10 Love Lessons:

1. **DEAL-BREAKERS:**You have to know when to walk away and that is when you finally discover in your partner something that you cannot live with. In the film, an example of this was when Jennifer Connelly’s character saw that her husband was a liar. She decided to move on rather than to stay in a relationship with no trust.
2. **KNOW WHAT YOU MOST NEED:**I tell daters to think about the top 7 qualities they want in a mate and how they wish to be treated. We notice that when Jennifer Aniston’s character leaves her boyfriend and she notices how other husband’s act, she reflects on all the good qualities of Ben Affleck. She realizes that he does give her what she needs.
3. **DON’T BE ATTACHED TO THE PACKAGE:**This one is a reminder that there are always exceptions to our preconceived notions. We may think we want someone blond and then we fall in love with a brunette. Both Gigi (Ginnifer Goodwin’s character) and Jennifer Aniston’s character thought they knew what they wanted and were surprised. Jennifer Aniston’s character thought she only wanted marriage but when she saw that her partner was already everything she’d want in a husband, she changed her mind.  Gigi thought Justin Long’s character was just a friend in the beginning and it was only later that she thought of him romantically. Then even later, he thought of her that way. So, the axiom that ‘you’ll know right away’ also isn’t always true! Things evolved in a surprising way with time and the characters needed to experience things and be open to new learning.

1. **HAVE HIGH SELF-ESTEEM:**When we are in low self-esteem we invite and accept poor treatment. We are shown this again and again in the film.The desperation of these women reminds us of a hundred characters in our own lives because they so clearly are dying to be loved. While this is human, it is only when each one starts thinking about what is good for her that things shift. Jennifer Aniston’s character leaves (and then decided for her own reasons to return),   Gigi begins to only date men who are in to her and she begins to notice the signs, Scarlett Johannson’s character Anna chooses not to date the married man anymore and Jennifer Connelly’s character decides not to accept ongoing lies in a relationship.
2. **GIVE THINGS TIME:**We can’t really expect a guy to fall in love with us during the first day. If he did, he’d be in love with a fantasy because he can’t really know you. So, while research does cite that 97% of men call back in 72 hours after the first date if they want to see you, this is probably based more on initial chemistry. Having said this, you also need to give things time to get to know each other.The relationship between Gigi and Justin Long’s character shows that as they get to know each other, mutual respect and caring develops. So rather than just cutting men loose quickly (as the book suggests), look to see someone’s good behavior over time for it to count as significant and a pattern.
3. **DON’T SETTLE OR LIE TO YOURSELF:**Sometimes women are so afraid that they won’t find someone that they try to force something that feels wrong. I am all for giving someone three dates to see if they grow on you but I do not suggest a long relationship with someone who you know is wrong.Scarlett Johannson’s character proves this point when she tries to sleep with Conor in the film and later he asks her to move in. She loves the idea of moving in with someone but realizes that she does not want it to be with him.
4. **RECOGNIZE COMMON DEFENSES AGAINST LOVE:**Men and women often protect themselves from getting hurt in love. I discuss this in my book *Dating from the Inside Out* by describing 15 dating defensive styles. In this film, men and women exhibit defenses differently. The men distance from love and women are clingy when afraid. Both need to take a leap of trust to find love. For example, Jennifer Aniston’s character wants to marry and her boyfriend Ben Affleck is scared of the legal commitment.
5. **EVERYONE IS SCARED & INSECURE**: If we look at most of the character’s in the film, they show some insecurity or signs of fear when it comes to love. Drew Barrymore and Gigi are afraid dates won’t call. Jennifer Aniston’s character is afraid she’ll never marry or she is being taken advantage of by her boyfriend. Jennifer Connelly’s character is afraid that she is responsible for her husband’s affair.
6. **THINGS ARE NOT ALWAYS WHAT THEY SEEM:** This is true in the dating world and it was definitely apparent in the movie. Ironically, the married guy ends up leaving and the commitment phobic boyfriend ends up married.Jennifer Connelly’s character, the only one originally not suffering by dating, ends up alone, as does Scarlett Johannson, the femme fatale. Gigi ends up romantically involved with a guy she was friends with. This is why it’s important to let things evolve and to give something a try.
7. **LOVE IS POSSIBLE:**Although this movie starts out epitomizing the suffering involved in dating, there are a number of happy endings so one leaves with at least the hope that love is still possible. This is important because as the character Ginny says, what good is it if she has just learnt to eliminate everyone? It is important for daters to know that it dating a numbers game with a lot of rejection, but in the end it often does work out.

**1. Jerk alert!**
We are taught from a young age that if a guy is mean to you, it means that he likes you. So we are programmed to put faith in these guys. But guys are pretty easy to read for the most part. If he’s acting like a jerk, he’s a jerk.

 **2. Let him come to you!**
If you know that your lack of self-control will not allow you to wait for him to call, then you need to force yourself to chill out. If you watch your phone, waiting, but eventually send him a text asking why he has not called yet, here’s an idea: delete his number. Delete it from your call log, message inbox and contacts all together. Don’t worry; it’s temporary! It will force you to not contact him until he comes to you. Even if it takes him eight hours to text or call, trust me, he’ll be wondering what you were doing the past eight hours too!

 **3. Don't cheat!**
Don’t cheat. And DO NOT BECOME the other woman. No matter what. Not only out of respect for the guys’ girlfriend, fiancé, or wife, but also to help your conscience. Because your guilty conscience will get a hold of you. So for her sake, his sake and your sake, do not get involved with an otherwise occupied man. If you see a hot guy at a frat party, but you know his girlfriend is out of town and he’s a charmer, stay away. It’s as simple as that.

 **4. Talk, don't stalk!**
Do not stage a casual run-in. Do not walk around campus near the buildings he mentioned some of his classes are in. Because you rarely have a good enough excuse for why you’re there. If you run into him, you run into him. Don’t mess with fate, you will only freak him out.

 **5. Never settle!**
There are exceptions to every rule. But when it comes to relationships, the exceptions make up a very, very small percentage of the population. So the odds of every girl who reads this article becoming an exception will be next to impossible. Nobody is simple; everybody has his or her own glitches. But everybody has somebody out there who is his or her exception, and you will know it when it happens. But when it comes down to it, if a guy acts like he does not care about you, he genuinely does not care about you. So move on until you find the guy who treats you like a princess. He’s out there, I promise.

**6. Be a little mysterious!**
Nowadays, if a guy says he’ll find you on Facebook, just run. Because he’ll friend you on Facebook and you’ll be giddy and excited seeing his friend request. But after that, it’s all downhill. Because the best part about the first few dates is getting to know somebody. But if he has access to your Facebook, you’re an open book! No need for him to ask about your favorite movies, what you’re studying, where you like to go out, etc. It’s all already there! So give him your phone number and just leave the friend request pending. It’ll keep him waiting and make him a little antsy. Right where you want him!

**7. Let those cheaters go!**
If a guy cheats on you, just get out. Even if he is begging to have you back and even if he seems sincerely apologetic about his mistake. But what it comes down to is that he did it for a reason. Ladies, do not take offense to what I’m saying...but if a guy cheats, he’s looking for something else. Which is an awful realization, but it also means that he’s not your puzzle piece. Plus, if he cheats and you walk away without looking back, he’ll be the one moping. Because walking away without another word gives you a kind of confidence you have not felt before – believe me! It’s powerful because you realize how much more you deserved.

**8. Trust your instincts!**
The bottom line is, trust your instinct. We as women don’t give our instinct enough credit. When a guy asks for your number at a bar and you get a small twisted feeling in your stomach, trust it. That’s your body telling you he’s not good for you. When your guy says he’s going to be busy at the library all night and won’t have his phone, but then he butt dials you at midnight, that wrench in your heart is your conscience telling you something might be up. Trust yourself and if you feel like he’s not giving you the attention you want, then....*he’s just not that into you.*