

DATING, SEXY TIME & YOUR BRAIN

How Brain Awareness Can Save You From Making Bad Relationship Decisions

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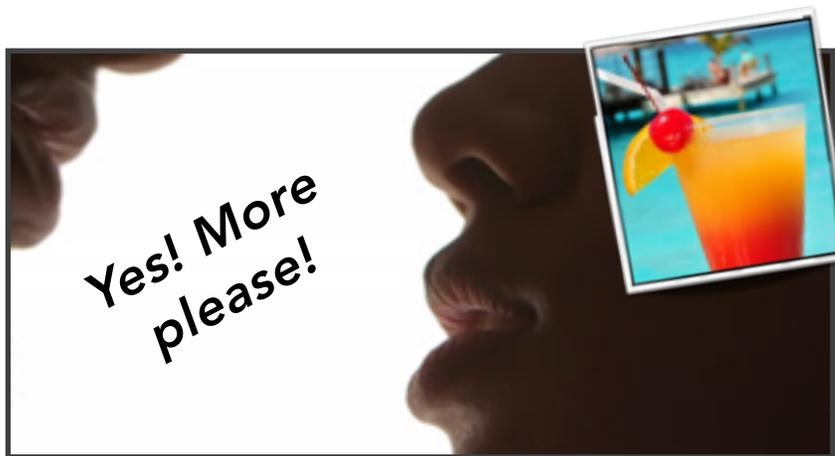


You need to know this. Because most likely no one has told you and you've wasted more time than you'll admit on relationships that are clearly not a match. Picture this: When you're actively dating, you're a walking stick figure with a bobbing head on your shoulders, with a mix of hormones swishing around your brain. In your brain is your personal bartender who's mixing chemical concoctions throughout your date night and dating relationship. A biologically unique blend of chemicals set off automatic responses that leave you with very little self-control because the control system that is known as your brain - has been hijacked!

Here's the point: Increase your brain and body awareness so that you can make smarter and better decisions that are a more encouraging path to a long-lasting, loving relationship. If you fail to use your brain, well... you just might prolong your search for a more suitable and empowering love match.

THE FIRST DATE... MAKE IT COUNT!

It's all in the setup. The location. The time. Your intention. Your boundaries. Knowing your values and what you're looking for in an ideal partner. It's hard to get to know someone when you shorten the distance between your mouth and their mouth on the first night, and start getting Olivia Newton John Let's Get Physical, don't you think? Or maybe Beyonce's Drunk in Love? Keep the first date simple yet purposeful, with room for more to be discovered. Make sure your reptilian brain is at ease by being super mindful of any red flags. Pay attention to any alarms that go off because it's an SOS signal - an alert to your intuition in your brain's frontal lobe, or to your survival center in your reptilian brain, that something is "off" or needs clarifying. Make mental note and don't be shy to ask clarifying questions!



THE SEX COCKTAIL: DOPAMINE, OXYTOCIN, & NEPHRONEPHRINE

When attraction is activated, your brain is biologically wired to keep an open tab of sex hormones served up all night and through the duration of the relationship. Teeny sips are all it takes to be drawn in — flirtatious glances, a long held gaze, smells, a touch, a kiss, you get the picture. Why? Because your prehistoric homo sapien brain was designed to propagate

your species every chance it got and this particular cocktail of hormones is the right mix to turn date night into baby-making night. Dopamine is known as the feel-good hormone. Oxytocin is the bonding hormone that brings you closer to a love interest. And norepinephrine is both a hormone and a neurotransmitter associated with arousal. Getting intimate early on — with all the foreplay and sexing, activates this baby-making blend of hormones, keeping the tab open while blurring your judgement. When your decision-making has been chemically hijacked, it makes it challenging to manage boundaries, more difficult to pass up sex, and harder to end an incompatible relationship.



USE YOUR BRAIN... OR PAY THE PRICE!

A night of uninhibited pleasure is one thing, but if you're in search of a meaningful, long-lasting relationship, be mindful of how your brain chemistry is being enticed by a buffet of biologically-wired chemical stimulants flirting with you from every angle. It takes form through the smell of pheromones, the visual queues of dilated pupils that accompany a long held stare, the chemical exchange with every touch, to the exchange of testosterone in your saliva. Before you know it, your better judgement, regulated by your Higher Mind, has left the building, and you've handed the keys to your new designated driver — your prehistoric reptilian mind!

When your Higher Mind is the lead driver, you can weigh the pros and cons of a relationship opportunity without brain chemical interference. Your brain awareness can help modulate how fast you get to know your date so you can be more conscious about your decisions surrounding intimacy, assessing compatibility, commitment, and beyond. Your reptilian brain as the driver, however, can be reckless because its decision-making is biologically wired and it wants to satisfy those sexual urges in the here and now.

Bottomline: The early dating phase is a key time to get to know your date and to explore your compatibility, short-term or long-term. By asking important questions, listening for answers, observing your date's behavior and mannerisms, and simply being aware of possible red flags, you can make smarter decisions about moving forward in the getting-to-know-you stage, or not at all.

Slow down or put a pause on sexual intimacy with someone you're newly dating. It's harder to uncouple once you've bonded sexually, *ehem...chemically*. Get to know your love interest over time to see if you're truly compatible versus just compatible for the moment. If you skip this step, you may just pay the price — in emotions, time, an unwanted pregnancy, STI or STD, an unhealthy or unsatisfying relationship, or a premature commitment. Have fun dating! Follow your heart...but make sure to take your brain with you! Good luck!

Liza F. Camba (Sat-Akal) is a Certified Neuroscience Coach and the creator of **THE PURPOSE**, Liza's signature mind-blowing program that helps creative professionals, leaders, and entrepreneurs upgrade their brains and their entire lives. For more info and to book your complimentary consultation, go to TheSacredYes.com

