

The Empath Online

Many of my clients have tried online dating or are in a relationship with someone they met online. I often wonder how much empathy plays into this dating game. Here is one example of an empathic technique that can seem helpful...

When I was living in the countryside a while back, and working from home, which is in itself somewhat of a social barrier, I had to find a way to make my romantic life more palatable.

Many of us take our daily sojourns to work for granted, but it does satisfy some interactive needs, and social interaction. Needless to say, I decided to take fate into my own hands, and plunged into the social endeavour of online dating.

This can be an excellent but precarious way to train you in empathy and personality analysis.

As an experiment, look at only the pictures of the available people online. Which ones grab your fancy?

Then, have a good 'feel' or look at the pictures you enjoyed. Write down what personality traits you 'think' that person has. Do this for each picture.

Then open up the main advertisement for that person and read their profile. Would you say that your analysis is consistent with their profile? It probably is....

I have noticed that certain images will jump out at me. You will find the same thing, but you may boil it down to a certain 'je ne sais quoi' or you may have no idea why that person was attractive to you. I have experienced images 'shouting' at me, only to hear from that very person later.

***I have found that the profiles that stand out are often **people you wish to gravitate to** now. It may not have much to do with compatibility or how good a person they are— you *are intuiting this person's personality based on your psychological needs* – but they may not be the 'right' person for you, even if you do a correct personality analysis of them.

It may mean you may still be choosing the wrong person for yourself, but you are just more adept at guessing their motivations.

My theory with online relationships is such: You will meet the same people there that you would meet in 'real life' - but it's a more loaded meeting. People dating online are often work at home professionals, stay at home parents or people in rural areas. You will still attract the same people you will attract in your 'real life'. If you have had problems with meeting people who are trustworthy offline you may come across the same online.

In other words, online dating will not work well for you, if you have unresolved issues.

You may then attract those who lie, cheat or are desperate. Make sure you undertake this project with the fact that YOU are allowing certain people into your life.

Understanding why you attract them will help you pick the right people. So if you are empathically picking the wrong people, what in you is still feeling worthy of that?

What in you does not feel deserving? Or if you attract unavailable types, are you really available?

So even if being empathic helps in being able to understand motives, it doesn't prevent you from choosing the wrong people for you because you are still running within the same relationship dynamics.

My theory is that in order to be a healthy empath, you have to have healthy boundaries and relationships. Start there, and then start looking for 'the one'. Too many people date without looking at the chaos they have come from, and wonder why they attract chaotic types.

So the argument is this: Empaths may have an idea of what a person wants, but not necessarily why they (the empath) wants them.

Happy Hunting ;)