

Mate Selection: Principles and Clinical Applications

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Choosing a mate

Is choosing a life

Everyone knows *that* couple

Logic tells us we don't get good at something

until we've done it many times

People are criticized for leaving when
they might simply be learning.

playing the field

being a serial dater

catch-and-release relationships

even sequential monogamy—all get a bad rap.

Momma, how will I know?

Resigning mate selection to chance

What about the algorithms?

Matching sites are negligibly better than matching people at random

What-Were-They-Thinking? Syndrome

One basic difference explains a lot: we look at others' choices from the head
but our own choices from the heart.

In all fairness...

Relationships and mate selection are far more difficult today.

Half of all marriages don't make it to the 10th anniversary

Seismic shifts

Overwhelmed by

choice, feedback and constant [FOMO](#)

18-34 year olds interviewed

53% thought marriage vows should be renewed

43% would support a "Beta marriage" with a two-year trial period

40% said they believed the “death do us part” should be removed and you can leave without consequences

56% of men and women believe

Marriage can be successful whether it lasts forever or not

Considerations...

Given the stress and the risk, are relationships still worth it?

Only if you value:

Health

Wealth

Happiness

Given the benefits, it pays to start out well

There is a high cost to a bad match:

Turns out we are not that good at knowing ourselves

We don't always choose what we say we want

Here's what makes us fall in love

Similarity

Reciprocal liking

Desirable characteristics

Social acceptability

Need fulfillment

Arousal factor (not just sexual, but that too)

X-factor

Relationship readiness

Alone time

Mystery

We love the intensity of the love chemicals

Initial intensity/breakup propensity

High conflict/low commitment

Socially compatible/romantically compatible

Partner focused/permanent relationship

Tie yourself to the main sail...

How can you know you have the best match?

Commitment is the choice to give up looking

For some, this is easier than others...

Date-cred is the enemy of mate-cred

Most relationships are formed by gradually getting to know our partners

Dating and mating practices need to heed this fact

So, what is your date value?

Attractiveness

Chemistry

Engaged

Financial generosity

Romance and sex appeal

Commitment

Intellect

What's one word to describe what makes relationships work?

Parity

Take a deep breath...

from the US Bureau of the Census and Social Security Agency

-38 % of all American workers made less than \$20,000 last year.

-51 % of all American workers made less than \$30,000 last year.

-62 % of all American workers made less than \$40,000 last year.

-71 % of all American workers made less than \$50,000 last year.

The federal poverty level for a family of five is \$28,410, and yet almost 40 percent of all American workers do not even bring in \$20,000 a year.

Forbes reports

56 percent of Americans have less than \$1,000 in their checking and savings accounts combined

Nearly a quarter (24.8 percent) have less than \$100 to their name.

Another deep breath...

25% of Americans have a negative net-worth.

"If you've no debts and have \$10 in your pocket you have more wealth than 25% of Americans."

Another deep breath

It has been estimated that it takes approximately \$50,000 a year to support a middle class lifestyle for a family of four in the U.S. today,

71 percent of all workers make less than that amount

Most people in the US

Can't cover a \$500 crisis

Car breakdown

Trip to the hospital

Heater/AC replacement

Let alone

son's senior trip

braces

Sobering fact

Nearly 25% of Americans have less than \$250 in their bank account on any given payday.

20% of those who earn \$200,000 a year say they save rarely or not at all and

25% of those of those with graduate degrees said they couldn't miss a month's salary without having to borrow money or sell assets.

It's one thing to know yourself...

and another to know you in relationship.

Video clip

Can you relate?

What is your mate value?

Take away the boy/girl scout factors

Honest

Trustworthy

Loyal

Falling in love, even staying in love isn't enough

What makes relationships work?

Sometimes it is this simple

Step Three—What makes relationships work?

What do you mean by work?

People come into your life...

For a reason

For a season

For a lesson

Or a lifetime...