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?
Are you a maximizer?

- 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 Uggs
- Owns an iPhone
- Doesn’t use AOL email
- Not racist
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 long run.
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


