



Stop Hating Dating  
& Find Your Person

with  
Stacy Perry

**FULL EPISODE TRANSCRIPT**

*WITH YOUR HOST*

**STACY PERRY**

## SHD&FYP EP 44 Dating Like a SciFi Movie (End of Season 1 of the Podcast)

Welcome to the Stop Hating dating and find your person podcast

I'm certified life coach, Stacy Perry

I went on 475 dates to find my person, so you don't have to!

Each week I'll teach you the skills and mindsets to confidently show up for yourself, interact in a way that's authentic to you, AND gets you the relationship you want.

If you're ready to make dating and finding your person easier, more fun, and without all the unnecessary drama and BS - this podcast is for you!

### EP 44 Dating Like a SciFi Movie (End of Season 1 of the Podcast)

What if you were in a SciFi movie. You knew you had been in a long term relationship with the love of your life. But an evil antagonist had erased your memories of what each other looked like. You did know how you made each other feel, but you WOULD NOT be able to recognize them by sight. And the evil antagonist, was a shape shifter and tried to keep you apart.

And in this movie you had to recognize recognize each other to free yourselves from the antagonist.

How would you date then?

This is how I think you and I would both date if we were in this dramatic SciFi thriller.

We'd meet tons of people. Go on tons of dates. We'd meet people on the apps, in real life, and ask people to set us up.

We'd be super open and vulnerable about who we are, all our quirks, wants desires, values, and vision for our life and our romantic relationship. Because we'd know we'd have to recognize how we FEEL together in order to break the spell and beat the evil antagonist.

We'd be oh so curious - open to seeing signs of our true love. Open to different types of people. Explore outside of your usual "type"

And guess how the evil antagonist would try to distract you from finding our person? They'd put ghosters, breadcrumbers, and the hot amazing confused guy who didn't know what he wanted in your path to try to distract you. They'd implant thoughts in your head about the dating apps sucking, and that you need to lose weight first, and that you're too old and your city sucks for dating. The antagonist would try to make you believe that you're broken and not enough and not worthy and too messed up to find an amazing partner. The antagonist would try to get you to believe you shouldn't date or that you should quit dating. They'd try to convince you there are no good guys left.

But if we were on to the antagonists sneaky ways, we wouldn't waste our time with people who aren't into us or showing up for us because we'd know our person would and will. Ghosters, breadcrumbers, sexy confused guy - obviously not our person.

I think in real life dating and in my made up SCIFI movie, the keys to dating and meeting your super amazing loving partner are the same:

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1. Be clear about the vision you have for your life and your relationship
2. Get out there and meet lots of people.
3. Show your true self so your person will know us when the FEEL us.
4. Stay present with who you're with to get to know them and to seek to understand them.
5. Really being honest with yourself and the people you meet about what your vision is for the life and relationship you want to co-create.
6. Have authentic vulnerable conversation
7. Trust your person is out there and is looking for you too.
8. Letting people go of people who don't share your vision, and a big part of that is that you're both showing up of each other.

You don't need to:

Be someone you're not

Play games

Put up walls

Trick someone into liking you

Follow anyone else's "rules"

People please

Control

And know - The biggest antagonist is in your head. And I say that with caution. Our brain is not our enemy - but sometimes it tells us stuff that doesn't serve us. And sometimes it tries to get us to play it too safe. It tells us to put up walls and barricades and has us believing things that just aren't true.

Another aspect of the antagonist is all the messaging we've received growing up.

Now that I'm thinking of this. Maybe the antagonist ends up being the little scared girl version of you. That the antagonist just needed to be heard and listened to and loved. That you, the heroine of this sci-fi thriller love story - love on the antagonist in such a way that she no longer feels like she has to block you. You take care of her and she trusts you.

So my question to you is what type of relationship is worth wanting? Is worth dating for? Is worth being the heroine in this sci-fi movie? Is worth putting in the effort to find your person? You can find a person who is aligned and in sync with you. Where you have deep trust and respect. Loving communication. That you turn towards each other with empathy when things get tough. That you both show up vulnerably, authentically, transparently. That it is fun and full of laughter.

Okay, obviously this messy screen play or whatever you call it! But I was really feeling this and wanted to share!

My mission is to help single women solve anything that's holding them back from finding their dream relationship. And I have so many ideas and projects that light me up. This episode is the conclusion of season one of my podcast! I chose episode 44 to be the last episode of this season because I was 44 when I met Greg.

Mwah! Love you! Go Get'm and see you back in season 2!

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Thank you for so much for listening.

If you're ready to stop hating dating and find your person, let's chat.

You can pop right on my calendar for a free coaching call to see if private 1:1 coaching feels like a fit for you! - It's like a like a first date to see if we're a match.

You can get direct access to my calendar on my website, [StacyPerrycoaching.com](https://StacyPerrycoaching.com), there's also link in my IG bio, or use the link in show notes, just do it and get yourself booked for a free consult coaching call. Let's go find your person!