

ASK DOCTOR D

Forget the Candlelight, Sweetheart or How to Find a Partner-- by Demian, Ed.D.

Q: I'm looking for a sweetheart, possibly a life-partner. All the good ones seem to be taken already. I'd like someone to be my dreamboat. Where do I start?

A: I suggest being very pragmatic. Leaving such an important and vital part of your life to chance, or allowing romantic feelings to get in the way is a big mistake. Relationships take work and perseverance. Start with someone who will not make the job a nightmare.

First, make a list of all you want in a partner.

Second, make a concentrated effort to find that person. Be logical here. If you want a spiritual person, look for him or her at a meditation group or gay church. If you want a professional, go to your local Gay Business Association.

Third, do not--DO NOT--compromise on the ingredients your are looking for. It is only a matter of time before you

find a very good fit for you. Don't let loneliness lead you into a less than desirable union.

If you are currently in an unsatisfactory relationship, assess why it isn't working. If it is because that person does not adequately match your list, consider starting over. You can't fill your relationship cup until it's been emptied.

Hint: The quaint notion that opposites attract is total junk. Most long-term couples started with a lot in common. The main relationship glue is *shared* interests and beliefs.

Oh yes, the "good" ones are not all taken. Sometimes they have been made "good" by being part of an ongoing, mutually supportive relationship. You and your future partner will help each other become one of the good ones.

Demian is co-publisher/co-editor of *PARTNERS: The Newsletter for Gay and Lesbian Couples*. Send your questions about gay and lesbian relationships, for possible use in future columns, to *PARTNERS*, Box 9685, Seattle, WA 98109.



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