

All right. Thank you all for joining us this afternoon. We have Dr. Jim Guinee here from the counseling center who's going to be talking about dating while in college. What not to do? I wish I had heard this when I was in college. Some what, 2 or 3 years ago., Dr. Guinee? Mm, yeah. Right. Okay. But anyhow, he will let you know what he wants from you, whether you want or he wants your cameras on and if he wants participation. But let's give him a thunderous, solid round of appall applause. Hi, Dr. Guinee, I turn it over to you. All right. Thank you. Alright, well I can't see anybody, but I'm assuming you're all able to hear. So I'm just going to go ahead and start. Apparently, I did something similar like this last year. And I forgot. So I kinda recreated a presentation. I have a hard time with this topic because it obvious to most people that I'm older than students and my dating experience is way behind me. And there's a lot of stuff going on today about dating that I don't necessarily understand. So what I decided to do was just to come up with a short list of things that I call what not to do. That I'm pretty sure regardless of whether we're talking about when I went to college or when y'all are going to college or when your kids go to college or whatever. There's some things about dating that probably will not change. Some of this is certainly based on my own experience and some of it is certainly based on different students that I've worked with over the years. And what I see at times that, you know, we all do some more than others. As far as dating, that tends to cause trouble. So I'm gonna start with the first one. The first do not is what I call do not mislead yourself or others about your reason for dating. So are you looking for something casual? Are you open to a serious relationship? Are you shopping for a mate? Once upon a time I had a client who was 18 years old and told me straight up that she only would go out with a guy that she could see herself getting married to. Okay. So basically she had some well-defined criteria, and her pretty much approach was, if I see a future, great, if not, you know, there's not going to be a second, not gonna be a third date. So for her casual dating, dating different people, that was really not something that she was open to. So I said, you know, that's fine. The upside is if you really know what you want and you stick to getting what you want, you're not as likely to be disappointed. So if she decided, again that she only wanted to date guys that met a certain criteria, then she's less likely to wind up dating someone that she might really like, but then they're not compatible. Relationship doesn't work out. The downside is, you know, you're, if you're a freshmen in college and for you dating is about finding a life partner. I don't think most freshmen are thinking like that. So I said, I don't think you're going to be going on a lot of dates for awhile. But again, that's up to you, you know. The problem that I see sometimes is that somebody may want a serious relationship and they meet somebody they like and but the other person just wants to keep it casual. And that's, you know, that's their business, that's that's their choice. Where you run into trouble is whenever two people start dating, whoever likes the other person more always has the disadvantage. It's unfair, but it's true. And the problem is sometimes the person who really likes the other person, but they're not as much into the relationship. And so you wind up settling for maybe less than what you deserve or what you want, and eventually you wind up unhappy. So again, you know, do not mislead yourself or others about your reason for dating. Its just be honest with yourself, be honest with the other person. You get what you want and not what you don't want. Alright? So number two, do not. Oh gosh, some of you may relate to this some of you may not. Some of you may know people that can relate to this. Do not analyze and over analyze and then analyze some more about yourself, the other person, the last text, the relationship, et cetera, et cetera. I like this image. It takes me about 15 minutes to send a two sentence text message because I over analyze it to death. Then I run away from my phone and hyperventilate if my message was lame or not, and no one has any idea. They just think I'm really busy. The problem with analyzing and over analyzing the other person, the conversation, that relationship, the last texts they sent, last phone call. Part of the

problem is that you never know what the other person thinks. But if you're insecure, you usually decide something negative. So for me what I see is people that overanalyze are never happy the relationship because they usually drive themselves nuts. Once the other person starts to figure out how insecure you are and if you start driving them nuts, you usually wind up pushing them away. Obviously not what you wanted to do. And over analyzing in my experience as a therapist, I've never seen anybody over analyze and wind up feeling better about it. It's amazing people that overanalyze that over dissect. Usually, like I said, it comes from an insecurity. It comes from, and I wish I really knew if this person liked me. I wish I knew how this person felt. I wish I knew what they thought. Which that's fine. But that's not going to happen. You have to be able to just come to grips with the fact that you're never going to know for sure what the other person thinks. You're never going to know for sure how the other person feels. You have to be able to take a leap of faith. If this person says, I like you and their behavior seems to support what they're saying. I say, you believe it until you see a reason not to. Again, people that are insecure start looking for little signs, little things to kind of pick apart. They pick apart their own conversations, they'll read a text message from the other person, and, you know, analyze it to death. I mean, I know a lot of us use texting a lot I do. But we also realize, among other things, one of the problems with texting is there's no tone of voice, so text messages sometimes are real easy to misinterpret. So basically my advice about analyzing and over analyzing is just don't do it is try to learn to just have a little bit more faith in yourself and a little bit more faith in the other person. Now, does that mean that the other person is being completely honest, no, and again, that's why it's a leap of faith. If I'm dating somebody and after three dates, she says, I really like you, I'd like to see more of you. Okay, cool. That sounds good to me. And then all of a sudden I don't hear from her anymore. Well obviously she was not being truthful. Sometimes that happens, people will say one thing and they think something else. But I'm a firm believer that until you get some kind of negative comment, behavior experience, I just think that people should assume the positive. Think positive until you can prove that it's something negative. Alright. Number three, do not overlook the red flags or warning signs. So none of us are perfect. That some people have some work to do before they can be with somebody else. You know, again, none of us are perfect. We're all flawed, we're all kind of messed up. I will tell you, I used to worry a lot about how I was messed up and and tried not to let the other person in the beginning of a relationship see that. What I've come to see later on in life is that, you know, every one of us is kind of messed up. Everyone of us has got problems. So you're not going to find someone perfect. You might as well just try to be yourself and let the other person see what you're like and see how they react to it. Yeah. I mean, that doesn't mean like, you know, when you first go out with someone, I'm not going to disclose stuff to them. That's really personal, private, embarrassing. I'm going to wait. I'm going to time myself disclosure, but I am kind of a dork and sometimes I'm kinda awkward. And I used to worry that, oh man, and if I say something stupid, She won't want to go out again. Not realizing that most people usually don't stop seeing another person because they made one dumb comment or they did something stupid. In fact, when you really like a person, sometimes stupid stuff is kind of a charming. But here I gave a couple of examples that actually have a really intelligent, very beautiful client. And I don't know what her problem is because she winds up going out with guys that are, I don't know, I don't know where she meets these dudes. But she went out on a date with this guy the other day and she made one kinda joking comment to him, just, just kind of teasing, that's just kinda how she is. And I think that's fine. You know, I mean, it that's how you are. I don't mean like not to pick on him but be yourself. So she likes to kinda joke around. So she threw a joke at him and and he got pi\*\*\*\*, not just a little upset, like angry. Unlike on the first date when he's supposed to be like showing you like putting the best foot forward.

Okay. Not a good sign. You know, a girl or a guy, you know, texts you repeatedly when you don't text back and you've been dating a couple of weeks, you know, another one, not a good sign. The problem with warning signs is usually when we pick with the first one and we like somebody, we're probably going to dismiss it, ignore it, or tell ourselves it's not that big of a deal. And it may not be. I don't think you'll stop dating somebody just because you see one thing about them that you really disagree with or bothers you. I mean, unless it's something really major. When I was in college dating, there were some things that I knew were really important to me. Some things didn't matter. So if I went out with someone and maybe she made a comment about people or something that I found kind of offensive. Well, you know that might have been it. You know, no more after that. Other times it was just like, she has a little bit of a temper, you know, or I don't know, you know, other things. The problem is when people first show their negative side. We usually if we like them, we kind of want to give them a chance. I don't think there's anything wrong with that. What I find is when I work with people that wind up sticking with this person a lot longer than they should have. And then when they look back, they were like, well, yeah, there were multiple things that I just ignored or I thought would get better. Unfortunately, that usually doesn't happen. I'm sure you've heard this before. If you're especially if you're into seriously dating somebody, a serious relationship, never get involved with somebody than in some way is really different from you. And you have this idea that you're going to change the way they look, think things or how they feel about it. That's not likely. I've seen people date somebody that didn't go to church and decided they were going to bring him to church and they were get them to be more interested in going to church. I don't think that's a good, I am saying, is not a good idea to invite someone to Church it that's important to you. Go ahead. But as far as dating now, I don't think that's a good idea. All right. Number four, do not is look for happiness in someone else, when you're not happy with yourself. If you're happy, I mean, again, there's no nobody's perfectly happy, nobody's perfectly healthy. We're all kind of messed up. But some of us are doing pretty well and we generally we like who we are. And when you're able to get to be the kind of person that you pretty much like who you are. You know, then you've got a much better chance of being in a healthy and good dating relationship with somebody else. When you've recently gone through a breakup, bad time to get involved with someone else when you're going through a hard time in your life and you're single. And again, I don't know how true how often this is, but I've seen people do this depressed, unhappy, and convinced themselves that if they were in a relationship, they would be happy. So an unhappy person winds up going out with somebody that they like, and for a little while they're really happy because now they have somebody. Problem is, if that person is pretty unhealthy, unhappy, then eventually, eventually the relationship is going to start to drain them and then you start to suck the life out of the other person. Your job is not to make the other person happy. Your job is to make yourself happy, however you do that. And then hopefully you find someone else who is also fairly happy and then hopefully you'll be happier together. So but again, I don't I don't like I said, it's kind of hard sometimes to tell. I mean, at what point do you decide that you like yourself? Well enough that you're able to really start thinking about maybe more serious dating or sharing your life with somebody. You know, if you're not, then maybe you don't date for a while or maybe just kinda keep it casual. And well, I admit I'm old fashioned. Not ever really found the idea of casual dating, all that beneficial. But again, that's me. I was somebody that was moral fashioned, that I wouldn't go out with someone unless I saw that. Not necessarily I get married to them, but I could see that there was a future with them. So, you know, but again, you get what you want hopefully and you don't get what you don't want. Last do not is ghost someone you don't want to be with. So a lot of people come into my office who've broken up with somebody and not always, but

usually the person who winds up coming into counseling is the one who got dumped. So I never tell people what to do. Counselors, we don't tell people you should stay with this person, you should break up with this person. That is not our business. The goal is to help you figure out. So that's reason why sometimes people go into counseling is they're not sure if they want to stay in this relationship, then they're not sure if they want to keep dating this person. If they want to stay engaged, or maybe even if they wanna stay married. Our job is to try to help you figure out what do you want to do? What are you going to be okay with? What do you feel okay about? What's gonna make you basically feel okay about yourself. If you know, if you come in and you're confused, again, we're not going to tell you to stay with the person or break up. We're going to help you figure out, all right, let's look at this relationship. What do you get out of it? You know, what do you not like about it? What are you looking for? So hopefully we can help you figure out what do you want to do. And sometimes people do, Like said, follow up sometimes people will talk to a therapist and decide somethin that they already know. They don't want to be with this person. The problem isn't that they don't know if they want to be with them, they don't, they just don't know how to say to the other person, I want this relationship to be over. If you're a decent person which most people are, it's not fun to break up with someone else and upset and hurt their feelings. I don't know why we say that because I've never liked the expression, oh, I don't want to hurt their feelings. Because the truth is, you only hurt people more when you don't tell them the truth. So my older daughter, first boyfriend she had after three weeks, she decided, I don't want to date him anymore. I don't really like them. I don't feel that same way and I was like, okay. So tomorrow went because they went to school together, so it's not like she could avoid him. Hopefully she wouldn't have. I said, so when you see him tomorrow, I guess you sit down and at some point you say, hey look, you know, I just don't feel the same way. I thought I did, but I don't. So I really don't think that, you know, and not even think just say I, you know, I think we I think we end the relationship and just go back to being friends if that's possible. And she said, what if he gets mad? I said, well, he gets mad, then, you know, that's that's his problem. Now, I do want to point out there are some people that when you break up with them, you have to break up with them from a distance because some people are unhealthy, kinda scary. This was not one of those. I said, yeah, he's probably going to be kind of mad at you. He'll probably be kind of hurt. Maybe he won't want to be your friend for a while. Things will be kind of awkward. But here's the deal. I said, do you want to be in a relationship with him? She said, no, I mean he's a nice guy, but I just I thought I liked them but I don't feel that way about him. I'm like, alright, tomorrow, you just tell them that. And what I told her as as it every day that you wait and you don't tell this dude that you don't want to date him anymore. That's a day that you he could get start getting over you and both of you can move on. So if you really want to care about the other person and their feelings, then if you really know you want to end the relationship, as hard as it is. You sit down hopefully in person if you can, and you tell them. The truth is, I just don't feel the same way anymore. You break it off. You don't lead them on. You don't give them false hope. Yes, it sucks. Yes, it hurts. And it's sad to tell somebody. I haven't had too many occasions where I've had to dump someone. I'm usually on the other end, I shouldn't say that, but, you know, there have been at least a few times in my life where I had to break up with somebody who really liked me. And it sucked to look them in the face and say, I don't feel the same way. And, you know, I had to tell myself, I'm not a jerk. It's not my fault. If I don't like them the way they do if they get mad. I'm sorry, but it's not I didn't I didn't I didn't go out would them to to hurt them. I thought I liked him. I gave it a try and I guess it's not going to work. All I can do is say, you know, look, it's just not going to work. And, you know, if we can be friends or not be friends or whatever and just kind of move on. You know, basically, if you've ever had a band aid on a cut, when it's time to take

the Band-Aid off, you can peel off really slowly or you can just pull it right off. You know? As a therapist, emotionally, I tell people yes, it's gonna hurt when you take the Band-Aid off. In my view, just take it right off. If it has to come off, it comes off. So back to baby girl. I was proud of her because the next day she went to school, she waited until they had some time together, just the two of them, so there was nobody else around good for her. And she basically said, you know, my feelings toward you have changed and I don't want to go out with you anymore. I like being your friend, but I don't feel any more than that. She said he got kind of pi\*\*\*\*, he didn't talk to her for a couple of weeks. Eventually, they kind of worked it out. It was still kinda awkward, you know, and that's unfortunate. But I said, Well, I'm proud of you. I said because, you know, he can be upset. You know, you told him the truth and you told him the truth as soon as you figured it out for yourself. Rather than dragging out for I mean, it was their senior year. She could have dragged it out all through the rest of the year, you know, but thankful she didn't. Okay. So again, are five don'ts we got don't mislead yourself. You got don't analyze and over analyze and analyze some more. Don't do that to yourself. Don't overlook the red flags, pr warning signs. Like I said, one or two. Yeah. But when they start adding up, this is usually when it's time to walk away or at least back off. Don't look for happiness in somebody else, especially when you're not happy with yourself and don't try to find the right person. Learn how to be the right person. Be the person that you want to be, and then share that with somebody else. And then, like I said, don't ghost someone you don't want to be with. Don't like stop texting and don't give him an explanation or cut them off. Just like I said, let people have it. Yeah, it hurts to tell people the truth, but you know, in the end, that's always the better thing to do. And it gives them an explanation and helps them understand what's going on and bang we can both trying to move forward. Alright. I don't know if anybody has any questions. If you do, you are welcome to throw them out. I'm not sure how that works because like I said, I can't see anybody. I can't hear anybody. Oh, I see Marvin. I can't hear him but he sitting there smiling in his office. So I'm just going to pause for a moment and see if anybody has any questions. If you have questions, feel free to turn to turn on your microphone and your or, and/or your camera so we can see you or you can type it in the chat if you have a question, How can I do that? They don't want. They want. Okay. That's cool. Yeah. This was some really good information, Dr. Guinee Well, it's, you know, again, you know, when you think about a relation, when you think about dating. This is the kind of stuff that I think everybody agrees that these are good ideas. The problem is like a lot of us sometimes is, is sticking to them. I have a story that I've told many times about the woman that I thought I was going to marry. And once we had been together for about a year, I decided that it was time for us to start talking about things like kids. And this woman looked at me and said, What makes you think I want to have kids? And I thought she was joking, like haha funny, I'm like, all women want to have kids, right. She's like, I don't, and I thought Okay. She's just confused. I'm not saying I should have broken up with her right there. But what I did do is I told myself she's confused, we'll just deal with it later. I won't worry about this now. And a year later this woman was the same person she was. She liked who she was. And we've been friends now for 30 years, was married three times, so yeah, maybe I dodged a bullet. I shouldn't say that. No kids, so funny thing is she's a kindergarten teacher. She loves children, but she has never had her own children. She said very clearly that is not part of my life goal. And for me, I realized not like on the first date I should ask the girl, do you want kids? But if I started to like somebody, those were probably that was probably an example of a question that I should probably check some of these questions out before I start liking them even more. Because with her, once I fell madly in love, it was like, oh crap, she doesn't want to have kids. And then there were other things that we started to talk about that we were very, very, very polar opposite of. So if I were to stay with her while I'm sure

eventually she would have dumped me, we would've divorced and I definitely would not had the kids I had today. So I had to learn a hard lesson. Well, it doesn't appear that there are any other questions nobody's putting them in the chat. Did they all leave? They're signed in. So if there is any of them, they can always email me if they want. Also, I mentioned this during the presentation that one of the more common reasons that people come to counseling depression is number one, anxiety at number two, and relationships number three. People come to counseling because you're not sure if they're happy with this person, they're not sure what they'll want they know what they want to do. And I also, I forgot to mention that while we only see university students for individual counseling, we do allow a university student to bring their partner if they're in a dating relationship and they want counseling for the two of them. That partner does not have to be a student at UCA as long as one of you are and the other one that comes with you it's about the relationship, that is the one time that we will make an exception. So again, we want people to take advantage of that. Again, we don't tell people what to do. We just try to listen and try to be objective. Try to help people figure out what do you want to do? What's gonna make you happy? And go from there. Alright. Well, I'd like to thank you Dr. Guinee, for your presentation today, and I would like to thank all of you for attending. And if there's nothing else, we thank you. And have a good Have a great day. See you and thank you. All right.