

Category: Self-Help/Relationships

## *For men and women who take relationships seriously*

Which of these qualities are the most important to you?

Do you want someone who is kind, considerate, committed, honest, reliable, loving, compassionate, happy, interesting, optimistic, GSOH, intelligent and physically attractive? How many of these same qualities do you possess?

Why would anyone choose to stop their own search once they've met you? Especially in today's online world where almost everyone is now only a click away from being the "ex" in "n-ex-t".

In this book you will learn how to improve your Emotional Fitness by strengthening your Emotional Core™: the four qualities that provide you with the emotional stability, depth and strength to make you as irresistible to a partner as they are to you.

Adopt and absorb life-changing wisdom, insights and practical ideas to improve your current relationship or prepare yourself for The One you have yet to meet.

Includes hundred + daily Stop & Start Reminders to help you to BE The One. Starting today.



Roy Sheppard is a relationships specialist who writes and speaks extensively on all areas of relationships, including the 'taboos'. Known for his kindness, Roy has advised countless men and women, personally and professionally. He is also renowned for being one of the most experienced conference facilitators in the world. For more information: [www.RoySpeaks.com](http://www.RoySpeaks.com)

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*roy sheppard*



# How to Be The One

by  
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This virtual team has been dotted around the UK, France, Germany, Russia, Hong Kong, the United States and Canada. What has struck me time and again is how everybody regardless of age, background, education or culture seems to share the same relationship issues and challenges. We all do the best we can. All relationships are hard. The best ones are harder still.

The following people have helped make this a better book. Thank you.

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Bookshelves groan under the weight of books that explain how to get more dates or offer underhanded, dirty tricks and manipulative techniques readers can use to get their 'prey' to want them more, whether for casual sex or for marriage.

Some of these books boast sales in the millions and countless marriages as a result of their rules and deceitful techniques. The authors are less forthcoming about how many of those marriages actually ended in painful divorces for everyone, including countless innocent children.

Techniques to manipulate another individual may indeed work in the short term – but any relationship based on this type of behaviour cannot and will not last.

**How to Be The One** is **not** like those books. In these pages you will find hundreds of ways to become, without **any** manipulation or trickery, the sort of person another genuine man or woman would choose, and want to *keep* as a lifelong partner.

The key message throughout this book is a simple one. Although, it's easier to say than do.

If you really want a long-term, meaningful relationship **WITH** the best, you have to be prepared to put some effort into **BEING** the best for them, too.

If you have already found 'The One', this book will also show you many ways to help you connect at a deeper level with your partner, especially if you read it together. It may also help rekindle the original love, respect and appreciation your relationship enjoyed in the past.





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**How to Be The One** is also for the single men and women who are serious about wanting a long-term partner to share their lives with, in a special relationship based on honesty, kindness, mutual respect, deep intimacy and love, and are prepared to actually do something about it.

In fact, it's for anyone who wants to be that one person who brings out the best in a partner, who is in turn, as equally devoted to you.

All too often, when there's any discussion about relationships the focus is on the differences between the sexes. There are so many books, magazine articles, and radio and TV programmes on the subject. Some are divisive, driving a wedge between the sexes, while others such as those by Allan and Barbara Pease, offer valuable information communicated in an entertaining, engaging way.

This book sets out, in a gender-neutral way, to concentrate on the *similarities* and shared relationship aspirations of men and women of all ages and backgrounds. It has therefore been created following extensive collaboration with a team of men and women, both single and married. Rather than taking a group of women or men into a room and talking to them about what the other sex doesn't understand or consistently fails to get right, please think of this book as the equivalent of bringing men and women together into the same room, and discussing together how each gender can better understand the needs, fears and dreams of the other. Doing this, it is hoped that everyone can gain more clarity about what men and women look for in a long-term partner, and what YOU can do to become that person, whether for your existing partner, or for that special someone you have yet to meet. You may also become a far more appealing person to yourself.

**How to Be The One** is therefore very definitely for men **and** women.

Please make this book your own. Write in it. Answer the questions. Do the exercises. Jot down notes. Do whatever it takes to absorb the most relevant ideas. A tiny improvement today can have massive and positive effects in the longer term. And when you add together a lot of small improvements the benefits are even greater. A ship that alters its course by only one degree will, over time, end up in a totally different place. So can you. And it will be a better place.

Isn't it odd that we all seem to know what we need to do, but we don't do even the basics? In many cases the reason is simple – we forget. At the end of each Emotional Core section, you will find a series of daily Stop and

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Start Reminders to help you integrate new thoughts and behaviours into your life. You don't have to do **any** of them. Really. Because if you agree with any of what you read, and then think and feel it's a chore to make adjustments in your behaviour and attitude, you won't do it. You might start with good intentions but it probably won't last.

However, if you choose to make the Reminders a part of your future life, you will benefit more from the rest of what's in this book. Many of the ideas are so simple. When taken on their own, they may appear fairly small and insignificant. But add them all together, and apply them over time and they become a powerful and potent way to be far more appealing to others. There is space at the end of each section for you to add any new reminders you can think of.

You might choose to mark those reminders most relevant to you in the boxes alongside them. The more you remind yourself to make even small improvements on a daily basis, the more likely it will be that these actions will become new and beneficial habits. Repeated often enough, in time your brain learns to do them unconsciously. They become permanent improvements.

So when you read this book just **play** with any of the ideas it triggers. Play around with what you learn and what you **choose** to do. Carry the book with you. Dip into it on a regular basis. Then once you've read it, perhaps using a text highlighter pen too, you might want to make appointments in your diary to skim-read the book again weekly, or in a month's time, then a month or two after that.

One more thing - please don't **ever** beat yourself up about anything you read in this book. On that basis, you are invited to Be The One for that special person you have either yet to meet, or perhaps you've already met – and you'd like them to choose to stay in your life forever.

If you find this book particularly thought-provoking and helpful, please discuss it with family, friends and partners. Be free to disagree. Use it as a springboard towards a better future for you. And for them.

I believe that everyone has all the answers. Seriously. But in many cases they aren't asking the most helpful questions. Most people get 'stuck' sometimes. Often this is because they keep asking themselves the same unhelpful questions. An unhelpful relationship question could be "Will I **EVER** find 'The One'?" A more helpful alternative could be "I wonder what I could do right now, to increase the chances that I do meet 'The One' – and they feel the same

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*way about me?"* That's what you'll find in this book – lots of new, empowering questions to trigger new thoughts and better options. Sometimes it can take just one breakthrough question that really hits home to have a miraculous and magical impact. Imagine how valuable it would be to you if you found a lot of really great questions here. With an open mind, you just might. And you might even find yourself being able to answer them.

You might be asking "*Who are you to be writing this book?*" Well, for the past 30 years I have earned a living 'on-stage', on TV or on the radio asking questions. I trained as a hypnotherapist. I have facilitated and moderated countless in-depth, highly-charged and sometimes highly-sensitive discussions. My role is to be an independent 'conscience of the audience' to bring together participants and audience members in order to gain greater clarity of thinking, a better understanding of the issues discussed and a shared desire to move forward in a constructive way. In many cases my questions can be pretty unpalatable, and often very challenging.

A UK journalist once described me as a 'business Oprah Winfrey', which I still think is a pretty cool compliment.

I've lectured and written extensively on creating and maintaining business as well as personal relationships at leading business schools, conferences and seminars. I've been interviewed on radio and TV about all facets of relationships more times than I can remember. And personally, I have been married and divorced twice. Therefore I am also a participant, not just an observer.

### **A First-Class You**

When I was 24, I worked for the BBC. I was what is known as a 'Continuity Announcer'. Not only was I a 'voice of the BBC', with my role came a great deal of responsibility. I was personally responsible for putting television programmes on the air. More importantly, when things went wrong, as they often did in those days, I had the authority to make some fairly important decisions that affected the BBC. For a 24 year old, it was quite stressful. Because of this responsibility, and how the BBC was organised, I had a fairly senior management grade. And with that came a number of perks, one of which was being allowed to travel first class on the train, if I was travelling on BBC business. If you're a British reader you'll be pleased to know that I never wasted your TV licence fee\* by doing so. I thought it was wrong.

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Anyway, many years later I went through a personal crisis. The word 'divorce' was part of it (I told you I was a participant.) When you go through particularly bad times in your life, you tend to reflect on all sorts of things. What you've learned. What you'd do again. And what you wouldn't.

I found myself thinking about the real reason I never travelled first class when I worked at the BBC. In truth, I didn't feel I deserved to travel first class. You see, at that point, everything about my life was 'in economy'. I didn't feel I ever deserved anything better than 'cheap'. Certainly nothing first class. This hit me hard. For the next week or so, I found myself feeling very upset about this realisation.

Then one day, it dawned on me that 'first class' isn't a seat, it's an attitude. It's an attitude to life. Therefore, it's also a choice. I decided from that moment on to live a first-class life. There have certainly been times since then when I've forgotten to do so. But it's not long before I remember again and carry on with life.

I sincerely believe that you can also make the same choice. You can be first class. Simply by deciding to be first class. Not in a narcissistic, arrogant way, or insisting that you, or someone else, pay more than you need to for 'toys' that make you feel important – short term. But first class at a much deeper level. Being a first-class person for The One can only happen if you have made an investment in being a first-class person for yourself.

Every first-class athlete is aware of their 'Core'. Their 'Core' muscles reside deep inside the pelvis, lower back and abdomen. They know how critically important these muscles are to their physical stability, flexibility and strength. All top-level training programmes include a regime to develop an athlete's 'Core'.

For the first time, this book introduces the concept of your Emotional Core. This consists of four core emotional qualities that help with your stability, depth, flexibility and inner-strength. A strong and robust Emotional Core effectively protects your heart, and even your soul.

The best relationships can be truly transformational, but we all know that a bad one can also be so devastating. For many, the pain of previous relationships exacts a high price. They feel unable or unwilling to surrender to the sheer joy of a relationship – just in case it doesn't work out and they end up 'falling apart'. So they enter all relationships (especially those they think could be significant ones) in a highly defensive manner.

However, a strong Emotional Core that has been developed over time,

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gives you the inner strength to know that even if you get injured emotionally, you are more likely to be able to cope effectively and also recover far more quickly. (This is precisely how athletes benefit following injury when they have a strong physical core.)

This isn't to suggest that you throw caution to the wind with everyone you meet. But knowing you have a strong Emotional Core allows you the opportunity to be emotionally available to your partner. Do that, and you become as irresistible to The One, as they are to you. And without any tricks, manipulation or deception. You just can't have a successful long-term relationship if it's based on 'faking it'.

*How to Be The One* is about how you can become a first class version of **you**. It doesn't mean 'perfect' because no one is – and those who insist on perfection for themselves invariably make life fairly miserable for everybody else around them.

I hope this book proves to be a first-class ticket for your future journey.

Roy Sheppard. Bath, England. May 2010.

\*For non-UK readers, in Britain you have to pay an annual licence fee to own or rent a TV set. Revenue from this licence fee is currently used to fund production of all BBC radio and television programmes.

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# Chapter 1

## First-Class Choice

1989. *When Harry Met Sally* was a sensationally successful movie. Starring Meg Ryan as Sally and Billy Crystal as Harry, it told the story of how two people meet, **don't** fall in love, yet eventually come to realise that they are 'The One' for each other. It's most memorable and hilarious scene was probably Sally faking an orgasm, sitting at a table in a diner. And even now, after all these years, I still crack up at that comment from the older woman sitting nearby: *"I'll take what she's having."*

I also remember the film for a very short scene where their mutual friend Marie (played by Carrie Fisher) is sitting up in bed with her husband, Jess, talking about 'being single'. She says: *"Tell me I'll never have to be out there again."* Jess looks into her eyes and says: *"You'll never have to be out there again."* Just about everyone in a really happy and successful relationship 'gets' what they are saying.

Being single can be fantastic. For some, but not everyone. It can be fun and exciting. There's the independence and the choices: bars, parties, clubs, drink, drugs, hot dates and even hotter, steamy sex. You're free to do what, and who, you please. Getting drunk. Getting laid. Maybe wishing you hadn't. And promising yourself that it won't happen so easily the next time. And all those other things you don't tell your parents. Whatever you want is certainly out there somewhere. And there are a helluva lot of people you can do it with.





### 'The Moment'

Then one day, most normal men and women, wake up feeling as if they're 'velcroed to the mattress', utterly exhausted from whatever they got up to the previous night. They experience 'The Moment'. It's that glimmer of a realisation that the constant partying isn't *quite* as much fun as it used to be. And that, perhaps – just perhaps, it might be time to find someone special to be with, long term. If you've had 'The Moment', you'll know exactly what I mean.

As we saw in the movie, Sally was brilliant at 'faking it'. This book isn't about faking anything. It's about being honest with yourself and respectful of others. It's about being The One, being special and **ready** for the time when you meet that person (if you haven't done so already). Or perhaps, like Harry and Sally you have, but don't realise it yet.

*How to Be The One* is about what you can do - ethically - to increase the chances that 'The One' you choose is 'The One' who also chooses you, for the long term, and all in an honest, kind and loving way.

The rest of this chapter is specifically written for single people, but if you're already in a relationship, go ahead and read it to learn what it's **really** like 'out there'. And how the world has changed so massively even since 1989 *When Harry Met Sally*.

### Supply and Demand

In the business world, there's a law of 'supply and demand'. Basically, whenever there's a shortage of any resource (in this case, available single people), its value (or perceived value) goes up. For example, if there are only three people to choose from in your village, your choices of a mate are fairly limited – and so are theirs. You might hold out for someone better, but there could come a time when you are forced to face reality and lower your standards, rather than be alone. It's harsh, but that's what happened in previous centuries. And it still happens in many less-developed countries today.

It's one of the arguments in favour of arranged marriages. Families know each other, make a match (without using a dating website!), the couples get to know each other as friends, get married and live happily ever after. OK, that's just the theory – but there's quite a bit of research to suggest that a significant proportion of arranged marriages do actually work – for the men and the women.

Of course, there are also deeply unhappy men and women, trapped in





loveless marriages, based on convenience rather than choice. But in many other cases, millions choose to work at it together to create really happy lives together. And for the sake of balance - if you want a comparison, talk to the 2 million or so Americans who end up in the divorce courts – every year!

The West ain't necessarily best!

In the past, you took what was on offer, made the most of it, or you went without.

But the flip side of the economic theory is also true, and much more relevant to any readers of this book who are currently single: a glut of any resource (such as available singles) makes the perceived value of each individual go down. When you're one of just a few choices, you don't have to bother that much. But when you're competing with so many really hot, active, enthusiastic and 'beautiful' people, the stakes are a lot higher. You need to put in at least some effort to improve your perceived value.

You can't expect to 'get' the best without working at 'being the best'. This book shows you how to stack the odds in your favour – without resorting to any dirty tricks.

The world has changed. Expect it to change even further. The 'Supply and Demand' equation is completely different, too. Populations have exploded everywhere. There are now more young single people on this planet than **ever** before. So the chances of getting a date have never been better. That's the plus side. But the downside is worth thinking about as well: the chances of not being asked out on a second date have never been higher, either. This isn't being negative, it's facing the hard facts.

The number of single people is predicted to rise even further in the next couple of decades. Add to that a large global population 'bulge' of people in their 40s-60s. These are the baby boomers. Many are re-entering the singles world in their middle age following a divorce. This means there's now a massive oversupply of single, available men and women of all ages.

With so many available people, competition for the best people has never been so high. And it will almost certainly intensify. Making sure you have the qualities you seek in others will therefore become more and more important. And that's not the same as making it just 'look' as if you have those qualities.





### How Do Others Judge YOU?

The biggest potential problem going into a relationship is that the person you fall for doesn't feel the same way about you. And in today's world of unlimited choice, this is becoming more and more commonplace. With so many millions of single people out there, it has never been so easy to move on to the next person, just in case there's someone 'better'.

American comedian Chris Rock gets a huge laugh when he tells his audiences: "Guys, no matter who you are, you are **NEVER** her first choice!" Maybe that's a bit too true for comfort! And with so much choice, men can now afford to be more choosy too.

This book is designed to help you look at your own situation and behaviour in a different way. Not necessarily a 'better' way – just different. By thinking differently, you may choose to make different decisions about what you do, which in turn will affect how others respond to you. We all possess a collection of beliefs, attitudes, habits and other behaviours. Individually, they might not make much difference to who you are. However, the people we meet and become close to often notice (consciously or unconsciously) 'clusters' of these traits. It's the combination of these 'clusters' that lead to someone deciding, whether you are wildly or mildly appealing, or mildly or wildly unappealing. Helping you to think more constructively about who you are today, and who you can become tomorrow, can and will make a massive difference to your life. From the inside out.

It's the stuff you cannot see. It's what makes you irresistible – in a genuine way.

You probably have your own requirements in a partner. It might even be a long list. How many times have you pulled the plug on a relationship with someone who was really into you, but there was something 'not quite right' about them? Best keep looking, just in case!

Maybe as you read this, you're not quite ready to settle down with The One. Although when they appear, you might change your mind very quickly! Wouldn't it be a tragedy if that person continued their search, because you weren't providing the very qualities you valued so highly in others?

Everybody seems to want more from the people they meet and date. And yet most of us are only prepared to give more emotionally after getting what we want! We've all been hurt, so holding back is probably 'safer', isn't it? Unfortunately it doesn't quite work like that.

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As you read the following chapters ask yourself this question: *“If I was in court accused of failing to provide each quality I require in others, would there be enough evidence for me to be convicted?”*

### The ‘Next’ Generation

Thanks to the internet, being single has opened up mind-boggling opportunities to meet so many other single people. In one way, it is intoxicatingly exciting. It’s just like being given the keys to the largest sweet shop in the world. But in another way, it can be utterly overwhelming – even frightening. Far too much choice leads to a level of disposability that is difficult to manage. Meet someone who isn’t ‘perfect’? A replacement is only a few clicks away.

The trouble with being part of the ‘Next Generation’ is how many times you say, or hear, the word ‘Next’!

So if you’re thinking: *“Surely, The One will take me just as they find me, warts and all”* ...maybe. But what if the situation were reversed? Would you be that interested in someone who made no effort to meet your standards? And if you did, wouldn’t you be likely to take a little peek around to see if someone ‘better’ was available? Why do you think they wouldn’t do the same?

It’s human nature.

I interviewed one particular young woman for this book. She said: *“But why should I be the one to change? If he loved me, he’d take me as I am.”* In reality, when there are this many available people to choose from, the highest calibre people can afford to be extremely selective. They can ‘try before they buy’ as often as they like. And anyone who fails to meet those standards in any way, is gone. It’s as simple as that. My answer to that young woman was: *“You don’t **have** to change at all. Really. Although if you want to attract (and keep) the best, you might decide that ‘becoming the best you can be’ is at least worth considering.”*

Doesn’t it therefore make sense to think about what you most want in a long-term partner and make damn sure you have the same qualities you regard as so essential in others? You can be pretty sure they will keep searching until they find someone with the qualities they regard as essential. When it really comes down to it, it’s not just about the clothes they wear, how well they keep in shape or the car they drive. It’s about the person they are inside. And it is what is inside of you that they will be looking for ... and assessing and, yes, even judging. And they may not judge it very





favourably if you expect them to love you unconditionally, without making any effort to appeal to them.

You want someone kind, perhaps. How prepared are you to be at least as kind? It's the same with every other quality you would want in a future partner or spouse. Those in good relationships devote themselves to bringing out the best in each other, in equal measure. This is fundamental to the success of any long-term relationship. If one person does all the giving, while the other does the 'taking', it's only a matter of time before that relationship will become strained or broken.

Someone will become the 'ex' in 'n-ex-t'.

### Internet Dating

The average length of a relationship started via a UK dating website is about seven months according to research by Bath Spa University in the UK. Not exactly permanent is it? There are just too many 'hot' people to date. Is this heaven? Or is it dating hell? That depends a lot on your mindset.

These issues don't only affect young singles either. Louise is in her early forties. She finally plucked up courage to join a dating site after a painful and protracted divorce. She's a genuinely attractive woman. Her online profile photo was just a quick snapshot: no special lighting, no professional make-up or hairstylist. Within just 48 hours of uploading her profile, she received 183 emails from men (and a few women!). She was totally overwhelmed. Too overwhelmed in fact. She nailed it when she told me: "I was 'new meat'."

She didn't want to be 'new meat'. She wanted a 'new meet', a genuine guy to get to know and to love – and be loved. She didn't want to be part of what she described as 'this feeding frenzy'. How many of those 183 men could have been The One? Who will ever know? In truth probably, not that many.

As Louise found, the choice 'out there' can be SO huge, it is becoming very difficult to sift the good from the bad. Who hasn't scanned endless profile pages, instantly dismissing people based on a tiny photo and a few sentences they've written about themselves or had written by a friend? And they are making split-second decisions in exactly the same way about you. Except the 'creepy' ones of course: they *always* seem to want to get in touch with you. In much the same way as the comedian Jasper Carrott observed that the 'nutter' on the bus *always* wants to talk to you - not anybody else!





Does that mean dating sites are a waste of time for anyone who is serious about meeting someone special? Absolutely not.

Dating sites are without doubt the most fantastic and effective way that has ever been invented to connect with a lot of single people who have all decided to tell the world that they are 'available'. Although don't forget that there are still so many other effective ways to meet available single people offline, too. But to give you a sense of how many websites there are, for a fairly comprehensive listing visit [www.BeTheOneBook.com](http://www.BeTheOneBook.com)

Let's look at this phenomenon a bit closer and look at the numbers, to understand the sheer scale of internet dating today.

Match.com has more than 16 million American members (15% of the 95.9 million unmarried adults in the US). In the UK there are an estimated 15 million single people, a third of whom are registered with at least one UK dating website. Study the business predictions for companies like Meetic, which owns [DatingDirect.com](http://DatingDirect.com), the UK's largest dating website (5 million members), and Match.com in Europe, and you'll see growth. Business is excellent in the online dating world because demand is so huge. And it's set to rise even further. Which is precisely why new dating websites keep popping up everywhere, aimed specifically at satisfying the needs of just about every definable group of single people; based on locality, race, age, colour, religious beliefs, hobbies, income and sexual preferences.

But it's in China where the singles market is really exploding. Chinese website [Zhenai.com](http://Zhenai.com) is the largest dating site in the world with over 22 million members, followed closely by [Jiayuan.com](http://Jiayuan.com). It's estimated that there will be 140 million singles in China sometime soon. Adding any more numbers here is pointless since, by the time you read this, they'll have changed. But one thing is for sure, the numbers will have gone up.

And it's a similar story in just about every developed country in the world: more single people than ever before. Quite simply, there have never been so many opportunities to meet anyone, for anything. And that includes The One.

Searching profiles online can be strangely addictive. Receiving a constant stream of emails from seemingly attractive men and women is also exciting and great for the self-esteem. Whether it helps you find The One is a different matter though.

Being less than honest about yourself in your profile has even become





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an expected part of the internet dating experience. But it's hardly the basis for a solid long-term relationship.

All too often, the online promise is far more appealing than the reality, as anyone who has dated someone 20 years older or 40 pounds heavier than their picture, will tell you.

Stories abound too of male and female 'serial internet daters', constantly searching for the next date, and the next and the next. And as you may have already discovered if you use online dating sites, there are also a significant number of people who don't ever get around to actually meeting anyone face-to-face. With so many to choose from online, it's good enough for them just to feel wanted. Who knows how many of these men and women aren't even single, feeling trapped in a mundane marriage? You can lead a double life having a string of non-affairs. Online cheating in their minds is perhaps better than real cheating. And there are the ex-girlfriends and ex-boyfriends who take on the persona of a fictitious person in order to make contact with their former partners and keep up with what they are doing, so they can hate them from afar. There are some very strange people in cyberspace.

But what else can you do, when you are always only a click away from being rejected?

With so many available people to choose from, how do you manage the scale of the opportunity? Why not pack in as many dates as you can? The 'Speed dating' concept was born. It makes so much sense, too. But only if you're into quantity not quality. According to conventional wisdom, humans make up their minds about someone within 3 minutes. So, on that basis, it makes perfectly good sense to have as many 3 minute dates as possible. It's an excellent business model for speed dating companies, too. Even when you don't find anyone, you keep coming back 'just in case'.

On the one hand, there are huge opportunities to meet available men and women. Whilst on the other, it's become so easy (in many ways, far too easy) to give up on someone, or for that someone else to give up on you. As the aptly named website states, there are 'PlentyofFish' out there.

Throwing a tasty fish back, just in case there's a better one swimming nearby, is too tempting for so many. (Now you know why there's a fish on this book cover.) The One that got away is always a great fishing story, but makes for a lousy dating story. How many 'Ones' have you already thrown back, perhaps for minor reasons?

### 8 How to Be The One





### Intimacy

Joining any dating website or speed dating group says: “*I am looking for intimacy.*” Some want depth, while others choose to stay in the ‘shallow’ end of the intimacy pool. Everybody wants intimacy. It’s a basic psychological need for all humans. Whether that need is for the short, medium or long term.

Sociologists predict that loneliness and isolation will become the most common psychological ‘disease’ of the 21st century. Which is really odd if you think about it because how can you be lonely when it has also been predicted that the global population could be 8 billion in the next 20 years. And about a third of all adults will be single.

Definitions of intimacy vary widely of course; from the desire to mate for life with one partner and share the deepest forms of intimacy with that one person, to no-strings attached ‘intimate’ sex with as many strangers as possible. And it’s not just the men. During research for this book, numerous women have admitted they use the web primarily to satisfy their sexual needs.

What is your personal definition of intimacy? How deep do you want it to be and, in an ideal world, how long would you like it to last? My guess is that the fact that you are reading this book means you want longer-term intimacy with one special person.

The key of course is being able to figure out from all of the individuals you meet or date, which ones share your precise definition of intimacy, are emotionally available to you and are actually telling you the truth.

Anyone who has been (or is still) in a ‘one-night stand’ phase of their life will often admit that casual sex gives them a form of short-lived intimacy. Men like the idea they have what it takes to ‘pull’ (to ‘get the girl’), while women who have sex with these strangers, may not choose this option, but at least they feel ‘wanted’ – even if it’s just for a few minutes. Dulling the ‘pain’ of the fake intimacy of a one-night stand often requires copious ‘medication’ in the form of recreational drugs or booze. And thick ‘beer goggles’ of course.

The fantastically talented singer Lily Allen summed this up so perfectly in the lyrics of her song 22. She sings about a woman who just wants a boyfriend – but all she gets is one-night stands. She captures the quiet desperation of someone who appears to have everything on the surface but has nothing deep inside. The tragedy behind her lyrics is particularly poignant for a growing number of women. And men too.





There is a funny side as well. One woman in an interview for this book, claimed that she had never had a one-night stand. She added with a mischievous smile: “*The guy always calls!*” I nearly choked on my coffee as I realised she meant she was that good in bed!

### **Auditions for Intimacy**

A date is nothing more than a formal ‘Audition for Intimacy’.

Any actor will tell you that you don’t get a role without attending auditions. And you don’t succeed at auditions unless you’ve done your preparation. In my past, even though I was never an actor, I attended many auditions for roles in TV commercials and presenter jobs on TV. In one day, I was actually rejected for being the wrong sex, the wrong age, the wrong colour and the wrong height. Talk about not being Mr Right.

My agent once put me up for the role of a journalist in a real Hollywood blockbuster, *Patriot Games* starring Harrison Ford. They were looking for someone to play a BBC reporter, delivering a ‘piece to camera’ outside a hospital. The casting director was keen for me to meet the director, Phillip Noyce, because I was a genuine BBC news presenter at the time.

I was asked back three times to deliver my 20 seconds of dialogue, once on the movie set at Pinewood Studios. This alone was a childhood dream come true for me regardless of whether I got the role. How excited and petrified was I! A small speaking role in a major Hollywood blockbuster... and I was on a shortlist of two. Wow.

The excitement, expectation and attention of the movie business is quite intoxicating. A lot like dating in fact. And so is the rejection. Sadly, *Patriot Games* had to be ‘carried’ by Harrison Ford without my contribution. That role went to a woman playing the role of a CNN reporter.

In the media world, you learn to deal with rejection quite quickly, or you find another profession. Rejection isn’t personal... it just feels that way. It can be soul-destroying, but it’s the same with dating, isn’t it?

I was right for that part. I wanted that part. But it didn’t happen. Again, just like dating sometimes.

No matter how talented (or even how famous) you are, actors and other professional performers know that no one gets every job or part they ‘go up for’. Countless talented people routinely hear those dreaded words ‘Next!’ Many actors keep going to auditions for years. For most, auditions are deeply unpleasant, angst-ridden affairs. Few professionals





enjoy them. All the while, they prepare themselves for that brief moment when they might get their big break. Just like dating again?

The old Hollywood studio system identified raw talent and then taught these actors their craft: how to walk, talk, not bump into the furniture and look their best. If a future happy relationship is truly important to you, how much are you willing to prepare for what might become the most important 'Audition for Intimacy' you ever attend?

Recently I watched the entire *Godfather* movie trilogy. At the time these movies came out they were regarded as particularly violent. They don't seem to be any more, when you compare them with what is available now. Part of the box-set included a bonus DVD which included a lot of interview material with director Francis Ford Coppola and his team of actors. It was so fascinating watching the actual filmed auditions by young relatively unknown actors: Al Pacino, Robert De Niro, Diane Keaton, Robert Duvall and James Caan. Coppola spotted this raw talent and cast them in roles which ultimately catapulted them all to international fame and fortune. I was so struck at how important these short auditions turned out to be for the future careers of these actors. Their lives changed forever once they were awarded these roles.

Those actors (and every other performer who has ever attended an audition) prepared for those auditions by working at their craft so they were ready when opportunity came knocking on their door. As the saying goes: "Sometimes it takes years to become an overnight sensation."

Yet, who hasn't watched at least one of the many TV talent shows where tens of thousands of aspiring stars of all ages try their luck by attending open auditions. In many cases, queues stretch around the block as these wannabes wait in line for their 'big break'. This is 'Speed Dating On Stage On Steroids'. In less than three minutes you get the chance to impress those steely-eyed casting directors. Exactly like speed dating.

Those who just show up 'for a laugh' rarely, if ever, get far. And they **never** win. Winners are always incredibly focused, passionate, dedicated, committed, talented and they are always **ready**.

### **How Ready Do You Want to Be?**

Wanting the best available part or partner is perfectly natural. This has been the case for centuries. There's nothing new about that. But what is





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new is how our expectations have changed and what we have come to believe a good relationship is based on.

This was very well illustrated in a *Daily Mail* article by romantic fiction author Josephine Cox. In *Read My Lips! Love Stories are Just a Con* (25 October 2007) she recounted a conversation she overheard between two women in their mid to late twenties. One was telling the other about a guy she'd been seeing, who was great fun to be with, who treated her particularly well and always ensured she got home safely. But then she added: "*I couldn't ever go out with a man who has crooked teeth. They aren't even that white.*"

I wonder how long it will be before that woman realises that kindness and character are perhaps a tad more important than straight, whiter-than-white teeth. As her body clock starts to tick more loudly in the years to come, will she find herself 'settling' for a guy with a dazzling smile but who treats her poorly?

In that article, Cox, a multi-million selling romantic fiction writer, went on to reflect on how she and other writers like her could be to blame for creating and perpetuating wholly unrealistic expectations about romantic love, and those perfect, chivalrous, passionate, chisel-jawed, six-pack laden hunks. In all those passionate affairs, the relationships just happen. Happiness is always assured. Reality is never permitted to intrude. And Hollywood feeds the world with the same myths. Everyone is perfect, and everything always turns out well in the final five minutes. Happiness is guaranteed – without any effort or commitment. We'll explore these very issues in Chapter 11: TLC - Trust, Love and Commitment.

So how do you fit into this, whether you are married, living with a partner or as a single person, at whatever age you are, young or back out on the dating scene again following a break up or divorce? That is what the following chapters are about: helping you highlight what is most appealing about yourself, and working on reducing or even eliminating what's less appealing.

## 12 How to Be The One

