

A woman with long, wavy brown hair is smiling and looking towards the camera. She is wearing a dark blue, long-sleeved blazer over a dark blue, wrap-style dress. She is also wearing a gold chain necklace, a ring on her left hand, and a watch on her left wrist. The background is a blurred outdoor setting with a building and some greenery.

# 10 THINGS I'D DO IF I WERE SINGLE AGAIN

**A MATCHMAKER'S GUIDE TO ATTRACTING  
LOVE WITH CLARITY, PEACE, AND  
CONFIDENCE BY ERICA SUZANNE**

# A CALM, CLEAR ROADMAP TO ALIGNED LOVE

DATING HAS GOTTEN LOUD—APPS, HOT TAKES, MIXED SIGNALS. YOU DON'T NEED MORE NOISE. YOU NEED A STEADY PLAN AND THE SELF-TRUST TO FOLLOW IT. THIS BOOK IS THAT PLAN. IT'S THE 10 THINGS I'D DO IF I WERE SINGLE AGAIN—THE EXACT SHIFTS I COACH MY CLIENTS THROUGH TO MOVE FROM CONFUSION TO CALM, FROM ALMOSTS TO ALIGNED.

WHAT THIS BOOK WILL HELP YOU DO:

- DEFINE HOW YOU WANT TO FEEL IN LOVE (AND USE THAT AS YOUR FILTER).
- STOP GIVING AWAY THE BENEFIT OF THE DOUBT AND START BELIEVING PATTERNS.
- TREAT CONSISTENCY AS SAFETY, NOT “BORING.”
- BE VULNERABLE WITHOUT OVERSHARING—SOFT HEART, CLEAR BOUNDARIES.
- NAME YOUR VALUES AND TALK ABOUT THEM EARLY (WITHOUT KILLING THE VIBE).
- LEAVE THE APPS FASTER AND MEET REAL HUMANS, SAFELY AND SIMPLY.
- PROTECT YOUR PEACE SO YOUR NERVOUS SYSTEM ISN'T DOING ACROBATICS.
- STAY SOFT WHILE HOLDING STRONG STANDARDS—NO ESSAYS, NO CONVINCING.
- ASK FOR SUPPORT SO YOU'RE NOT DOING THIS ALONE.

**WHO THIS IS FOR:**

WOMEN WHO ARE DONE AUDITIONING FOR LOVE AND READY TO BE CHOSEN, NOT CHASED; CHERISHED, NOT CONFUSED. IF YOU WANT DATING TO FEEL PEACEFUL, INTENTIONAL, AND MUTUAL—YOU'RE HOME.

**PROMISE:**

NO GAMES. NO “MAKE HIM OBSESSED” TRICKS. JUST GROUNDED STRATEGY, FEMININE LEADERSHIP, AND STANDARDS THAT PROTECT YOUR PEACE WHILE KEEPING YOUR HEART OPEN.





## ERICA SUZANNE FOUNDER & HEAD MATCHMAKER

I'M ERICA SUZANNE MCKAY, FOUNDER OF ERICA SUZANNE MATCHMAKING AND A MODERN-DAY MATCHMAKER WITH OVER 25 YEARS OF EXPERIENCE. I'VE SEEN IT ALL—THE SUCCESS STORIES, THE GHOSTING, THE GLOW-UPS, AND THE “HE LOOKED NOTHING LIKE HIS PHOTOS” MOMENTS.

I'VE BEEN THROUGH DIVORCE, REBUILT MY LIFE, AND FOUND LOVE AGAIN—YES, THROUGH MY OWN WORK! TODAY, I CO-PARENT FIVE AMAZING TEENS WITH MY HUSBAND WHILE RUNNING A BUSINESS BUILT ON REAL TALK, INTUITION, AND RESULTS.

I STARTED THIS COMPANY BECAUSE I KNOW WHAT IT FEELS LIKE TO WANT MORE AND TO FEEL LIKE YOU'VE TRIED EVERYTHING. MY CLIENTS ARE HIGH-ACHIEVING, EMOTIONALLY INTELLIGENT MEN AND WOMEN WHO ARE SUCCESSFUL IN ALMOST EVERY AREA—EXCEPT THIS ONE. THAT'S WHERE I COME IN.

NO ALGORITHMS, NO EMPTY ADVICE—JUST A PERSONAL, HIGH-TOUCH APPROACH DESIGNED TO CONNECT YOU WITH PEOPLE WHO TRULY ALIGN IN VALUES, ENERGY, LIFESTYLE, AND AMBITION.

WHETHER YOU'RE NEWLY SINGLE, NAVIGATING DIVORCE, OR JUST DONE WITH THE APPS, I'M HERE TO HELP YOU FIND THE KIND OF RELATIONSHIP THAT LASTS.

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# 1

CHAPTER

KNOW HOW YOU  
WANT TO FEEL IN A  
RELATIONSHIP

# START WITH YOUR NERVOUS SYSTEM, NOT YOUR CHECKLIST

## THE BIG IDEA

MOST WOMEN DATE FOR TRAITS (TALL, DRIVEN, WITTY). SECURE LOVE IS BUILT ON FEELINGS (CALM, DESIRED, SAFE). WHEN YOU DEFINE THE EMOTIONAL EXPERIENCE YOU'RE CREATING, YOU STOP BONDING WITH CHAOS AND START FILTERING WITH CLARITY.

## WHY THIS MATTERS

- FEELINGS DRIVE CHOICES. IF YOU CRAVE EXCITEMENT, YOU MAY CONFUSE ADRENALINE FOR ATTRACTION.
- YOUR BODY KEEPS THE SCORE. BUTTERFLIES ARE OFTEN NERVOUS SYSTEM DISTRESS, NOT DESTINY.
- CLARITY SHORTENS TIMELINES. KNOWING YOUR ANCHOR FEELINGS ENDS SITUATIONSHIPS FASTER.

## THE FEELING FILTER (3 ANCHORS)

PICK THREE CORE FEELINGS YOU WANT TO LIVE IN, MOST DAYS:

- CALM (MY NERVOUS SYSTEM RELAXES AROUND HIM)
- CHOSEN (EFFORT AND INITIATION FEEL MUTUAL)
- CHERISHED (KINDNESS + CARE IN THE MICRO-MOMENTS)

USE THESE AS YOUR FILTER FOR EVERY DECISION: KEEP, SLOW, OR RELEASE.

## HOW TO FIND YOUR 3 FEELINGS (QUICK EXERCISE)

1. RECALL A HEALTHY MOMENT IN ANY PAST RELATIONSHIP OR FRIENDSHIP. WHAT FELT GOOD IN YOUR BODY?
2. NAME THE TOP SENSATIONS: RELAXED SHOULDERS, STEADY BREATH, EASY LAUGHTER.
3. TRANSLATE TO FEELINGS: PEACEFUL → CALM; PLAYFUL → JOY; STEADY → SAFE.
4. COMMIT: CIRCLE THREE AND WRITE THEM EVERYWHERE—PHONE NOTE, BATHROOM MIRROR, CALENDAR.



# NERVOUS SYSTEM CUES (DATA, NOT DRAMA)

- **GREEN:** DEEPER BREATH, STEADY APPETITE, NORMAL SLEEP, MIND RETURNS TO YOUR LIFE AFTER DATES.
- **YELLOW:** LIGHT RUMINATION, MINOR “WHAT IFS,” APPETITE DIPS BEFORE PLANS. SLOW THE PACE.
- **RED:** CAN’T EAT/SLEEP, COMPULSIVE PHONE CHECKS, SPINNING STORIES TO FRIENDS. RELEASE OR RESET.

## COMMON TRAPS (AND REFRAMES)

**TRAP:** “HE’S BUSY, BUT THE CHEMISTRY IS INSANE.”

**REFRAME:** IF CHEMISTRY REQUIRES CONFUSION, IT ISN’T CHEMISTRY—IT’S CORTISOL.

**TRAP:** “I DON’T WANT TO BE PICKY.”

**REFRAME:** STANDARDS AREN’T PICKINESS; THEY’RE PROGRAMMING FOR PEACE.

**TRAP:** “MAYBE IT’LL FEEL CALM LATER.”

**REFRAME:** THE BEGINNING IS THE BEST IT WILL EVER FEEL.

## MICRO-SCRIPTS (USE AS-IS)

“I’M LOOKING FOR SOMETHING THAT FEELS CALM AND MUTUAL.”

“CLARITY IS ATTRACTIVE TO ME—I LIKE CLEAR PLANS.”

“I MOVE BEST WHEN I FEEL CHOSEN, NOT CHASED OR CONFUSED.”

## FIRST-DATE INTENTION (SET THE TONE)

**BEFORE YOU WALK IN:**

“TONIGHT I’M FAVORING CURIOSITY AND CALM OVER CHEMISTRY SPIKES. I’M LISTENING TO MY BODY.”

# 2

## CHAPTER

STOP GIVING THE  
BENEFIT OF THE DOUBT

# BELIEVE PATTERNS, NOT POTENTIAL

## THE BIG IDEA

EARLY INCONSISTENCY ISN'T A PUZZLE TO SOLVE—IT'S A PREVIEW. WHEN YOU KEEP HANDING OUT INFINITE “BENEFITS OF THE DOUBT,” YOU TRAIN YOUR NERVOUS SYSTEM TO NORMALIZE CONFUSION AND YOU REWARD BEHAVIOR YOU DON'T ACTUALLY WANT.

## WHY THIS MATTERS

- SELF-TRUST ERODES WHEN YOU EXPLAIN AWAY WHAT YOU'RE SEEING.
- ATTACHMENT SPIKES (ANXIETY, RUMINATION) MASQUERADE AS “CHEMISTRY.”
- TIMELINES STRETCH—SITUATIONSHIPS THRIVE ON YOUR WILLINGNESS TO WAIT.

## WHAT IT LOOKS LIKE (COMMON PATTERNS)

- GREAT FIRST DATE, THEN 48–72 HOUR GAPS WITH “CRAZY BUSY” TEXTS.
- VAGUE PLANS: “LET'S HANG SOON,” NO DATE/TIME PINNED.
- FUTURE-FAKING: TALKS ABOUT TRIPS/WEDDINGS/NEXT MONTH, BUT CAN'T CONFIRM THURSDAY.
- REPAIR THEATER: APOLOGIES WITHOUT CHANGED BEHAVIOR THE NEXT WEEK.

## REFRAMES TO KEEP YOU GROUNDED

- COMPASSION ≠ SELF-ABANDONMENT. YOU CAN UNDERSTAND SOMEONE'S REASONS AND STILL CHOOSE YOUR PEACE.
- DATA OVER DREAMS. WHAT HE DOES TWICE IS A PATTERN.
- PACING IS INFORMATION. IF YOU NEED CLARITY TO FEEL SAFE AND HE NEEDS CASUAL TO FEEL COMFORTABLE, THAT'S MISALIGNMENT—NOT A NEGOTIATION.





## JOURNAL PROMPT

1. WHERE DID I LEARN TO TOLERATE INCONSISTENCY —AND WHAT DID IT COST ME?
2. WHAT MINIMUM STANDARD WOULD MAKE MY BODY FEEL SAFE IN THE EARLY STAGE?
3. IF MY BEST FRIEND WERE IN THIS DYNAMIC, WHAT WOULD I TELL HER?

### AFFIRMATION

“I DON’T CHASE CLARITY—I CHOOSE IT.”

# 3

## CHAPTER

MAKE CONSISTENCY  
NON-NEGOTIABLE

# PATTERNS OVER PROMISES, ALWAYS

## THE BIG IDEA

ATTRACTION CAN START SOMETHING; CONSISTENCY IS WHAT MAKES IT SAFE TO KEEP GOING. WHEN YOU TREAT RELIABILITY AS A REQUIREMENT (NOT A “NICE TO HAVE”), YOU PROTECT YOUR NERVOUS SYSTEM, SHORTEN TIMELINES, AND MAKE SPACE FOR REAL INTIMACY.

## WHY CONSISTENCY MATTERS (AND WHAT IT’S NOT)

- IT’S EMOTIONAL SAFETY. YOUR BODY RELAXES WHEN ACTIONS ARE PREDICTABLE.
- IT’S RESPECT IN MOTION. CLEAR PLANS AND FOLLOW-THROUGH COMMUNICATE: YOU MATTER.
- IT’S NOT “BORING.” STABILITY CREATES ROOM FOR PLAY AND CHEMISTRY TO DEEPEN.
- IT’S NOT PERFECTION. PEOPLE CAN MISS; WHAT COUNTS IS HOW THEY REPAIR.

## THE CONSISTENCY COMPASS (3 PILLARS)

1. COMMUNICATION — REPLIES IN A TIMELY WAY, NOT 5 MIN VS. 50 MIN, BUT REASONABLE + RESPONSIVE.
2. PLANNING — SUGGESTS DATES/TIMES, CONFIRMS, AND HONORS THE PLAN.
3. REPAIR — IF SOMETHING SLIPS, THEY ACKNOWLEDGE IT AND CHANGE THE BEHAVIOR.

**\*\*IF TWO OF THE THREE ARE SOLID, YOU LIKELY HAVE MOMENTUM. IF ONE OR NONE ARE PRESENT, SLOW DOWN OR STEP OUT.**

## WHAT CONSISTENCY LOOKS LIKE IN REAL LIFE

- TEXT CADENCE IS STEADY (NOT LOVE-BOMB → SILENCE).
- DATES ARE PROPOSED AND CONFIRMED 24–48 HOURS IN ADVANCE.
- THERE’S A BRIDGE BETWEEN DATES (A QUICK CHECK-IN, A “THAT WAS FUN” TEXT).
- WHEN CONFLICT HAPPENS, THEY OWN THEIR PART AND ADJUST.



## THE 14-DAY CONSISTENCY PROTOCOL

- USE THIS ANY TIME A NEW CONNECTION STARTS.
- DAYS 1–3: LIGHT CURIOSITY, ONE PROMPT TO MEET.
- DAYS 4–7: CONFIRM ONE PLAN; WATCH FOR NATURAL FOLLOW-THROUGH.
- DAYS 8–10: LOOK FOR A SMALL GESTURE OF INITIATIVE (THEY SUGGEST NEXT TIME).
- DAYS 11–14: IF MOMENTUM STALLS, MAKE ONE CLEAR REQUEST → THEN OBSERVE.

## GREEN / YELLOW / RED INDICATORS

### GREEN (KEEP GOING):

- PLANS SET WITHOUT NUDGING
- CHECK-INS FEEL WARM, NOT PERFORMATIVE
- REPAIR IS SPECIFIC (“I DOUBLE-BOOKED, I’M BLOCKING TUESDAYS GOING FORWARD”)

### YELLOW (SLOW THE PACE):

- “BUSY” IS A THEME; PLANS FEEL SLIPPERY
- FUTURE TALK WITHOUT NEAR-TERM ACTION
- APOLOGIES WITH NO SPECIFICITY

### RED (RELEASE):

- REPEATED CANCEL/REBOOK LOOP
- DISAPPEARS, RETURNS CHARMY, REPEATS
- YOU’RE ANXIOUS MORE THAN YOU’RE CALM

**COACHING CORNER: REWARD PATTERNS, NOT POTENTIAL  
POTENTIAL IS CHEAP; PATTERNS ARE EXPENSIVE. GIVE YOUR  
TIME TO WHAT’S ALREADY HAPPENING, NOT TO WHAT MIGHT  
HAPPEN “ONCE WORK SLOWS DOWN.”**

# 4

CHAPTER

BE MORE VULNERABLE  
(THE RIGHT KIND)

# OPEN YOUR HEART, KEEP YOUR BOUNDARIES

## THE BIG IDEA

WALLS KEEP OUT HURT—AND LOVE. RIGHT-SIZED VULNERABILITY IS SHARING TRUTH WITHOUT OVERSHARING WOUNDS. IT SIGNALS INTEREST, INVITES RECIPROCITY, AND LETS THE RIGHT MAN SUCCEED WITH YOU, WHILE YOUR BOUNDARIES KEEP THE CONNECTION SAFE.

## WHY VULNERABILITY MATTERS

- IT SETS THE TONE. YOUR WARMTH GIVES PERMISSION FOR HIM TO SHOW UP EMOTIONALLY.
- IT REDUCES GAMES. CLEAR SIGNALS END GUESSING AND SPEED UP ALIGNMENT.
- IT BUILDS INTIMACY. APPRECIATION + HONESTY = MOMENTUM THAT LASTS.

## VULNERABILITY ≠ OVERSHARING (KNOW THE DIFFERENCE)

- RIGHT-SIZED: SIMPLE TRUTHS, PRESENT-FOCUSED, PACED WITH TRUST.
  - “I HAD A GREAT TIME AND I’D LIKE TO SEE YOU AGAIN.”
- OVERSHARING: TRAUMA-DUMPING, EXPECTATIONS DISGUISED AS STORIES, SPEED-BONDING.
  - “MY EX WAS A NARCISSIST AND HERE’S THE 10-PART SAGA...”

**RULE OF THUMB: SHARE ONE LAYER DEEPER THAN  
PLEASANTRIES, NOT FIVE.**





# THE VULNERABILITY LADDER

1. APPRECIATION — “I FELT REALLY COMFORTABLE WITH YOU.”
2. PREFERENCE — “I LIKE PLANNING A FEW DAYS AHEAD.”
3. PERSONAL TRUTH (LIGHT) — “I GET A LITTLE QUIET WHEN I’M NERVOUS.”
4. RELATIONAL NEED — “I CONNECT BEST WITH STEADY COMMUNICATION.”
5. TENDER SHARE (EARNED) — “WHEN CONFLICT POPS UP, REASSURANCE HELPS ME STAY OPEN.”

**\*\*MOVE UP ONLY WHEN ACTIONS SHOW SAFETY.**

## **SCRIPTS THAT KEEP YOU SOFT (COPY/PASTE)**

- AFTER A GOOD DATE: “TONIGHT WAS EASY AND FUN. I’D LOVE TO DO IT AGAIN.”
- WHEN YOU WANT A PLAN: “WEDNESDAY OR SATURDAY WORKS FOR ME—WANT TO PICK ONE?”
- EXPRESSING A NEED: “I FEEL MOST PRESENT WHEN PLANS ARE CLEAR. CAN WE CONFIRM THE DAY BEFORE?”
- NAMING YOUR PACE: “I LIKE GETTING TO KNOW SOMEONE SLOWLY AND STEADILY—QUALITY OVER RUSH.”

## **BOUNDARIES THAT SUPPORT VULNERABILITY**

- SHARE A TRUTH → PAUSE → WATCH HIS RESPONSE.
- IF HE DEFLECTS, JOKES, OR MINIMIZES, DON’T SHARE DEEPER.
- IF HE MEETS YOU WITH CARE AND ACTION, KEEP GOING.

# WORKSHEET — THE VULNERABILITY BUILDER

## **PART A — MY GREEN-LIGHT BEHAVIORS (WHEN I’LL SHARE MORE):**

- HE CONFIRMS PLANS WITHOUT NUDGING.
  - HE ASKS ME QUESTIONS BACK.
  - HE REPAIRS QUICKLY IF SOMETHING SLIPS.
  - (WRITE YOUR OWN 2–3:)
- 

## **PART B — MY FIRST THREE SHARES (USE NEXT WEEK):**

1. APPRECIATION I’LL SEND AFTER A DATE:
2. “ \_\_\_\_\_.”
3. PREFERENCE I’LL STATE BEFORE PLANS:
4. “ \_\_\_\_\_.”
5. LIGHT TRUTH I’LL NAME IN CONVERSATION:
6. “ \_\_\_\_\_.”

## **PART C — MY BOUNDARY IF I FEEL UNSAFE:**

“IF MY SHARE IS MINIMIZED OR DEFLECTED, I WILL \_\_\_\_\_ (CHANGE TOPIC / SLOW THE PACE / END THE DATE).”

## **PART D — RESPONSE CHECK (CIRCLE ONE AFTER SHARING):**

NEXT STEP: GO ONE RUNG DEEPER / STAY HERE / PULL BACK  
7-DAY SOFT-OPEN CHALLENGE

- DAY 1: WRITE YOUR 3 SHARES (APPRECIATION, PREFERENCE, LIGHT TRUTH).
- DAY 2: USE APPRECIATION AFTER YOUR NEXT DATE OR CALL.
- DAY 3: STATE ONE PREFERENCE BEFORE MAKING PLANS.
- DAY 4: SHARE ONE LIGHT TRUTH IN CONVERSATION AND PAUSE.
- DAY 5: NOTE HIS RESPONSE; DECIDE TO GO DEEPER, STAY, OR PULL BACK.
- DAY 6: IF SAFE, ADD ONE RELATIONAL NEED (“I CONNECT BEST WITH STEADY COMMUNICATION.”)
- DAY 7: REFLECT: HOW DID MY BODY FEEL? WHAT WILL I KEEP, CHANGE, OR RELEASE?

# 5

CHAPTER

GET CLEAR ON WHAT  
YOU'RE REALLY  
LOOKING FOR



# CHOOSE ALIGNMENT OVER AESTHETICS



## **THE BIG IDEA**

YOU'RE NOT HUNTING FOR PERFECT—YOU'RE CHOOSING ALIGNED. LOOKS, WIT, AND BANTER CAN OPEN A DOOR; VALUES, PACING, AND EMOTIONAL MATURITY KEEP IT OPEN. WHEN YOU NAME WHAT ACTUALLY SUSTAINS YOU, YOU STOP WASTING MONTHS ON ALMOSTS.

## **VALUES > VIBES**

- VIBES: CHEMISTRY, CHARM, AESTHETICS (FUN, BUT FICKLE).
- VALUES: HOW HE TREATS PEOPLE, HANDLES STRESS, KEEPS PROMISES (STICKY AND STABLE).
- RULE: IF THE VALUE ISN'T VISIBLE WITHIN 2–3 DATES, ASK A QUESTION THAT MAKES IT VISIBLE.

## **TRANSLATE VALUES INTO BEHAVIORS**

A VALUE THAT CAN'T BE SEEN IN BEHAVIOR WILL GET NEGOTIATED AWAY IN YOUR HEAD. MAKE IT CONCRETE.

### **EXAMPLES**

- KINDNESS → GREETES STAFF, TIPS FAIRLY, SPEAKS RESPECTFULLY ABOUT EXES.
- ACCOUNTABILITY → OWNS MISTAKES ONCE; CHANGES BEHAVIOR NEXT TIME.
- INTENTIONALITY → SUGGESTS PLANS, CONFIRMS THEM, FOLLOWS THROUGH.
- GROWTH → REFLECTS AFTER CONFLICT, SEEKS FEEDBACK WITHOUT DEFENSIVENESS.
- FAMILY-MINDED → SCHEDULES YOU IN DAYLIGHT, INTRODUCES RHYTHM NOT ROLLERCOASTER.

# CLARIFY YOUR NON-NEGOTIABLES VS. NICE-TO-HAVES

NON-NEGOTIABLES ARE FEW AND TIED TO SAFETY & FUTURE VISION. NICE-TO-HAVES ARE PREFERENCES YOU CAN FLEX ON WITHOUT LOSING YOURSELF.

## NON-NEGOTIABLE TEST:

IF THIS WERE MISSING FOR 10 YEARS, WOULD I FEEL LONELY, ANXIOUS, OR RESENTFUL? IF YES → NON-NEGOTIABLE.

## THE “ORDINARY TUESDAY” TEST

DESIGN A REGULAR NIGHT, NOT A HIGHLIGHT REEL. IF YOUR VALUES DON'T FIT AN AVERAGE TUESDAY (ERRANDS, DINNER, DECOMPRESS), THEY WON'T HOLD THE REST OF THE WEEK.

“CAN WE COOK, LAUGH ABOUT NOTHING, AND HANDLE A SMALL INCONVENIENCE WITHOUT A BLOW-UP?”

## ASK BETTER QUESTIONS (EARLY, NOT HEAVY)

- “WHEN WORK GETS STRESSFUL, HOW DO YOU RESET?”
- “WHAT MAKES YOU FEEL RESPECTED IN A RELATIONSHIP?”
- “WHAT DOES COMMITMENT LOOK LIKE TO YOU IN PRACTICE?”
- “HOW DO YOU USUALLY REPAIR AFTER A MISUNDERSTANDING?”
- “WHAT ARE YOU BUILDING TOWARD IN THE NEXT 2–3 YEARS?”

LISTEN FOR: SPECIFICS, EXAMPLES, AND CALM OWNERSHIP (NOT BLAME OR FANTASY TALK).

## COMMON TRAPS (AND REFRAMES)

- TRAP: “WE’RE SO COMPATIBLE—SAME SHOWS, SAME GYM.”
- REFRAME: SHARED HOBBIES ≠ SHARED HANDLING OF HARD MOMENTS.
- TRAP: “HE SAID HE WANTS A RELATIONSHIP.”
- REFRAME: WORDS ARE INTENTIONS; BEHAVIOR IS DIRECTION.
- TRAP: “I DON’T WANT TO SEEM DEMANDING.”
- REFRAME: CLARITY ISN’T A DEMAND; IT’S A MAP.



# WORKSHEET — GET CLEAR ON WHAT YOU'RE REALLY LOOKING FOR

**\*\*PURPOSE:\*\* TURN “VALUES” INTO VISIBLE BEHAVIORS SO YOU  
CAN CHOOSE ALIGNMENT OVER AESTHETICS.**

## **A) MY CORE VALUES → WHAT THAT LOOKS LIKE**

1. VALUE: \_\_\_\_\_

→ LOOKS LIKE: \_\_\_\_\_

2. VALUE: \_\_\_\_\_

→ LOOKS LIKE: \_\_\_\_\_

3. VALUE: \_\_\_\_\_

→ LOOKS LIKE: \_\_\_\_\_

4. VALUE: \_\_\_\_\_

→ LOOKS LIKE: \_\_\_\_\_

5. VALUE: \_\_\_\_\_

→ LOOKS LIKE: \_\_\_\_\_

**\* TIP: IF YOU CAN'T \*\*SEE\*\* IT, YOU CAN'T \*\*SCREEN\*\* FOR IT.  
MAKE EACH VALUE BEHAVIORAL (ACTIONS/CHOICES).**

## **B) MY NON-NEGOTIABLES (TIE TO SAFETY/FUTURE)**

1. \_\_\_\_\_

(BEHAVIOR PROOF I'LL LOOK FOR: \_\_\_\_\_)

2. \_\_\_\_\_

(BEHAVIOR PROOF I'LL LOOK FOR: \_\_\_\_\_)

3. \_\_\_\_\_

(BEHAVIOR PROOF I'LL LOOK FOR: \_\_\_\_\_)

# 6

CHAPTER

TALK ABOUT VALUES  
EARLY

# CLARITY EARLY PREVENTS HEARTBREAK LATER

## THE BIG IDEA

YOU DON'T NEED THREE MONTHS TO LEARN WHAT SOMEONE VALUES. ASK REAL QUESTIONS SOONER, LISTEN FOR SPECIFICS, AND LET BEHAVIOR CONFIRM THE WORDS. EARLY CLARITY SAVES YOU FROM LATE-STAGE HEARTBREAK.

## WHY THIS MATTERS

- TIME: YOU STOP INVESTING IN ALMOSTS.
- SAFETY: YOUR NERVOUS SYSTEM RELAXES WHEN YOU KNOW WHERE THIS IS HEADED.
- ALIGNMENT: SHARED VALUES = SHARED DECISIONS WHEN LIFE GETS REAL.

## WHAT “TALKING VALUES” ACTUALLY SOUNDS LIKE

IT'S NOT AN INTERVIEW. IT'S CURIOUS, WARM, SPECIFIC. YOU'RE LETTING HIM SEE WHAT SUCCESS WITH YOU LOOKS LIKE.

### STARTER PHRASES

- “I LOVE TALKING ABOUT REAL LIFE STUFF—CAN I ASK YOU SOMETHING?”
- “I'M INTENTIONAL ABOUT DATING. WHAT DOES A GREAT PARTNERSHIP LOOK LIKE TO YOU?”

## GREEN / YELLOW / RED ANSWERS

**GREEN:** SPECIFIC, CALM, GROUNDED. MENTIONS EXAMPLES AND PAST GROWTH.

**YELLOW:** VAGUE BUT WILLING: “I'M NOT SURE—LET ME THINK,” THEN FOLLOWS UP.

**RED:** BLAMEY, DISMISSIVE (“MY EX WAS CRAZY”), FUTURE-FAKEY (“WE'LL SEE”).



## JOURNAL PROMPT

WHICH THREE VALUES MATTER MOST TO ME IN A RELATIONSHIP, AND WHAT WOULD THE FIRST MONTH LOOK LIKE IF WE BOTH LIVED THEM? FOR EACH VALUE, LIST ONE BEHAVIOR I NEED TO SEE AND ONE BOUNDARY I'LL USE IF IT'S MISSING.

QUICK ALTERNATES (OPTIONAL):

1. WHAT ANSWER TO A VALUES QUESTION WOULD HELP MY BODY RELAX?
2. WHERE HAVE WORDS AND BEHAVIOR MISALIGNED BEFORE —AND WHAT WERE THE EARLY TELLS?
3. WRITE MY ONE-SENTENCE BOUNDARY IF OUR PACE OR PRIORITIES DON'T MATCH.

# 7

## CHAPTER

GET OFF THE APPS  
FASTER



# STOP COLLECTING PEN PALS—MEET REAL HUMANS

## THE BIG IDEA

CHEMISTRY OVER CHAT IS A MIRAGE. THE LONGER YOU LINGER IN MESSAGES, THE MORE FANTASY FILLS THE GAPS. IF THERE'S A SPARK, MOVE IT TO REAL LIFE QUICKLY SO YOUR BODY, VALUES, AND PACING CAN DO THE REAL VETTING.

## WHY THIS WORKS

- REDUCES PROJECTION: IN-PERSON ENERGY = ACTUAL DATA, NOT IMAGINED POTENTIAL.
- PROTECTS YOUR TIME: YOU'LL FILTER MISALIGNED MATCHES IN ONE COFFEE, NOT 3 WEEKS OF TEXTING.
- IMPROVES SAFETY: PUBLIC MEETUPS WITH A CLEAR PLAN ARE SAFER THAN “COME OVER” VIBES.

## THE 72-HOUR RULE

IF YOU'VE EXCHANGED A FEW QUALITY MESSAGES AND THE INTEREST IS MUTUAL, SUGGEST MEETING WITHIN 72 HOURS (OR SETTING A DATE WITHIN THE NEXT WEEK). IF THEY CAN'T PLAN OR KEEP IT SIMPLE, THAT'S INFORMATION.

**GREEN SIGNALS:** OFFERS TWO TIMES, PICKS A PLACE, CONFIRMS DAY-BEFORE.

**YELLOW:** “LET'S SEE” WITH NO DATE/TIME—GIVE ONE STRUCTURED OPTION, THEN STEP BACK.

**RED:** LATE-NIGHT INVITES, VAGUE “SWING BY,” RESCHEDULES TWICE—RELEASE.

# MESSAGE FLOW

## MESSAGE 1 – BRIDGE TO IRL

“I’M ENJOYING THIS—WHAT’S YOUR GO-TO SPOT FOR A QUICK COFFEE OR DRINK?”

## MESSAGE 2 – OFFER TWO OPTIONS

“I’M FREE WED AFTER 5 OR SAT LATE MORNING. EITHER WORK FOR YOU?”

## MESSAGE 3 – LOCK IT IN

“PERFECT—LET’S DO [PLACE] AT [TIME]. I’LL TEXT DAY-OF TO CONFIRM. LOOKING FORWARD!”

IF HE STALLS: “NO WORRIES IF TIMING’S OFF—HAPPY TO RECONNECT WHEN YOUR SCHEDULE OPENS UP.”

## FIRST-MEET FRAMEWORK (60–90 MINUTES)

- PUBLIC, EASY EXIT (COFFEE/WINE BAR)
- TIME-BOUND (KEEP IT SHORT AND LIGHT)
- ONE VALUES QUESTION + REAL CURIOSITY
- NO HEAVY TRAUMA TALK; KEEP IT PRESENT-FOCUSED
- CLEAR WRAP-UP (“I HAD FUN—TEXT ME WHEN YOU KNOW YOUR WEEK”)

## DATE SAFETY & SANITY

- SHARE LOCATION WITH A FRIEND.
- DRIVE YOURSELF OR RIDESHARE.
- NO HOME MEETUPS, NO LATE-NIGHT “FIRST HANGS.”
- ONE DRINK MAX IF YOU’RE DRINKING; WATER BETWEEN.
- TRUST YOUR GUT—LEAVE POLITELY IF YOU FEEL UNCOMFORTABLE.

EXIT LINE: “I’M GOING TO HEAD OUT, BUT THANKS FOR MEETING UP. WISHING YOU A GOOD REST OF THE WEEK.”

## AVOID THE PEN-PAL TRAP

WHAT KEEPS YOU STUCK: WITTY BANTER, DOPAMINE HITS, FANTASY-BUILDING, FEAR OF “RUINING” IT.

WHAT MOVES YOU FORWARD: SMALL ASK, SIMPLE PLAN, FIRM BOUNDARY.

BOUNDARY TEXT:

“I’M NOT GREAT AT LONG CHATS—I PREFER MEETING SOON. IF THAT DOESN’T WORK FOR YOU, ALL GOOD TO LEAVE IT HERE.”

# 8

## CHAPTER

PROTECT YOUR PEACE

# YOUR NERVOUS SYSTEM IS YOUR BEST DATING COACH

## THE BIG IDEA

PEACE IS NOT A LUXURY—IT'S YOUR PRIMARY FILTER. IF A CONNECTION REGULARLY CREATES ANXIETY, OVERTHINKING, OR HYPERVIGILANCE, THAT'S CLARITY (NOT A CHALLENGE TO TRY HARDER). YOUR PERSON WON'T SCRAMBLE YOUR NERVOUS SYSTEM; THEY'LL HELP IT SETTLE.

## WHY PEACE MATTERS

- PEACE = SAFETY. A CALM BODY LETS YOU RECEIVE LOVE, NOT JUST ANALYZE IT.
- PEACE = DISCERNMENT. WHEN YOU'RE REGULATED, RED/GREEN FLAGS ARE OBVIOUS.
- PEACE = LONGEVITY. SECURE RELATIONSHIPS FEEL LIGHT MORE OFTEN THAN HEAVY.

## READ YOUR BODY (FAST SCAN)

**GREEN** (KEEP GOING): DEEPER BREATHING, STEADY APPETITE/SLEEP, EASY FOCUS ON YOUR OWN DAY.

**YELLOW** (SLOW): MILD RUMINATION, "MINI GUT FLIPS," YOU'RE DOING MOST OF THE PLANNING.

**RED** (RELEASE): CAN'T EAT/SLEEP, DOOM-SCROLL THEIR TEXTS, CONSTANT STORY-SPINNING TO FRIENDS.

**QUICK RULE: IF YOU'RE ANXIOUS MORE THAN 30–40% OF THE TIME IN THE FIRST MONTH, SLOW OR STEP OUT.**



# GREEN / YELLOW / RED BEHAVIOR MAP

**GREEN:** PLANS CONFIRMED ACKNOWLEDGES IMPACT IF LATE; SMALL KINDNESSES BETWEEN DATES.

**YELLOW:** WARM BUT SLIPPERY; “LET’S SEE” ENERGY; FUTURE TALK WITHOUT NEAR-TERM ACTION.

**RED:** REPEATED LAST-MINUTE CANCELS; HOT/COLD CYCLES; DEFENSIVENESS WHEN YOU SHARE NEEDS.

## SCRIPTS FOR PEACE (COPY/PASTE)

### WHEN YOU FEEL RUSHED:

“HAVING FUN GETTING TO KNOW YOU—I MOVE BEST SLOW AND STEADY.”

### WHEN COMMUNICATION IS CHOPPY:

“I DO WELL WITH A SIMPLE MID-WEEK CHECK-IN AND A PLAN BY FRIDAY. DOES THAT WORK FOR YOU?”

### WHEN YOU NEED SPACE:

“THIS WEEK’S PACKED. LET’S TOUCH BASE SUNDAY EVENING TO PLAN.”

### WHEN YOU’RE RELEASING:

“TIMING/PACE FEELS OFF FOR ME. I’M GOING TO STEP BACK, BUT I WISH YOU THE BEST.”

## THE 24-HOUR CALM-DOWN PROTOCOL (AFTER A TRIGGERING DATE)

1. OFF PHONE FOR 2–3 HOURS. WALK, SHOWER, STRETCH.
2. BODY RESET: 10 SLOW BREATHS, FEET ON FLOOR, NAME 5 THINGS YOU SEE.
3. FACT VS. STORY: WRITE WHAT HAPPENED (FACTS) VS. WHAT YOU’RE TELLING YOURSELF (STORY).
4. ONE DECISION: KEEP / SLOW / RELEASE. TAKE ONE ACTION THAT MATCHES IT.



# 9

CHAPTER

STAY SOFT, BUT HOLD  
STRONG STANDARDS

A photograph of two young women with long hair, one brown and one blonde, both smiling and looking towards the camera. They are outdoors in a grassy area with a blurred background of trees and buildings. The blonde woman is wearing a black top and a gold necklace, and the brown woman is also wearing a black top. The title text is overlaid on the top half of the image.

# GENTLE HEART, GROUNDED BOUNDARIES

## THE BIG IDEA

SOFTNESS IS NOT THE OPPOSITE OF STRENGTH—IT'S HOW YOUR STRENGTH LANDS. YOU CAN BE WARM, FEMININE, RECEPTIVE...AND STILL HAVE NON-NEGOTIABLES. THE MAGIC IS PAIRING OPEN ENERGY WITH CLEAR STANDARDS SO YOU ATTRACT THE RIGHT MEN AND FILTER THE REST—WITHOUT PERFORMING, ARGUING, OR OVER-EXPLAINING.

## WHAT SOFT + STRONG LOOKS LIKE (IN PRACTICE)

- **SOFT:** CURIOUS QUESTIONS, APPRECIATIVE TONE, RELAXED BODY LANGUAGE.
- **STRONG:** ONE-SENTENCE BOUNDARIES, MEASURED ACCESS, DECISIONS BASED ON PATTERNS.
- **SOFT:** LET HIM LEAD PLANS IF HE OFFERS; RECEIVE WITHOUT AUDITIONING.
- **STRONG:** YOU SAY WHAT YOU NEED ONCE AND THEN OBSERVE.
- **SOFT:** KINDNESS EVEN WHEN IT'S A NO.
- **STRONG:** NO SECOND CHANCES FOR REPEATING RED FLAGS.

TRANSLATION: YOU'RE NOT "CHILL GIRL" AND YOU'RE NOT "LAWYER AT DINNER." YOU'RE CALM, CLEAR, AND CHOOSY.

## STANDARDS VS. PREFERENCES

- **STANDARDS (KEEP):** CONSISTENCY, KINDNESS, ACCOUNTABILITY, ALIGNED PACE.
- **PREFERENCES (FLEX):** HEIGHT, HOBBIES, AESTHETICS, EXACT TEXTING STYLE.
- **IF IT KEEPS YOUR NERVOUS SYSTEM SAFE OR SUPPORTS YOUR FUTURE VISION, IT'S A STANDARD. EVERYTHING ELSE IS FLAVOR.**

# GREEN / YELLOW / RED BEHAVIORS

## **GREEN** (LEAN IN):

- OFFERS PLANS AND CONFIRMS THEM
- KIND UNDER SMALL STRESS (TRAFFIC, LATE TABLE)
- OWNS A MISS ONCE AND ADJUSTS NEXT TIME

## **YELLOW** (SLOW):

- WARM TALK, SLIPPERY FOLLOW-THROUGH
- DEFENSIVE WHEN YOU NAME A NEED
- FUTURE-TALK WITH NO NEAR-TERM ACTION

## **RED** (RELEASE):

- HOT/COLD CYCLES OR LAST-MINUTE CHAOS
- MINIMIZES YOUR BOUNDARIES AS “TOO MUCH”
- BLAMES EXES, BOSSES, EVERYONE BUT HIMSELF

## **HOW TO HOLD STANDARDS WITHOUT FEELING “HARSH”**

- USE “I” LANGUAGE: “I FEEL MOST OPEN WITH CLEAR PLANS.”
- STAY BRIEF: ONE SENTENCE, THEN A PAUSE.
- DECIDE PRIVATELY: YOU DON’T NEED A COMMITTEE OR A COURTROOM.
- LEAD WITH WARMTH: SMILE, SOFTEN SHOULDERS, STEADY TONE.

## **MICRO-PRACTICES (BUILD THE MUSCLE)**

- THE 5-SECOND PAUSE: AFTER STATING A BOUNDARY, COUNT TO FIVE SILENTLY. DON’T FILL THE SPACE.
- THE “ONE ASK, ONE OBSERVE” RULE: ASK ONCE → WATCH A WEEK.
- THE GRACIOUS EXIT: PRACTICE A KIND, CLEAN NO IN THE MIRROR.

## **JOURNAL PROMPTS**

- WHICH STANDARD PROTECTS MY PEACE THE MOST RIGHT NOW?
- WHERE DO I OVER-EXPLAIN? WHAT WOULD MY ONE SENTENCE BE INSTEAD?
- WHAT DOES “SOFT YES” VS. “CLEAR NO” FEEL LIKE IN MY BODY?



A woman with long, wavy blonde hair is sitting at a wooden table, smiling broadly while talking on a smartphone. She is wearing a dark blazer and a ring. The background is a bright, modern interior with large windows and indoor plants.

YOUR ALIGNED  
LOVE ERA  
STARTS NOW

YOUR NEXT STEP  
STARTS NOW

# TURN INSPIRATION INTO ACTION

THE FACT THAT YOU'VE COME THIS FAR SHOWS YOUR COMMITMENT TO CREATING THE LOVE YOU DESERVE. DON'T STOP HERE—CHOOSE YOUR NEXT STEP AND LET'S BREAK THROUGH LOVE BLOCKS TOGETHER.

YOU'VE TAKEN IN THE STEPS, REFLECTED ON YOUR PATTERNS, AND STARTED TO IMAGINE WHAT'S POSSIBLE WHEN YOU APPROACH LOVE WITH CLARITY AND CONFIDENCE. IF YOU'RE FEELING ALIGNED WITH THIS METHOD, IT MEANS YOU'RE READY TO GO DEEPER.

THIS IS WHERE TRANSFORMATION TRULY BEGINS—NOT BY SIMPLY READING, BUT BY ACTING ON WHAT YOU'VE LEARNED.

## **INVITATION TO GO DEEPER**

JOIN MY 5-PART VIDEO COURSE.

DIVE INTO PRACTICAL TOOLS AND STEP-BY-STEP GUIDANCE DESIGNED TO HELP YOU SHIFT PATTERNS, STRENGTHEN YOUR SELF-WORTH, AND ATTRACT LOVE FROM A PLACE OF ALIGNMENT.

## **BOOK YOUR 1:1 LOVE CLARITY CALL.**

SOMETIMES THE FASTEST PATH FORWARD IS A DIRECT CONVERSATION. IN THIS CALL, WE'LL UNCOVER THE BLOCKS STANDING IN YOUR WAY AND OUTLINE A CLEAR PATH TO THE LOVE YOU DESIRE.

## **TAKE ACTION**

YOUR BREAKTHROUGH IN LOVE IS WAITING. ALL YOU NEED TO DO IS TAKE THE FIRST STEP TODAY.

YOUR HEART IS READY FOR CHANGE. YOU DESERVE A LOVE STORY THAT LIGHTS YOU UP—AND YOUR BREAKTHROUGH IS CLOSER THAN YOU THINK.



# RESOURCE GUIDE

01

## **Join My Private Matchmaking Database**

If you're curious about dating differently but not quite ready to make it your top priority, the database is a beautiful place to start. You'll be privately considered for curated introductions with emotionally available, successful singles — without pressure or expectation. It's a gentle first step into a more intentional way of connecting.

02

## **Book Your Erica Suzanne Matchmaking Process Call**

This call is your personalized entry point into the ESM experience. Together, we'll explore your relationship goals, past patterns, and what's been missing — then outline your next aligned step based on where you are and what you're ready for.

03

## **Schedule Your Meet-the-Team Session**

When you're ready to dip your toes in a little deeper, the Meet-the-Team session gives you hands-on visibility with our internal matchmaking team and access to our wider network of over 1,200 vetted matchmakers. You'll receive personalized photo and profile feedback, expert recommendations, and priority consideration for potential matches. It's a powerful way to "get your feet wet" and experience the process firsthand.

04

## **Apply to Become a Client**

When you're ready to make your love life a top priority, becoming a client allows us to work proactively on your behalf. Every introduction is intentional, curated with care, and designed for high-value, commitment-ready individuals who are serious about building lasting, aligned relationships. This is where the full transformation begins.

## **YOUR LOVE STORY STARTS WITH YOU**

**CONGRATULATIONS, BEAUTIFUL SOUL! BY MAKING IT TO THE END OF THIS GUIDE, YOU'VE ALREADY TAKEN POWERFUL STEPS TOWARD THE LOVE YOU DESERVE. YOU'VE SHOWN COMMITMENT TO YOURSELF, YOUR GROWTH, AND THE POSSIBILITY OF CREATING A PARTNERSHIP THAT FEELS ALIGNED, SAFE, AND SOUL-DEEP.**

**REMEMBER: ATTRACTING THE RIGHT RELATIONSHIP ISN'T ABOUT LUCK. IT'S ABOUT CLARITY, CONFIDENCE, AND CONSCIOUS CHOICES. YOU NOW HAVE THE TOOLS TO:**

- **DEFINE WHAT YOU TRULY WANT.**
- **EMBODY THE WOMAN WHO NATURALLY ATTRACTS IT.**
- **ALIGN YOUR ENVIRONMENTS AND STANDARDS WITH YOUR VISION.**
- **LEAN INTO THE AUTHENTIC CONFIDENCE THAT MAKES YOU MAGNETIC.**

**✨ YOU ARE THE PRIZE. THE MOMENT YOU OWN THAT TRUTH, LOVE FLOWS TO YOU WITH EASE.**