What kind of SATC girl are you?*

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There are four common Deadly Dating patterns that single women struggle with:

**Crumbs, Chase Me, Not Perfect-I'll Pass and Safety Net.** The Sex & the City characters, Carrie, Samantha, Charlotte and Miranda, are good examples of women who dealt with these self-sabotaging patterns. The characters transformed their unique patterns in order to develop love relationships. Each Deadly Dating pattern reflects specific love relationship challenges and triumphs that many single women face. Here are the four types with fixes that overcome the obstacles of each pattern:

### 1. The **Crumbs** Deadly Dating Pattern (like Carrie)

- ✓ Accepting seductive & wonderful treatment from a guy who is ultimately out of reach & afraid of commitment (Mr. Big)
- ✓ Fantasizing about & falling for men who put her second, behind work or other women (Russian artist, Aleksandr Petrovsky)
- ✓ Cheating on a man who really loved her (Aidan) and pushing him away

*Deeper Dynamic: Believing that you don't deserve a relationship in which you come first.*

The **Crumbs Fix**: Give up the crumbs and take a seat at the banquet table. First, break up with the guys that are only giving you crumbs. Then make a rule: **I only date men who are (a) available and (b) crazy about me (for real)**. Try this on for size, even if it means spending time with guys who "aren't good enough" but who treat you like royalty.

2. The **Chase Me** Deadly Dating Pattern (like Samantha)

- ✓ Endlessly claiming she did not really want to have a relationship
- ✓ Leaving lovers & moving on for no apparent reason
- ✓ Fearing intimacy (Smith holding her hand in public!) and commitment

*Deeper Dynamic: A desperate need to be claimed, almost against your will, (As Smith successfully did with Samantha in the end.)*

The **Chase Me Fix**: Unless he's a real jerk, no testiness or running off! Instead, take a chance -- hang in there and be real with him.

3. The **Not Perfect—I'll Pass** Deadly Dating Pattern (like Charlotte)

- ✓ Fussy and a perfectionist
- ✓ Almost passed on Harry Goldenblatt, a man who was good husband material but balding & unpolished. (refused to go to beach party with him unless he had his back waxed)
- ✓ Judgmental and constricted about sexuality

*Deeper Dynamic: A self-critical nature where you judge anyone who would want you as “not good enough.”*

**The Not Perfect – I’ll Pass Fix:** Listen to the voice in your head that is hypercritical of you. Then you won't be projecting so much. If you start feeling turned off when he spills his coffee, say to yourself, *I'm being picky and critical in some way of myself, just like my mother (or father) is*. Even though this feels strange, it will change the way you look at men.

4. The **Safety Net** Deadly Dating Pattern (like Miranda)

- ✓ Afraid of being alone & pessimistic about her odds of meeting a great guy
- ✓ Dating guys she feels are beneath her
- ✓ Attracted to a man only if other women are interested in him or he’s left her (Steve)

*Deeper Dynamic: Low self esteem & a sense that you can’t compete with other women for a really great successful guy.*

**The Safety Net Fix:** Either leave or help this guy grow into someone you could fall for!

If you see yourself in these patterns, congratulations. Insight is the first step to freeing yourself to create the relationship you want! You can also take a special quiz and find out which Sex and the City pattern you may have at this website. You can learn

much more about the deadly dating patterns and how to overcome them in my new book, *Love in 90 Days: The Essential Guide to Finding Your Own True Love*. Pre-order it now from Amazon.com at a 20-25% discount.

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