

# Match Me If You Can

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How We Can Swipe Without Getting Hurt

*Prepbook for online dating strictly for woman only*



KURT GASSNER



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BY  
KURT GASSNER



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Kissing many frogs can quickly become discouraging, causing you to lose hope in ever finding your prince. However, perseverance, courage, uniqueness, and determination are crucial during this process, and once adopted into your daily life, will offer inspiration and alignment. You will soon find the love and happiness you desire—the love deserving of *you*.

This is a self-help book about the online dating scene. This book seeks to help ladies who have lost all hope in meeting their soulmates and partners as a result of the pain they've experienced from being with the wrong men. After extensive research regarding the online dating scene, this book has come to fruition, offering advice that can help you navigate online dating, discover yourself during the process, and learn how to find your soulmate. This book is a manual—an engaging self-help book—that offers an expert's guidance on mindfulness, love, self-discovery, and happiness.





# INTRODUCTION

“**Y**es, I’ve kissed too many frogs to count, but I’m still searching for my prince charming.”

If this sounds anything like you, then it’s time to look at things from another perspective, determining what you can do differently to finally see different results.

I’m here to tell you what I’ve learned so far from the experiences of people I’ve come across, what I’ve studied, and how this knowledge can be put into play to finally get the results you’ve been after all this time. In these pages, you’ll discover the secret to success when dating online, while discovering mind-blowing tips can improve your overall experience, and your dating life going forward.

As of 2022, over 53 million people in the United States alone have reported engaging in online dating; 32% of all adult males and 28% of all adult females in the United States have reported using online dating at least once in the past.<sup>1</sup> That being said, most do not have any prior experienced coaching in regards

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<sup>1</sup> <https://www.statista.com/chart/24165/online-dating-penetration-rate-revenue-selected-countries/#:~:text=According%20to%20Statista's%20Digital%20Market,revenue%20globally%20through%20paid%20subscriptions.>

to online dating—or dating at all—thus resulting in difficulties and common challenges in navigating this space. There’s a lot of information that goes into online dating, particularly in terms of setting up an attractive profile. Many women have reported receiving few responses to their profiles, making it feel as though their perfect man or partner is either non-existent or completely out of reach.

This book, taking all this into account, can significantly improve your online dating experience, offering advice based on the lived experiences of others who have been in your shoes.

Too often, there are intelligent women who are talented in their careers, well-educated, and have so much to offer, yet they are playing right into the hands of the wrong men who know exactly how to market themselves to women in a way that does not accurately reflect their true values and beliefs. This results in failed relationships and an overall feeling of hopelessness when it comes to online dating.

In this book, you will learn how to enjoy your first date—whether or not he’s the one. You will learn how to bid their time and not waste yours in the process. And most importantly, you will learn how to enjoy the process because when you see the red flags coming, you’ll be able to identify them right off the bat, thus avoiding a whole lot of unnecessary pain and suffering.

Like most things in life, dating can be considered a game. In this game, there’s an algorithm that favors those who have hacked the code—those who can see through the hoops they need to jump through to meet their goal of finding the man of their dreams. Some are lucky enough to meet their true love on

the first try, but for others, this is not the case. This book is for those people who have tried time and time again, with no luck.

This book is for those of you who have felt like you've kissed too many frogs, and no longer believe that there's hope for you in the dating scene. But I'm here to assure you *that is* hope for you, the heartbroken, dejected, and tired women with a slew of bad experiences, just as there's hope for women you'll read about in this book.

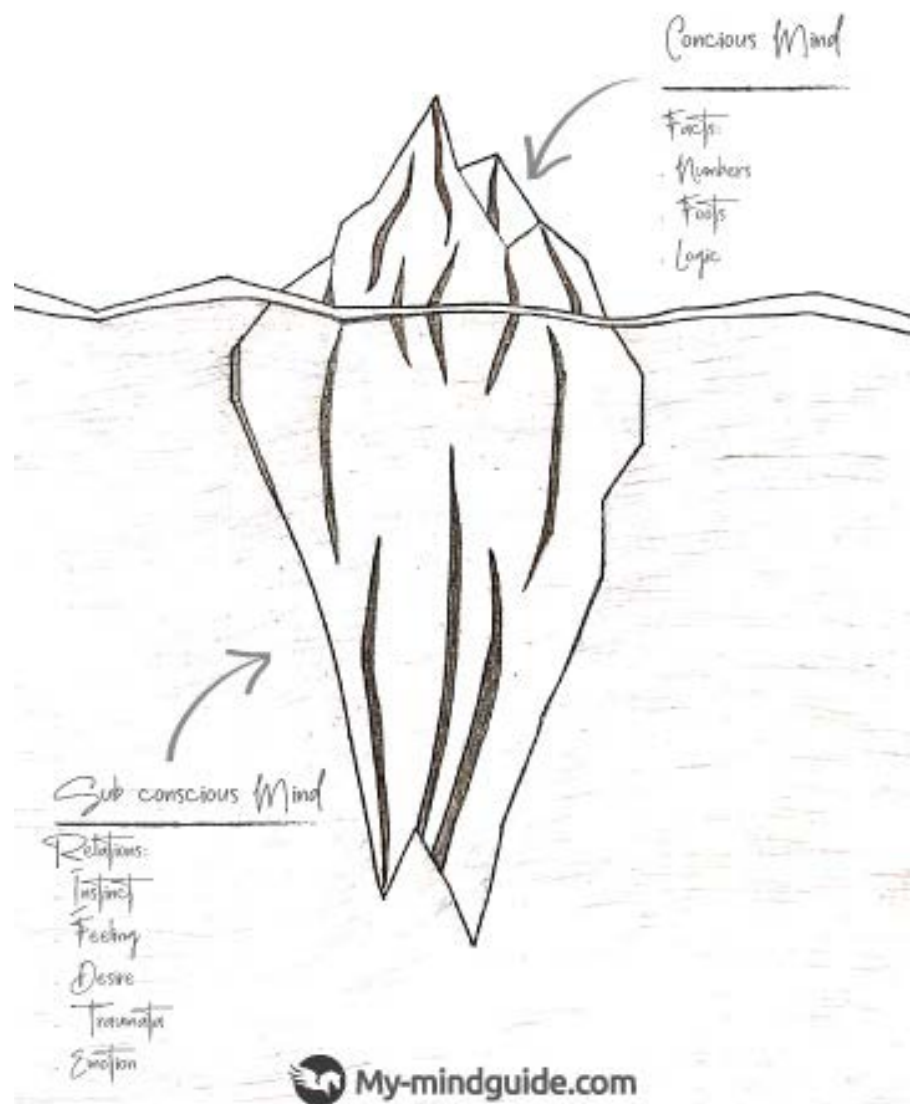
In this book, you'll learn through the stories of those who've been hurt by online dating and now decide to do things differently. You will gain insight from the lives of women who have survived all that you've endured. I bet you're curious—maybe a little nervous, and doubtful—about whether this could really be true.


Maybe you're unsure about how to establish yourself in the online dating scene for the best possible results. If that's the case, then don't worry; it's all covered in the pages of this book. With the experience of these women, my friends, and advice shared amongst men on how to identify the solid man for you, you'll come to know that you're not alone in your experience with online dating. Know that we understand your pain, your heartaches, and your hopelessness. Know that it's all valid, and we're here to remind you that you're a top-tier woman, who is bound to find the love she deserves. Here, we cover what works and what doesn't, while also looking at the subject matter from a female perspective, as well as a male perspective.

My goal in writing this book is to help you find happiness, success, and love, which may look different for each and every one of you. With that, let's begin, shall we?

# The Ice Mountain

## Mind Model





*Chapter One*

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# FAKE IT ‘TILL YOU MAKE IT: THE CRUEL REALITY IN THE MATCHING WORLD.

## **THE STORY OF CAMILLA, MY FRIEND’S DAUGHTER.**

**A**s fathers, when we come together, we can’t help but share our children’s success stories; however, many times, we also resort to sharing our children’s struggles, pain, and heartbreak. And as good fathers, one thing we look for in these conversations is a solution that can help our children navigate the obstacles in their way. This applies to our daughters especially, is many fathers believe they must provide added protection for our daughters out of love and worry.

Let me introduce Camilla, my friend’s daughter. Camilla is a beautiful, tall, hazel-eyed woman with fantastic chestnut-colored hair. She’s well-educated, having attended reputable schools, and has established her own thriving business. Camilla’s parents are so proud of her.

She attended a boarding school in England, graduated with a very high average, received her bachelor’s degree from Harvard

University, one of the most elite universities in the world, and later received her master's degree in molecular biology. She has quite an impressive track record, if you ask me. Her career was well planned. She was a young, emerging talent employed by the best companies, who gained promotion in her early years of work. She's not just doing well; she's thriving.

When Camilla founded her own business, she received funding from star investors. She created an app where an online doctor offers diagnoses and treatments using artificial intelligence, a combination of technology and medicine. The business looks very promising.

So, we sat down and asked ourselves—as fathers—why it's been so hard for her to find the right match.

Of course, men are attracted to her, and when she enters a room, most turn their heads to stare. She has many friends, is entertaining, thoughtful, and incredibly charming. “What the hell is wrong?” her dad asks me all too often.

Camilla's father advised her to join the online dating scene and see whether that improved her chances of finding love. She's been swiping left and right for an entire year now. with no prince in sight.

The many encounters she's had kissing frogs have left her wounded and unsure of herself, and her father is worried most. Being such a passionate and vulnerable woman, she can be easily hurt.

After these numerous experiences, she's started questioning her own self-worth, posing questions like, “Am I a *leftover*? Is there something wrong with me?”

All the men she's met online thus far have not lived up to her standards. Let's take a look at the types of men she's encountered:

- The under-achiever
- The clean freak
- The awkward one who refuses to be social
- The stingy one
- The one with no willpower or motivations
- The one who's too afraid to commit

Her father, no matter how hard he tried, couldn't pinpoint the issue.

Is your story similar to that of Camilla? Have you found yourself in the same predicament?

If you're a high-flying woman attracting men that are bad for you, or men who don't meet your desired criteria:

- Men who can't meet up
- Men who can't measure up to you or find it hard to commit to you
- Men who are not in any way close to the man of your dreams

then let me tell you what might be causing the issue.

It's no surprise that you have to be tough to make it big—especially as a woman.

It's hard work being focused and feisty. And not only that, but innovative and successful women are believed to not need someone to look after them because they're competent enough to look after themselves.

What many men fail to consider is that successful women would appreciate being looked after, even though they're able to do independently move through life. The company a man could offer them may not be essential to their livelihood, but it can most definitely improve it. After all, they're human, meaning they're vulnerable, and in need of emotional companionship, just like the rest of us.

Sometimes, location can play a role in the dating game. Could Camilla's location, Vienna, be the issue? Perhaps. Geographical stereotypes are very much alive in today's day and age, which could put a thorn in possible relationships with men outside her catchment area. So, we can't completely rule out location as a factor in the challenges Camilla's facing while dating online. Location matters.

But before we dive into what does and does not matter when it comes to online dating, let's start with *you*.

The online dating scene can be taxing when you are consistently meeting men that don't quite meet your criteria. To avoid this, you have to first be sure of yourself and sure of what you want. How do you do this?

Here are things you need to consider first before diving into the online dating scene:

- **Who are you?**
- **Your wishes and dreams**
- **How to start loving and caring for yourself**
- **Adopting a state of power**

## **Who Are You?**

It's essential for every human to know who they are, what they stand for, and what they can do to ensure they achieve their most authentic self.

Knowing who you are makes you independent, unconcerned with the perspectives of others, or the statements they may make about you. Knowing who you are can give you a strong sense of self-confidence. You know what you stand for in life; you have a sense of purpose, and can quickly identify what it is you're willing to tolerate, and what you're not willing to tolerate. To explore life to your full potential, you have to know yourself. To be yourself, you have to know yourself. To attract the man you want, you have to know yourself.

You have to also be aware of what is compatible with your spirit. Self-awareness allows you to clearly define your strengths and weaknesses. Once you've defined these, you'll be able to work on the areas of yourself that need tweaking. And for the weaknesses that can't be entirely tweaked—since we all have our own set of weaknesses no matter how hard we work to eliminate them—search for someone who complements your weaknesses and vice versa.

You are capable of understanding the full depths of your emotions, vulnerability, desires, and abilities, as well as what you will and will not allow when it comes to relationships and commitments. Once you have a clear idea of these elements of yourself, it becomes easier to determine what you're willing to compromise on, and what you absolutely are not willing to compromise on. This can make weeding out the bad men you come across much easier and much less painful.

So, if you're sitting there wondering what you need to do to get a better understanding of yourself, I have the answer for you. Before you can begin your journey of self-love, you have first to begin your journey of self-understanding.

Learning about yourself is not a job you can complete in a single day, as this is a never-ending process. It is a journey you embark on with yourself, your body, and your mind. Change is constant, so learning about the changes in yourself are never-ending and will make this journey one you embark on for the rest of your life. Getting to know yourself isn't easy or straightforward, but it *is* worth it.

There's no manual to this process either because people discover different parts of themselves in a number of ways. Once you pass the beginning stages of self-discovery, you'll learn how to nurture yourself, focus on yourself, talk to yourself, validate your feelings, grow, praise yourself, know what makes you tick, know what motivates you, and use this knowledge in effective and efficient ways.

Listed below are 25 questions that you can ask yourself during the process of self-discovery. Make note of your answers to each question, as this will give you an added sense of clarity.

Here are the questions to ask yourself to get answers to the question: **“WHO AM I?”**

1. What does your typical day look like? How would you describe it? What happens on your perfect day?
2. What did you hope to be in the future when you were younger?

3. Who inspires you the most? Why? What do they do to inspire you?
4. Who is the one person in the universe you would love to meet? What would you ask them if you had the chance?
5. What habit would you most like to break? What practices would you most like to start? What areas of your life would the new habits improve?
6. Think of one person you truly admire. What qualities do you like about that person? Would you love to have similar characters in your life?
7. How do you like to relax? What do you do in your leisure time? Is there anything you'd like to do in your leisure time that you don't already?
8. When was the last time you did something you were afraid of? How daring are you? Would you love to be no longer restricted by fear?
9. What are you most proud of? Yourself? Where you come from, your family, your body, or your achievements in general, be they big or small?
10. What do you fear the most?
11. If life stopped today, what would you regret not doing?
12. Who would you like to connect (or reconnect) with? Why?
13. What qualities do you admire in others? What are you drawn to first in a person?
14. What practical skills do you wish you had?
15. Imagine you're in your 80s. What memories would you like to have? What stories do you want to tell? What do you want to be surrounded with?
16. What is your favorite book/movie/song? Why?
17. If you could make one change in the world, what would it be? Why?

18. What do you love to do for others, or what do you love to give others? Don't think of an object, but rather think of something personal to you.
19. What excites you? What makes you giddy and out of breath?
20. What do you wish you did more of?
21. If money wasn't something you needed to consider, what would you want to do?
22. What area of your life right now makes you feel the best? What area of your life causes you to think negative thoughts? Why? How would you change the areas in your life that make you think negatively?
23. Let's jump forward a year. What would you like to have achieved in the past year?
24. What piece of advice would you give to five-year-old you? Sixteen-year-old you? Twenty-one-year-old you? Right now?
25. How do you want to be remembered in life? What would you want your obituary to look like? Write it out.

Defining your dreams and wishes becomes much easier when you have answers to the questions outlined above. Now, let's dive a little deeper into how we actually define dreams and wishes.

What's a dream?

A dream is a long-term goal you want to achieve. It is a long-term goal that fuels you to achieve your goals. It gives you the passion and strength to push forward.

A wish is a desire or hope for something to occur, but it's not something we actively pursue. When you wish for, you simply wait for it to happen.

When it comes to the world of dating, unfortunately, people aren't genuine. Instead, they adopt the *fake it until you make it* mentality. In the real world, people aren't always their best selves, but online, people always ensure they put their best foot forward. This means nobody is willing to be vulnerable or let their guard down. There are many lies, pretenses, and false versions of self when meeting someone online. This is something you must consider when dating online.

As a woman, to win in the game of online dating, you may have to fake it at some point, but there comes a time when you have to let go of the charade in order to build something meaningful and genuine. That being said, everyone does need to adopt a reasonable amount of the *fake it until you make it* mentality. Essentially, it means you must put your best foot forward even when you feel hopeless or believe you won't find love in the places you're looking. You must still try. And when you try, even though you aren't completely convinced that you will find love, you will eventually start to believe that you will. This is the positive aspect of the *fake it until you make it* mentality.

Note that this doesn't mean you should go out with a guy you don't like, thinking that you will eventually fall in love with him. It just means you should push yourself to always put your best foot forward until it becomes second nature, and you no longer experience a cycle of hopelessness. The thought behind this mentality is reframing your opinions, looking at a situation from another angle, and stepping outside of your comfort zone. Without these things, it becomes incredibly difficult to engage in self-growth.

Psychologist Bauer states that the *fake it until you make it* approach will help you adopt a positive mindset that your partner is out there looking for you, and that you will eventually find the love you desire and deserve.

### **What People Do to Improve Their Profiles.**

Your online profile should not attract men who will distract you from your goal, desires, or even make you second guess yourself. If the wrong men are encouraged to contact you and you engage with them, you will inevitably waste your time, and there's nothing as painful as time wasted on the wrong person.

You should intentionally construct your online profile to attract the type of man you want to be your partner—the man who will help you achieve your goals, compliment you, make you feel loved, and make your wishes come true. It should attract a man who checks off all your boxes—or most of them, at least. No one is perfect.

Your profile should also act as a filter in the sense that it should weed out any men who are incompatible partners, or those who will waste your precious time. So, it's important to filter these men out from the beginning since there will be more filtering to do later on with those who are actually compatible with you on the surface.

Earlier, in my time, women got married at twenty; twenty-four and twenty-five were considered late ages to marry. Today, most women have the insight and courage to choose from a broader range of prospects. They follow their careers, have good educational backgrounds, have great personalities, and

so much going for themselves that a man is no longer seen as the ultimate prize. But despite that, many women need to want a successful man.

And to attract a successful man, you must create a profile that portrays you in a positive light and highlights the characteristics you prioritize most. To do this, you have to be goal-oriented and know yourself well. What values rank top three on your list of importance? These values influence your profile writing.

People use attractive pictures to make their profile look good. Different kinds of men are attracted to different hairstyles, outfits, and overall outlooks. If you're going to play the *fake it until you make it* game, play it to the latter.

Research yourself and then research the kind of man you want. Look for things that make such a man attracted to a woman and tweak your profile to suit the kind of man you desire, all while maintaining elements of your authentic self. Do not get lost in the process. Include a conversational opening, and include full pictures of yourself. Stay positive and authentic while searching for what you want. Avoid clichés, being self-centered, or blowing trumpets around your achievements. You must value a man who loves you for who you are and not what you have—not your certificates, not where you work, not where you're from. Just you, your values, and your being. Someone who is simply happy that you exist.

# Healing The Past

1 Affect  
Desired Feeling  
(Place of Relaxation)

4



2

Characteristics:

- Pressure
- Hardness
- Stiffness
- Tight Feeling
- Tight Knot



5

Hypnosis  
You remember the  
never before

3

Location  
Neck  
Chest  
Stomach

