

# *5 Dating Traps* KEEPING YOU SINGLE



**ARE YOU READY TO GO FROM**

feeling anxious to confident,  
confused to clarity, lonely to loved?

A step-by-step guide  
to level up your love life



# Hello there!

I know you're enjoying your single-life freedom, but I also know that deep down inside, you still don't want to give up on love. You want comfort, joy, and to experience the best times in a relationship and want to feel that deep connection.

Although you may have encountered heartbreak, you still want, cherish, and hope to find lasting love for yourself. I get it!

I've been in your shoes (I started to doubt my date-ability), it's hard to admit, but my dating picker was BROKEN! Not until I learned how to shift my mindset and develop healthy relationship skills did my results change, and I met the love of my life! Since then, I've helped countless singles do the same (I can help you too).

We go to school to learn how to read and write, but no one teaches us about dating and how to find and ultimately experience a happy and lasting relationship. Sure, some people are "natural daters" or have had great role models in their lives, but for the majority of us, we need to learn these essential skills. And that's okay!

Just like learning anything new, it takes time, effort, and practice to master. But I believe in you and that you can do it! With the right tools and guidance, you will be on your way to finding lasting love. Are you ready? Let's get started!

*Amie Leadingham*

Master Certified Relationship Coach  
Creator of the Path to Love Program



## 5 Dating Traps

Most singles fall into major dating ruts when they want to attract a desirable partner but have difficulty being authentic. They may temporarily capture someone's attention but creating a long-lasting relationship requires much more than common interests and just attraction.

One thing to be aware of is the potential for what I call "Dating Traps."

These are choices you make while entering a relationship that can result in unsolvable problems or issues between you and your partner. The problem may not be apparent at first, but over time, these traps can trap you in an unhealthy or unhappy relationship. Most importantly waste your precious time.

There are a total of 14 Dating Traps, but in this book, I want to share with you the top 5 traps that block many singles from relationship success.

By being aware of these traps, you can avoid them and set yourself up for a lasting and successful relationship.

# Marketing Trap

You make yourself more appealing to someone by overselling aspects of yourself and/or by concentrating on the most attractive packaging and presentation possible.

This may mean you end up telling prospective partners you like things you actually don't, creating an inauthentic lifestyle by doing things like spending beyond your means to prove worth.

When you fall into the Marketing Trap, you really just fear that nobody wants you as you really are. By marketing yourself as something you are not, you risk disappointment and relationship failure.

So when the excitement and promise of the person you claim to be conflicts with the reality of who you really are, one or both of you are left feeling disappointed, wondering "what if", and often angry.

**Trap Avoidance Technique:** Authenticity. By always being true to who you are, and where you want to be in life, while never leading anyone on or lying about your wants and needs, you will not only weed out the potentially wrong partners but also attract a person who likes you for who you are. Not what you pretend to be.

# Packaging Trap

In this next dating trap, you focus on a potential partner's outside packaging – such as someone's body, looks, job, wealth, and material possessions and overlook the reality of the person inside.

The Packaging Trap is the opposite of the Marketing Trap: instead of seeking to sell yourself with attractive packaging, you focus on the superficial packaging of others.

Singles that fall into this trap tend to use what society or influences deem what makes a good partner, usually tied to good on paper. They lack an understanding of what is required to make a relationship long-lasting.

Relationships are based on the foundation of similar core values, beliefs, and more. If you are unclear about yours, it will be hard to screen a potential partner based on the correct values.

If you only focus on what someone looks like or what they have, you may be overlooking the reality of the person inside.

**Trap Avoidance Technique:** Look beyond the outside packaging to areas that will create a quality, long-lasting relationship. In my *Conscious Dating Programs*, these very important core values you must have aligned to make a relationship work are called *Non-negotiables*, as they are your deal-breakers.

*This doesn't mean you should forget about chemistry or attraction, but their value in your relationship criteria is much lower and, therefore, not a requirement.*

# Scarcity Trap

Here, you believe there is a limited supply of possible partners (sometimes unconsciously), and therefore think that you have to take what you can get or be alone.

The Scarcity Trap results in relationship failure because there is a temptation to settle for less: you believe you can't get what you really want because there is not enough to go around.

Unfortunately, it is a self-fulfilling prophecy because when you expect less, you get less. As well, you have the added problem of always being on the lookout for someone 'better', just in case, the grass is greener. Both results are a recipe for relationship disaster.

**Trap Avoidance Technique:** Avoiding this trap starts by recognizing this is a Limiting Belief. Limiting Beliefs creates fear and doubt in you and puts limits on your overall mindset and how you show up on your date. Recognize you can create a new belief that serves your dating goals.

As a result, you'll have the confidence to say "No" to what you DON'T want and to be available to say "Yes" to what you DO want.

You have the power to choose who, what, where, when, and how, and can get what you really want if you make effective choices aligned with your life's goals and Non-Negotiables.

# Compatibility Trap

This happens when you assume that if you have fun together and get along well, you are compatible and a committed relationship will work. This results in relationship failure when discovering the vast difference between a fun-focused, recreational dating relationship and a serious, long-term committed relationship.

Life Visions (aka Life Goals) and Non-Negotiables really come into play here because even during good times, if you look at your partner and see someone who does not have the qualities or the goals that are compatible with where you want to be in your future, then you are clearly in the wrong relationship.

**Trap Avoidance Technique:** Even when there is a chemistry connection it doesn't always mean they are a match. Create a clear vision of your ideal relationship (a detailed relationship plan) and use this to help you scout, sort, screen, and test potential partners to find your person.

Do not try to convert a “just for fun” recreational relationship into a committed one, unless 100% of your *Non-negotiables* are met and your Life Goals are in alignment.

# Sex Trap

When it comes to sex, we often think of it as simply a physical act. However, there is much more to it than that. In fact, our sexual experiences can have a powerful impact on our emotions and our relationships.

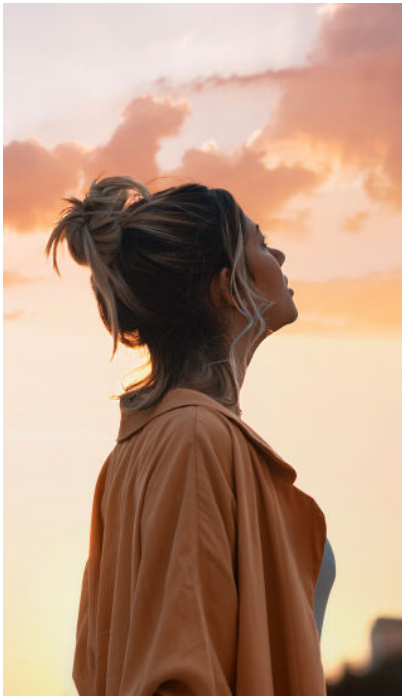
For some people, sex is a way of expressing love and intimacy. For others, it may be more about physical pleasure or even power and control. But regardless of our individual motives, sex is a powerful force in our lives.

When we have sex with someone, we are opening ourselves up to them in a very intimate way. We are sharing something incredibly special and personal with them. And for some people, this can create an intense emotional bond.

**Trap Avoidance Technique:** If you're the type of person who gets emotionally attached when you have sex with someone, then putting off having sex with a potential partner for as long as possible can only help in your decision-making.

By waiting, you can make an assessment of the overall quality of the person without the emotional cloudiness that comes after you have sex. Sex can and should play an important part in a relationship; it just should never be the most important part.





## **You're smart, successful, and an action taker.**

Let's be honest... you are an absolute CATCH, and you want that forever relationship. The one that feels NATURAL and EASY. Just RIGHT.

But you are tired of dating commitment-phobes, emotionally unavailable types, casual hookups, people you have to rescue, or no one you can take seriously.

**Something is not working, and you know it.**

You're beginning to doubt your... \*date-ability\*.

### **WORST OF ALL...DO ANY OF THESE SOUND FAMILIAR?**

- You are constantly worried about being perfect for someone to like you
- You change yourself to fit into a mold so that others will want you
- You prioritize the needs of others over your own needs
- You struggle with fully accepting and loving yourself 100%
- You have a crippling fear of rejection, so you do not put yourself out there
- You struggle with expressing your authentic feelings to the people you are dating
- Or maybe you just have not dated for a while and have no idea where to start

**If you answered YES to any of these statements..**

**YOU MUST CHANGE YOUR UNCONSCIOUS NEGATIVE DATING HABITS AND LIMITING BELIEFS IN ORDER TO CHANGE YOUR RESULTS.**

# Your dream relationship is waiting for you..

The truth is a lot of dating issues that make people feel like they are not good enough come from a person's family of origin and childhood or past experiences.

People tend to pick partners who do not meet their needs or stay stuck when they have not healed from their own unconscious false programming.

I help singles heal their false programming about themselves and limiting beliefs around relationships that prevent them from moving forward in their love life.

They learn a powerful tool to help them rewrite their unhealthy limiting beliefs and identify what a GOOD relationship looks like specifically for them so they can find true everlasting love.

## I bet you are here because:

- You are ready for a change. You want a simple process to help you learn how to get the relationship you desire.
- You know, deep down inside, there is something standing in the way of you getting the results you want in love, and you want to fix whatever it is.
- You are willing to look within yourself to do the inner work so that you can find and experience a healthy, long-lasting relationship.
- You will do whatever it takes to invest in yourself because you know you are worth the effort so that you can experience the love you truly deserve.



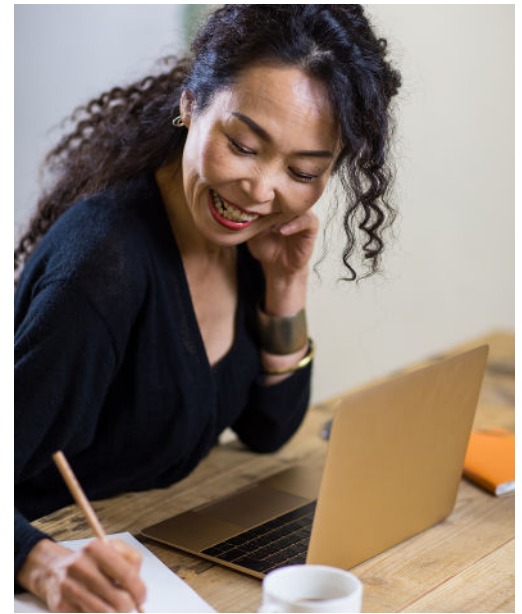
### YOUR BIGGEST DREAMS THIS YEAR:

- LEVEL UP YOUR DATING PICKER
- FIND YOUR PERSON + HAVE AN EMOTIONAL AND PHYSICAL CONNECTION
- BE WITH SOMEONE WHO MEETS YOUR NEEDS
- FALL IN LOVE ALL WHILE LOVING YOURSELF FIRST
- MANIFEST YOUR DREAM LIFE INTO REALITY WITH YOUR PERSON
- START YOUR OWN FAMILY AND BUILD A LIFE TOGETHER

# You're in the right place if...

## 01 YOU ARE READY TAKE CHARGE OF YOUR LOVE LIFE!

You are a problem solver. You know if given the right tools you can manifest anything you desire in life and love.



## 02 YOU HAVE A PATTERN OF SUCCESS.

Your career, life, and world are in order. Finding your life partner is just the one last check off your list and you're ready!

## 03 YOU ARE WILLING TO BE VULNERABLE.

You understand that there are negative habits that may be standing in your way. You are willing to self-reflect and make the need changes.

## 04 YOU HAVE AN OPEN-MIND AND WILLING TO LEARN.

You are willing to put in the work to develop healthy dating and relationship skills that will last a lifetime (even after you find your person).

"A PERSON IS THE  
PRODUCT OF THEIR  
DREAMS. SO MAKE  
SURE TO DREAM  
GREAT DREAMS.  
AND THEN TRY TO  
LIVE YOUR DREAM."  
-MAYA ANGELOU



# Imagine How it Would Feel...

- To trust your choices, and embrace your decisions without anxiousness or worry so that you can approach dating from a place of self-assurance.
- To feel confident enough to explore, get out there, and meet new people in person with ease in order to find a love that is truly meant for you!
- To feel confident enough to explore, get out there, and meet new people in-person with ease in order to find a love that is truly meant for you!
- To stop spinning your wheels in dead-end relationships and open yourself up to a true connection by getting clear about what you want - and who you want.
- To courageously open up and work through any misunderstandings in a healthy way. Vulnerability fosters trust and allows for a deeper connection between partners.
- To find a partner who will prioritize your emotional well-being. Someone who wants to create a safe and secure space for you to be your authentic self.
- To have a relationship that's built on an unbelievable chemistry and emotional connection...one where you feel truly understood. Something so special that all your friends see how amazing you two are together.

# Testimonials



## Aideen Ni Rada

I can highly recommend Amie as a dating and relationship coach! She helped me overcome my internal blocks to love and helped me to acknowledge my feelings more in all relationships. The work she did with me was instrumental in helping me stay grounded. Fast forward 2 years I am happily married!

## Tawanda

After hiring a matchmaker, being selected on a radio show for blind dates and even after driving to another state to listen to that cute British guy, still no luck. After another failed attempt at dating and getting the same results, I gave in and gave Amie a call. I found the root of what was holding me back from finding real love. Several months later and a new lease on dating, my picker was able to avoid those that weren't for me and lead me to my person. He is gentle, kind and loves my quirks. He is my soulmate, I can't believe I get to say that. Two years later and we still make each other laugh.



## Andy Giddy

I made a lifetime commitment to the girl I was dating. She is so amazing, whether it is doing stuff together or doing nothing, she makes me very happy. I'm in a great place but just like from day one, I always credit that you helped me step-by-step to get me ready for when the right person comes. Thank you for giving me the knowledge, confidence, and positive hope that someone was out there for me.

# Still Have Questions?

I'm so.. EXCITED to meet you. I know I can help. To schedule, simply click the button to check my availability, and follow the on-screen instructions to book an appointment that works best for you.

To inquire about my services schedule a Free Relationship Readiness Review with me.

PS. Make sure you receive a confirmation email of the appointment. Talk to you soon!

[SCHEDULE A CALL](#)

[TESTIMONIALS](#)

Once upon a time, I was a struggling single too. Through a new approach called CONSCIOUS DATING I finally found the love of my life.

Since then, I've helped countless singles (just like YOU) do the same. The universe brought us together for a reason, your intuition is right. Let's make your dreams come true this year!

*Amie Leadingham*

