

3H'S GUIDE™ :

A close-up photograph of a woman's hair styled in a messy bun, with some strands falling out. The background is a plain, light-colored wall.

Rocking

A photograph showing two hands holding a large, bright red paper heart. The background is a soft-focus outdoor scene with green foliage and sunlight filtering through the leaves, creating a bokeh effect.

the First

3 Dates

A photograph of two hands resting on a light-colored wooden table. The hands are positioned with fingers slightly spread, and the lighting is soft and natural.



Want to stop playing blind man's bluff when it comes to dating?

We've got a cut-to-the-chase (albeit, slightly crass) method that will help you better navigate the dating world, get deeply honest about what you really want, and rock out your first few dates.

Ready?

When it comes to dating, what many of us don't realize or take into account is that inside each of us are 3 voices that are critical voters and have very different points of view. They are the 3 H's: Head, Heart and Hoo-ha™. Over your lifetime, you have been negotiating with these three voices, unaware that they even existed. Each voice has a different agenda and a strong opinion about who is right for you, and all three voices must be satisfied and aligned in order for you to be happy in your quest for fun, ease and wisdom when dating.

The problem is we typically sell out on one or two of the 3 H's. The key to having a blast dating and hunting (another important H) for your one is to figure out which of the H's you typically sell out on, stop settling and hold out for ALL 3 H's.

Let's discuss what each of these internal voters care about most:



Your Head

Tells you what looks good on paper, what's practical, and what's smart. When you meet a new person, your head asks all the right preliminary questions:

Do we live in the same city?

Have similar beliefs?

If we don't have similar beliefs, are we both okay that we come from different religious backgrounds?

Are we the right age for each other?

Do we both want children, make enough money, come from stable families?

Your head will draft a good pitch for "why this person does or doesn't make sense" for you, and it might often be a hard one with which to argue; rightfully, because by its very nature, the head is smart, logical and out to only ensure that your basic needs are met.



Your Heart

Wants you to go deep and ensure that you truly care about this person and that they truly care about you.

Could you have an intimate conversation for hours and be genuinely interested in what they're saying? Would they be interested in what you're saying? Do you feel intrigued, inspired, and even awed by them?

Do they feel the same about you?

Do you respect them, believe in their dreams, and do you feel respected?

Does this person have the capacity to love you like you love them?

Do you trust this person?

Your heart asks, "Am I moved?" and it will always tell the truth, if you listen closely enough.

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Your Hoo-ha

Wants to be turned on! Your animalistic, physiological preferences can override even the best intentions of the head and heart. Your hoo-ha wants to know:

Am I hot for this person?

Are they hot for me?

Do I feel sexy?

Do I want to make out with this person (even with morning breath)?

Is it fun?

Do I think I could always feel turned on by him/her?

Do I want them to want me?

Is there something I find fundamentally sexy or cute about him/her?

If this was the last person on earth am I good being bound to this one?

The voice of the hoo-ha is speaking up for your physical and sexual needs, and it's backed (like it or not!) by thousands of years of human evolution.

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No selling out on any of the 3 H's.

In order to truly trust yourself and your vetting process, make sure that all of your 3 H's questions get answered. No selling out on any of the 3 H's.

What's important here is that you discern what means the most to you, to all 3 H's and get asking those questions. To no longer step over any potential potholes, but instead have great, deep, intimate conversations on your dates by being honest yourself.

Remember, this is about rocking out your first three dates, not starting an avalanche. Don't just take your dates out back and shoot all these questions at them at once. Pick your favorite questions or come up with your own and integrate them into the conversations, caringly.

Here are some sample questions to ask on your first few dates. They go from easy to slightly queasy.



Questions For Your Head

- Plan on moving states anytime soon?
- What do you love about your job? What would you change about it if you could?
- Ever been married? Why not? Or, if so, what happened?
- Have any siblings? Do you like them? They you?
- When was the last time you spoke to your mom, dad, siblings, grandparents?
- Do you have kids? Want any? Want mine?
- Five years from now, where do you see yourself? Working, living, traveling?
- What's your relationship to God and religion? And what's your family's religious background?
How do you feel about it?
- Serve any time? (Hey, might as well ask).



Questions For Your Heart

- What's your favorite characteristic about yourself?
- What would your friends say is the best thing about you?
- What's your best and your worst personality trait you got from your mom and your dad?
And, why?
- Tell me about your first love?
- Your first heartbreak?
- What's one of your favorite memories from childhood?
- What's one of your favorite movies that you've seen so many times, but are embarrassed to admit?
- What's one of your most embarrassing moments?
- What are you looking for in a partner?
- If you could rewind a moment in your life, i.e. the time you didn't audition for the band, ask so-and-so to prom, apologize to a friend, etc. what's your moment and what would you have done differently?



Questions For Your Hoo-ha

The hoo-ha has two types of questions. First, are questions for you to ask yourself. Second, are questions to ask your date that, when answered, might have you discover something attractive about your date that you may have missed. You never know, based on your asks and their answers, your hoo-ha might just have a change of heart.

Questions to ask yourself:

- Is there chemistry?
- If so, is the chemistry more than my typical type, i.e. s/he's unavailable, too young, no substance, needs convincing, etc. or is it just hot, pitter patter, palm-sweaty attraction?
- Do they have a twinkle about them?
- Do I feel attractive around them?
- Do I want to hold their hand forever?
- What's my favorite feature of theirs?
- Will I want the lights on or off when I (eventually) jump him/her?
- If this was the last person on earth would I be happy being with them?
- What would I change about them? Is it changeable?

Questions to ask your date:

- What are your desert island picks and why? One album? One food? One drink?
- What's your favorite physical feature of yours and why?
- What's your first kiss story?
- Your biggest crush?
- Most romantic date?
- Best romantic vacation?
- Best and worst pickup line?
- Oddest location you ever picked someone up?
- Oddest location you ever had sex?



Keep breathing.

However brazen these questions may seem, there isn't one you couldn't answer yourself. Have the courage to ask your date anything and everything. Remember, you are interviewing your date for the most important position in the world -- your desert island pick! You're worth it. And, given that you can't blow it with your one or, obviously, they are not your one, get good at this part. You've got nothing to lose, everything to gain and someone incredible to find.

If you'd like more coaching on love or to work on another area of your life, [sign up for a 30-minute consultation](#) to learn how HG Life coaching programs and services could benefit you.

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