



Heartbreak Hazards: A Guide to Avoiding Dating Traps®



A guide that provides strategies to sidestep dating traps by promoting deep self-awareness and enhancing self-worth.

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Heartbreak Hazards: A guide to avoiding Dating Traps

The informative ebook "Heartbreak Hazards: A Guide To Avoiding Dating Traps" outlines three key dating traps©, illustrating how they manifest in various forms. It provides strategies to sidestep these traps by promoting deep self-awareness and enhancing self-worth. Additionally, it gives practical guidance on reducing heartbreak and encouraging a mindful selection of authentic love and connection to find everlasting love.

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YASMIN ABOUELHASSAN

*FOUNDER OF
HAPPY FAMILY RELATIONSHIP COACHING*

Yasmin Abouelhassan stands as a pioneering figure, introducing life and relationship coaching to Egypt and the MENA region nearly two decades ago. Her transformative journey began following her own divorce, a pivotal moment revealing the glaring lack of awareness surrounding relationship skills and healthy partner selection. With 18 years of dedicated experience, Yasmin has coached numerous divorced women to find authentic love, refusing to settle for anything less. Through her expertise, Yasmin empowers divorced women to find their true voice and cultivate the relationships they truly deserve.

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1

CHAPTER

INTRODUCTION

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INTRODUCTION

Thank you for grabbing "Heartbreak Hazards: A Guide to Avoiding Dating Traps." Your dedication to mastering the dating game and decoding the mysteries of relationships is truly commendable. Remember, step one is all about being in the know. Step two? It's about sizing up your options. And step three is all about those tiny but mighty moves. Get ready to conquer the dating universe, one step at a time!

This insightful ebook is designed to equip readers with the knowledge and tools needed to navigate the modern dating landscape successfully. By examining common dating pitfalls and relationship patterns, this guide aims to empower individuals to recognize and avoid potential heartbreak triggers. Whether you're new to dating or have been dating for some good time, this ebook serves as a resource for minimizing heartbreak and finding genuine love and connection.

Let's dive into this juicy content together and spread the word! Got any bright ideas, burning questions, or random thoughts? Shoot me an email at yasmin.abouelhassan@gmail.com. Here's to a fun and enlightening reading journey!



WHAT IS A DATING TRAP?

A trap is akin to a pitfall that ensnares you. This can occur when you are completely oblivious to its presence, as you navigate life unconsciously, even if it is glaringly obvious but you are preoccupied or lost in your thoughts (operating at a subconscious level), leading you to fall into it. Alternatively, you may find yourself in a semi-conscious state where you recognize the trap, and acknowledge it as such, but then create narratives and convince yourself otherwise; common examples include "things will improve over time," "they will change," "I can fix them," "I can endure this," and more.

In the context of dating, a "Dating Trap" represents an "unconscious relationship choice" that gives rise to unresolvable issues within a relationship.

An unsolvable issue in a relationship refers to a problem linked to an unmet relationship "Requirement." Your relationship requirements are the essential criteria for a relationship to be successful for you. These requirements, which are deeply connected to your core values, define who you are. They are non-negotiable and cannot be compromised upon, as there are no win-win outcomes in such situations. It's a matter of black or white, either available or not. Compromising on these requirements could lead to enduring unhappiness, ultimately resulting in a breakup.

Escaping this cycle often involves ending the relationship. However, we never leave a relationship without a scar.

WHAT'S THE DEAL WITH FALLING INTO A DATING TRAP?

Falling in the dating trap, hooks you in the relationship that is far from what our heart desires leaving you torn between the time and emotional investment you made hoping to be fulfilled and happy. Breakup and divorce are eventually the only way out of these traps.

Break-up and divorce experiences cause deeply engraved scars in our minds, hearts and souls. The pain we experience through these experiences shape a lot of our beliefs about ourselves, relationships and about the partners. Through our attempt to heal our pains especially when unaware of positive or healthy healing methods; we create our own man-made assumptions and conclusions that to our best knowledge can keep us safe from repeating these pains again.

Most of these man-made assumptions and conclusions are generalizations, judgments, low self-worth attitudes and behaviours or anti-relationship endeavours. And because of those set of protective attitudes, beliefs and behaviours, unfortunately we keep attracting the same type of pains and traumas again and again in our life.

The good reason for repeating our mistakes is that we finally get aware that these beliefs are not helping us. Unfortunately instead of understanding their sabotaging effects and changing them, we use them to enforce our deeply rooted pain-based beliefs and keep harnessing them in an unbreakable chain of repeated experiences.

That's how the pains of getting out of the trap can themselves trap us in worse situations.



YOU CAN AVOID THESE TRAPS

The good news is that when you are single, you can do a lot more than you realize to avoid dating traps and prepare for a successful and lasting relationship.

So let's get started!



NAVIGATING DATING TRAPS

There are couple of sneaky ways to work those traps! First up, it's a real eye-opener to spot how you lay them down for others. Yep, you heard it right! We all have our sneaky moves, maybe without even realizing it. It's easy to point fingers, but taking a peek in the mirror and owning up to our part in the game? That's the real challenge! Dive deeper into your dating shenanigans and see what patterns you've been spinning. Next up, flip the script and see how others might have snared you in their traps. Understanding both sides can sprinkle a little forgiveness on yourself and all those past flames. This double-sided view might just save you from hitting replay on those dating disasters.



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CHAPTER

DATING TRAP #1

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#1-THE SINGLE-FOCUS TRAP

When you are trapped in the single-focus trap; you focus on one aspect of the relationship that is attractive or fulfilling to you and ignore the rest, talking yourself into maximizing the importance and need for this aspect and minimizing or ignoring a wholesome relationship image.

Common Single focus Trap areas are:

Attraction:

Making relationship choices based on feelings of attraction. Interpreting a strong attraction to someone as a sign that the relationship is a good choice and “meant to be”. This approach results in relationship failure when unsolvable problems surface because you ignore the red flags while infatuated. Unconscious choices usually result in repeating unproductive past patterns. Attraction is like the radar that helps you find your target. But focussing on Attraction only is blindly following this radar.

Love

Interpreting infatuation, attraction, need, good sex, and/or attachment as Love. When you are trapped in the single-focus trap, you assess the relationship on the feeling of love only telling yourself, “If it feels good, it must be Love.” “Love is all you need.” “Love conquers all.” You feel so in love that you believe it must be a good relationship. After the initial infatuation is gone; you spend the rest of your time together just trying to get this feeling back.

Sex

Focusing on the chemistry under the covers by interpreting sex as love, using sex as a kind of “compatibility test” (if the sex is good then the relationship will be good as well), or becoming emotionally attached and considering yourself in a kind of committed relationship as soon as you have sex.

THE SINGLE-FOCUS TRAP

Compatibility

Assuming that if you have fun together and get along well, you are compatible and a committed relationship will work. Single-focussed on compatibility only, results in relationship failure when discovering the vast difference between a fun-focused, recreational "dating" relationship, and a serious long-term committed relationship.

Being so different, the process and criteria for choosing a recreational relationship needs to be very different from choosing a Life Partner.

Packaging

When you are trapped in the single-focus trap in the packaging; you focus on the outside packaging - such as someone's body, looks, job, wealth, material possessions - and overlook the reality of the person inside.

This doesn't mean that you compromise on what your preferences are related to the looks, body type, social and intellectual levels in a partner but rather not to base your choice only on the external package.

#1-THE SINGLE FOCUS TRAP

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ATTRACTION

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LOVE

Interpreting infatuation, attraction, need, good sex, and/or attachment as Love, thinking: “Love is all you need”
“Love conquers all.”



SEX

Focusing on the chemistry under the covers by interpreting sex as love, using sex as a kind of “compatibility test”



COMPATIBILITY

Assuming that if you have fun together and get along well, you are compatible and a committed relationship will work.

PACKAGING

You focus on the outside packaging – such as someone’s body, looks, job, wealth, material possessions – and overlook the reality of the person inside.



THE SOLUTION

BALANCE YOUR HEART WITH YOUR HEAD.

We all have preferences and your heart has to do with the external preferences that attract you and the chemistry between you and your date starting from attraction to love to compatibility and intimacy.

With attraction, love and sex a lot of hormones are at play that they inhibit the logical thinking of the mind.

Sex and physical compatibility is essential and is a requirement nearly for all. But the physical attraction and compatibility alone do not work. By time, you get fulfilled physically but you discover that this is not “The Life Partner” you wish to continue or share your whole life with. Frequent good sex promotes bonding hormones that tear you between being bonded to someone strongly while your heart and mind are not convinced by them. Eventually, break-up happens painfully.

Your head works best when you are single away from the hormones, so use this time to define your requirements of your relationship and understand your readiness state (why you are dating).

Your readiness state defines what you want from a dating relationship. While you are not ready for commitment you want a fun-focused, recreational "dating" relationship, which has different criteria and conditions than a serious long-term committed relationship Do not try to convert a recreational relationship into a committed one, unless 100% of your Requirements are met.

Use your requirements to scout, sort, and screen potential partners and to make conscious relationship choices.



BALANCE YOUR HEART WITH YOUR HEAD.

The trap lies in considering only one aspect as a real indicator for the quality of the relationship you want to have and enjoy.

Take your time. Test the reality and compare it with what you see externally, what you feel and experience.

Do not ignore discrepancies. Talk with your coach.

Ask your support network for guidance too.



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CHAPTER

DATING TRAP #2

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#2-THE LEAST EFFORT TRAP

You are trapped in this trap as it shows in the name when you are inclined to do the least effort possible on your part in your life and in your relationship. You are waiting for things to happen and for others to rescue you or provide you with your needs instead of taking ownership and responsibility of your life and your relationship by claiming an empowered chooser position.

Common areas where you can be trapped in the least effort trap are:

Fairytale

Passively expecting your ideal partner to magically appear and live happily ever after without effort on your part. Believing that finding your soul mate will just "happen". This results in disappointment when the frogs that happen to jump into your life don't become princes.

Date to Mate

Becoming an "instant couple" as if giving each person you date an extended test drive. Believing that if you develop an exclusive relationship with someone you are dating, a successful committed relationship will eventually happen. Other terms for this are "Serial Monogamy" and the "Mini-Marriage. This approach is a costly use of time and emotional energy.

The inertia in this trap is pressure to make the relationship work, attempt to solve unsolvable problems, and fit the round peg in the square hole because breaking up and being single again is an undesired outcome

#2-THE LEAST EFFORT TRAP

Another two Common areas where you can be trapped in the least effort trap are:

Virtual Reality

Believing that "what you see is what you get." Making hasty long-term relationship decisions based on short-term impressions and inferences instead of actual experience and knowledge.

Getting involved in a relationship focusing on "potential," hoping that some things that you really need to happen will get better or change over time. Results in seeing what you want to see, and relationship failure when later reality doesn't match.

Rescue

Hoping a relationship will solve your emotional and financial difficulties and bring you happiness and fulfillment, something like winning the lottery. You avoid taking responsibility for your life challenges, expecting to be rescued from them. Results in desperation, neediness, and relationship failure when your problems multiply instead of disappear.

THE SOLUTION

TAKE PERSONAL RESPONSIBILITY FOR YOUR LIFE, YOUR RELATIONSHIP CHOICES AND OUTCOMES

Define your Vision for your life and relationship and “Live your Vision” as a successful single person. Resolve emotional, financial, and other problems prior to seeking a lasting committed relationship. Seek to be in a position of “choice” and “want” rather than “need”.

Have effective scouting, sorting, and screening strategies. Initiate contact and be the “Chooser”, don’t simply react to people that choose you.

Date a variety of people and have fun without being exclusive. When you are ready for a committed relationship define your Requirements and use them as tools to scout, sort, and screen potential partners.

Assume “you don’t know what you don’t know” and stay in a “pre-committed” stage until you have solid experience and knowledge that this is the right relationship for you.

Make a careful relationship choice and consciously use a “pre-commitment” period to determine if this is the right relationship for you.

THE LEAST EFFORT TRAP

You are waiting for things to happen and for others to rescue you or provide you with your needs instead of taking ownership and responsibility of your life and your relationship by claiming an empowered chooser position



FAIRYTALE

Believing that finding your soul mate will just "happen" without any effort on your behalf. This results in wasting your time and ending up in disappointment and despair.

DATE TO MATE

Becoming an "instant couple" as if giving each person you date an extended test drive. Believing that if you develop an exclusive relationship with someone you are dating, a successful committed relationship will eventually happen.



VIRTUAL REALITY

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TAKE PERSONAL RESPONSIBILITY FOR YOUR LIFE, YOUR RELATIONSHIP CHOICES AND OUTCOMES

The trap lies in considering only one aspect as a real indicator for the quality of the relationship you want to have and enjoy.

Take your time. Test the reality and compare it with what you see externally, what you feel and experience.

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Ask your support network for guidance too.



4

CHAPTER

DATING TRAP #3

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#3-THE TOXIC ATTITUDE TRAP

The Toxic attitude trap refers to negative mindsets or behaviours that undermine your possibility of attracting everlasting committed love and instead leave you in unfulfilling relationships.

One of the key factors contributing to the Toxic attitude trap is a lack of self-awareness. When individuals are unaware of their own patterns of behavior or their own emotional needs, they may unintentionally engage in actions that sabotage their chances of finding a truly fulfilling and committed relationship. It's important to take the time to reflect on your own thoughts and behaviors, and to consider how they may be impacting your relationships with others. By developing a greater sense of self-awareness, you can begin to break free from the Toxic attitude trap and open yourself up to the possibility of experiencing lasting and meaningful love.

Areas that often indicate the Toxic Attitude Trap include:

Marketing

When you believe that you need to make yourself more appealing. You want to attract and "sell" yourself with attractive packaging and presentation. You have this fear that nobody will want you as you really are. By "marketing" yourself, you risk disappointment and relationship failure. So, when the excitement and promise of the "sizzle" conflicts with the reality of the "steak," one or both of you are left feeling disappointed and angry.

Lone Ranger

You live your single life focused on your goal of finding your life partner, believing that you don't need anyone else in your life. You evaluate people you meet for their relationship potential and do not take the opportunity to cultivate new friends. This results in isolation, perception of scarcity of potential partners, and risk of settling for less than what you really want because you don't want to be alone.

#3-THE TOXIC ATTITUDE TRAP

The Toxic attitude trap refers to negative mindsets or behaviours that undermine your possibility of attracting everlasting committed love and instead leave you in unfulfilling relationships. When you develop healthier attitudes, you can stop attracting the same losers and get closer to finding the love of your life.

Areas that often indicate the Toxic Attitude Trap include:

Scarcity

You believe there is a limited supply of possible partners, and therefore think that you have to take what you can get or be alone. The Scarcity attitude results in relationship failure because there is a temptation to settle for less: you believe you can't get what really want because there is not enough to go around. Unfortunately, it's a self-fulfilling prophecy because when you expect less, you get less.

Co-Dependent

You expect someone to love you and give you what you want by giving the other person what he/she wants. You attempt to earn love and happiness by complying, giving and helping. You really want to be in a relationship. You feel that you are not worthy as you are, and need to earn love. You pursue relationships hard because you feel incomplete when you're not in one. You want to be the hero and therefore seek someone who wants to be helped. But you learn the hard way that although it feels good to be needed, someone who needs you is not necessarily able to give you what you need.

Needing to be needed often results in unconsciously attracting and choosing a relationship with a person who needs you, but - as you later discover - is unable to give you what you want

Entitlement

Believing you deserve to be happy and get what you want in your life without effort or changes on your part. Results in relationship failure as you rely on your partner to bring happiness and fulfillment and inevitably experience disappointment. "If you do what you've always done, you'll get what you've always got."

THE SOLUTION

BE THE CHOOSER

By developing a greater sense of self-awareness, you can begin to break free from the Toxic attitude trap and open yourself up to the possibility of experiencing lasting and meaningful love. Here are some suggested steps:

Be Authentic; you will attract compatible people when you show them who you really are. At the risk of mixing metaphors, “Birds of a feather flock together”, so don’t try to look like a prize-winning chicken when you are your own breed of duck!

Define your Vision and Requirements and choose a closely aligned partner. Learn to be assertive, identify and ask for what you want and need, identify and assert boundaries, and develop the ability to say “No”. Be the “Chooser” and cautious of people that choose you!

Take personal responsibility for your life and relationship. Having defined your Vision and Life Purpose, live them when single.

Define your first choice of what you really want and **persevere**. Trust that if you follow your dream you can get what you really want in your life. You must be able to say “No” to what you DON’T want, to be available to say “Yes” to what you DO want.

You have the power to choose who, what, where, when, and how, and can get what you really want if you make effective choices aligned with your Vision and Requirements.

Develop a support network/community of friends of both genders and be supportable by enrolling them to scout for you.

THE TOXIC ATTITUDE TRAP

Refers to negative mindsets or behaviours that undermine your possibility of attracting everlasting committed love and instead leave you in unfulfilling relationships.



MARKETING

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CO-DEPENDENT

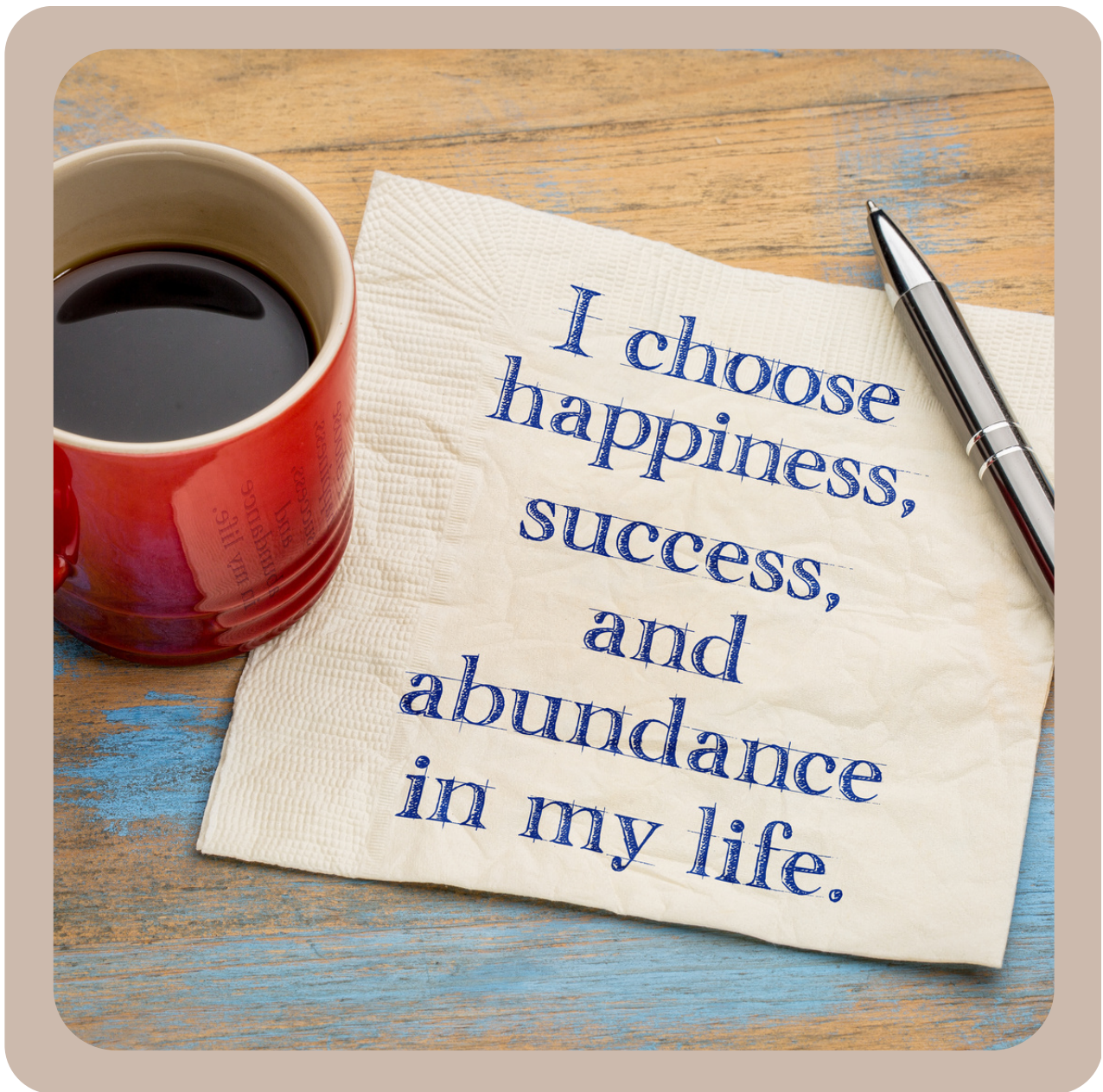
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*“CHOOSE YOUR LIFE’S MATE
CAREFULLY. FROM THIS ONE
DECISION WILL COME NINETY
PERCENT OF YOUR HAPPINESS
OR MISERY.*

—
H. Jackson Brown, Jr. from “Life’s Little
Instruction Book”

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KNOW WHO YOU ARE

Authenticity is key; being true to yourself attracts those who resonate with your values and aspirations. Embrace the individuals who walk away, for they help refine your understanding of what you truly seek and deserve.

Authenticity comes from crystal clear clarity about yourself, your self-worth, your values, requirements, needs, and vision then daring to express who you are without apology.

Knowing who you are and what you want and living accordingly allows you to attract more matching prospects and saves you a lot of heartache.

Also when you understand why you are dating, you can then Sort-Out, screen and test according to your criteria avoiding the one-night stands whether they last or not.

There is no game out there, be who you are so you attract your matches. Whoever falls along the way has done you a great favor by sorting themselves out anyway. Just use the experience to validate what you want and what you can't settle without.

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CONCLUSION

In the pursuit of meaningful relationships, self-awareness and clarity are paramount. Understanding who you are and what you desire sets the foundation for finding the relationship you truly want. Without this clarity, the journey becomes aimless, and the chances of finding a compatible match diminish.

By identifying your motives for dating, you gain the ability to sift through potential partners, screening them against your criteria and avoiding fleeting connections that do not align with your long-term goals.

Authenticity is key; being true to yourself attracts those who resonate with your values and aspirations. Embrace the individuals who walk away, for they help refine your understanding of what you truly seek and deserve.

If you're seeking guidance in this journey, consider booking a consultation call. Let's work together to navigate the complexities of dating and relationships, empowering you to find genuine connection and fulfillment.

ABOUT *ME*



I assist divorced women in conquering fear and discovering fulfilling love through personalized relationship coaching. Following my divorce, I recognized that my relationship beliefs were shaped by negative influences. This realization led me to transition from my corporate career to relationship coaching and relocate to Canada for a new beginning. My goal is to guide divorced women in attaining their desired love life by providing clarity and a successful strategy drawn from my journey of growth.

Yasmin Abouelhasan



Yasmin Abouelhassan is passionate about assisting entrepreneurs who are dedicated to building successful businesses but find themselves hesitant to pursue the love they desire, settling for singleness out of fear or desperation. She guides them through step-by-step actions to create the fulfilling and successful love relationships they deserve, helping them evolve into their true loving essence.

Twenty three years ago, Yasmin went through a divorce when she realized her marriage was founded on unstable grounds, leading her to this decision due to a lack of relationship awareness and clarity. She discovered that her views on relationships and partner selection were influenced by her parents' experiences, societal norms, and limiting beliefs.

Driven by her quest for truth, Yasmin found her calling in Relationship Coaching. She supports singles in clarifying their relationship goals and achieving them, tailoring her approach to each individual's needs while assisting them in developing personalized action plans based on their unique characters and circumstances.

Passionate about relationship coaching, Yasmin left her secure corporate job eighteen years ago to pursue her mission of raising relationship awareness and skills, aiming to make a positive impact on people's lives. After realizing her desired life and relationship were not in her home country, she relocated to Canada.

Yasmin has learned to cultivate the love life she desires, whether single or in a relationship, refusing to settle for less and confidently turning down unsuitable matches. She lives purposefully, pursuing her own life, career, and ideal relationship, continuously learning, growing, and sharing her authentic journey with her clients.

Yasmin met her life partner in Canada in 2019 and since then they have been living a beautiful and fulfilling life. Yasmin's son got married in summer 2023 and life continues.

Yasmin envisions helping her cherished clients achieve internal clarity and harmony to realize the love life of their dreams through a proven, step-by-step formula that transformed her from a place of despair and loss to an ongoing life filled with success and love.

Information presented in this ebook are Yasmin's take on the 14 Dating Traps©
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For more information, here's a suggested read: [Conscious Dating](#)