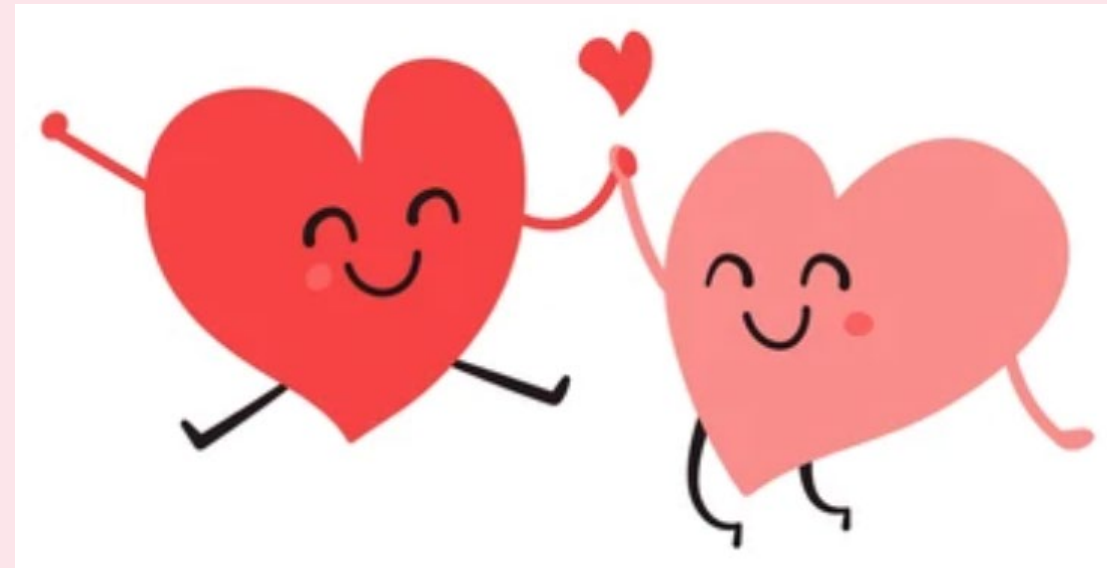


Should you settle for good enough or wait for the best?

Lynn Muldrew



How do you find the right one?

- Do you weigh up all your options before making a decision?
- Do you have a long list of criteria?



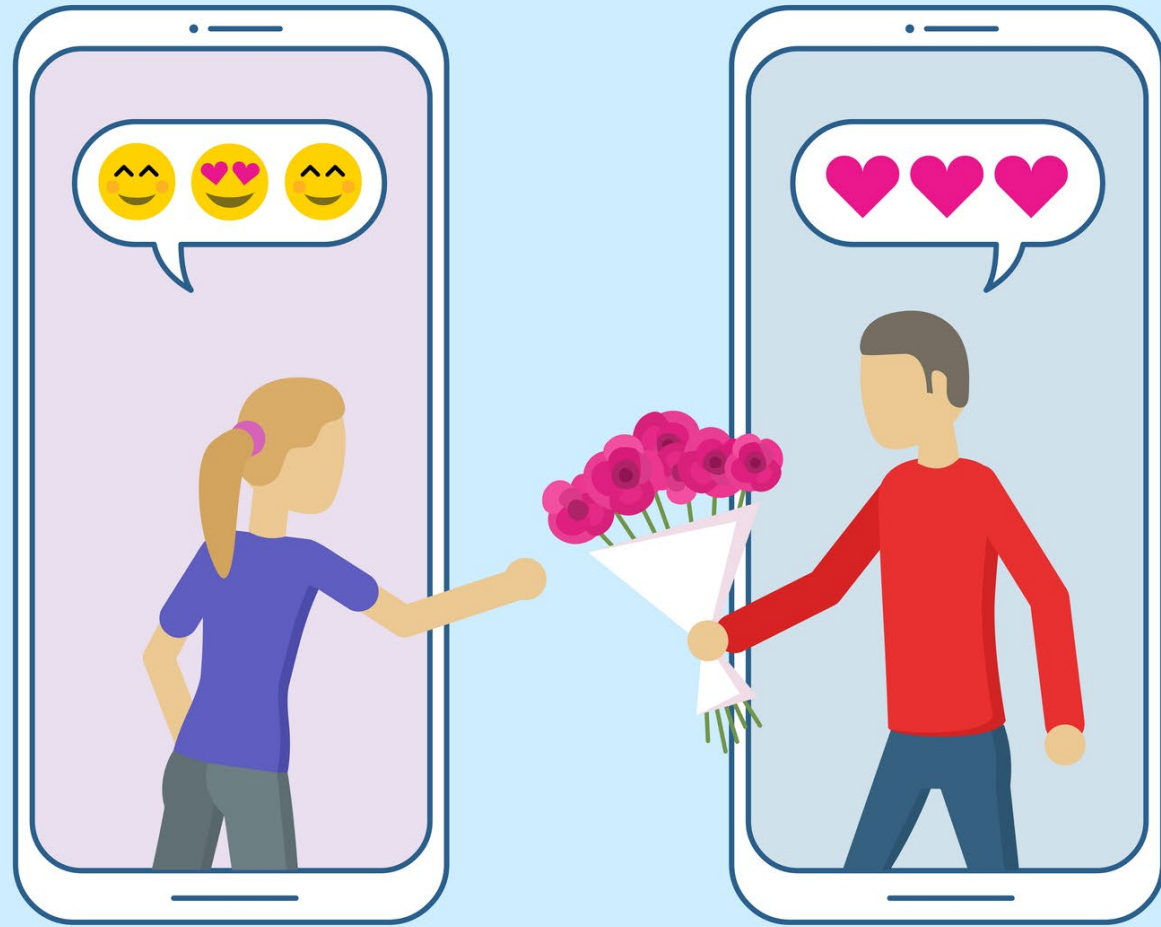
MARRY

- ☒ SENSE of HUMOR
- ☒ INTELLIGENT
- ☒ OPENNESS to LIFE
- ☒ SUPPORTIVE
- ☒ BEAUTIFUL
- ☒ HONEST
- ☒ SPONTANEOUS
- ☒ CONFIDENT
- ☒ SENSUAL
- ☒ LOVES HER JOB
- ☒ EASY GOING
- ☒ WANTS KIDS
- ☒ PHYSICALLY ACTIVE
- ☒ AFFECTIONATE
- ☒ CURIOUS
- ☒ LETS ME WATCH BASKETBALL
- ☒ DOESN'T WEAR VEGGIES
- ☒ OWNS an iPhone
- ☒ DOESN'T USE AOL EMAIL
- ☒ NOT RACIST

*Are you a
maximizer?*



Do you wonder
if the next swipe
will be better
than the current
one?



*Who ends up
happier?*





How come?

CAN YOU EVER HAVE TOO MANY CHOICES?

- 1. Standards increase*
- 2. Lack of info*
- 3. Easier to blame yourself and feel regret*

(SCHWARTZ, 2002)



Satisficers, not maximizers are happier over the longrun



Drawbacks of a maximizer's strategy

- Avoidance of dating
- Missing out on learning about themselves and what they like
- Dating is a learning experience
- Lost time



Maximizing: process or goal?





Recommendations

- Review your criteria
- Focus on the essentials
- Know your red flags
- Be open to talking to more people – go on first dates
- Reduce the need to find the perfect partner
- Attitude of gratitude for current partner

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