

IMMERSIVE WORKBOOK : DATE GREAT ACADEMY

14 Dating Traps

Workbook

Strategies for Avoiding The Pitfalls
and Achieving Your Dating Goals

Ivy Lofberg

Dating today can feel like navigating a maze blindfolded. You meet someone, feel sparks, and think you're on the right path—only to realize you've hit a dead end. More often than not, it's not bad luck that keeps love just out of reach, but unconscious patterns and choices that lead you into what I call *dating traps*.

A “dating trap” is an unhelpful, often hidden, relationship choice that creates an unsolvable problem. Once you're in it, the only way out is often ending the relationship altogether. That's why prevention is key for anyone looking for a happy, long-term romantic relationship.

In this mini-course, you'll explore **14 common Dating Traps**—from the Marketing Trap to the Lone Ranger Trap—so you can spot them before they catch you. Along the way, you'll use guided reflection questions, checklists, and action plans to help you make better dating choices right now.

When you're single, you hold more power than you may realize. By practicing [**The 5 GREAT Laws of Dating ©**](#), you can set yourself up for a healthy, lasting relationship and avoid the heartbreak that comes from repeating the same mistakes. This workbook is your toolkit to date consciously, choose wisely, and create the love life you truly deserve.

Xo Ivy

Founder, [The Date Great Academy/Author of The 5 GREAT Laws of Dating](#)

Trap 1: The Marketing Trap

The Trap: Believing you must 'sell' yourself with an attractive persona instead of showing your authentic self.

You believe that you need to make yourself more appealing to attract and 'sell' yourself with an attractive packaging and presentation.

When you fall into the Marketing Trap, you fear that nobody wants you as you really are. By marketing' yourself, you risk disappointment and relationship failure. So when the excitement and promise of the 'sizzle' conflicts with the reality of the 'steak', one or both of you are left feeling disappointed and angry.

The Solution:

Authenticity attracts the right people. Show up as your real self—quirks and all. You will attract compatible people when you show them who you really are: "Birds of a feather flock together." Just be you. Don't present a fake you.

[Reflection Questions](#)

When have I felt I had to 'sell' myself instead of being authentic?

What parts of myself have I hidden to be more appealing?

What would it feel like to show those parts openly?

Awareness Checklist

- You change your hobbies or interests to match someone else.
- You downplay your real opinions to 'fit in'.
- You focus more on impressing than connecting.
- You fear being rejected if you reveal the 'real' you.

Fill-in-the-Blank Prompts

1. One part of my personality I often hide is

2. The fear I have about being myself is

3. If I were fully authentic, I would

Action Plan: One step I will take this week to apply this lesson:

Trap 2: The Packaging Trap

The Trap: Being overly focused on someone else's appearance, wealth, or status, and ignoring who they truly are.

You focus on outside packaging – such as someone's body, looks, job, wealth, material possessions and overlook the reality of the person inside. The Packaging Trap is the opposite of the Marketing Trap: instead of seeking to sell yourself with attractive packaging, you focus on the packaging of others.

The Solution: Look beyond the surface. Chemistry matters, but it's only one part of a healthy relationship. Look beyond the outside packaging to areas of real compatibility. This doesn't mean you should forget about chemistry, but put it into perspective, understanding it is only one element of what you require in a successful relationship.

Reflection Questions

When have I focused too much on appearance or status over personality?

What values matter most to me beyond looks or possessions?

How can I remind myself to look beyond surface attraction?

Awareness Checklist

- You judge potential partners mainly by looks.
- You overlook red flags because of someone's status or wealth.
- You feel more impressed by possessions than by kindness.
- You dismiss people who don't fit your 'type' physically.

Fill-in-the-Blank Prompts

1. One deeper quality I value over appearance is

2. The best relationship I had valued

3. If I looked beyond surface traits, I might

Action Plan: One step I will take this week to apply this lesson:

Trap 3: The Scarcity Trap

The Trap: Believing there aren't enough good partners out there, so you settle.

You (unconsciously) believe there is a limited supply of possible partners, and therefore think that you have to take what you can get or be alone. The Scarcity Trap results in relationship failure because there is a temptation to settle for less: you believe you can't get what you really want because there is not enough to go around. Unfortunately it is a self-fulfilling prophecy because when you expect less, you get less. As well, you will always be on the lookout for someone 'better' - just in case.

The Solution: Be clear about what you want and say 'no' to what you don't. Trust that the right partner exists. Define your first choice of what you really want and persevere. Trust that if you apply yourself you can get what you really want in your life. You must be able to say "No" to what you DON'T want to be available to say "Yes" to what you DO want. You have the power to choose who, what, where, when, and how, and can get what you really want if you make effective choices aligned with your Vision and Requirements

Reflection Questions

When have I settled for less because I thought I couldn't do better?

What qualities will I no longer compromise on?

How can I keep faith that the right partner exists?

Awareness Checklist

- You stay in unsatisfying relationships to avoid being alone.
- You believe 'all the good ones are taken'.
- You ignore dealbreakers because you fear scarcity.
- You settle instead of holding out for compatibility.

Fill-in-the-Blank Prompts

1. One quality I will never compromise on is

2. To trust in abundance, I will

3. One sign a partner is truly right for me is

Action Plan: One step I will take this week to apply this lesson:

Trap 4: The Compatibility Trap

The Trap: Assuming fun and chemistry mean long-term compatibility.

Assuming that if you have fun together and get along well, you are compatible and a committed relationship will work. This results in relationship failure when discovering the vast difference between a fun-focused, recreational dating relationship and a serious, long-term committed relationship. The process and criteria for choosing a recreational relationship needs to be very different from choosing a Life Partner.

The Solution: Define your requirements for a life partner before committing.

When you are ready for a Life Partnership, define your Requirements and use them to scout, sort, screen and test potential partners. Do not try to convert a recreational relationship into a committed one, unless 100% of your Requirements are met

Reflection Questions

When have I mistaken chemistry for long-term potential?

What are my top 3 relationship requirements?

How can I test compatibility before committing?

Awareness Checklist

- You jump into relationships based solely on attraction.
- You avoid discussing core values early.
- You assume fun now will mean happiness later.
- You commit before assessing long-term fit.

Fill-in-the-Blank Prompts

1. One requirement I must have in a partner is
2. A way I can check for compatibility early is
3. If someone doesn't meet my requirements, I will

Action Plan: One step I will take this week to apply this lesson:

Trap 5: The Fairytale Trap

The Trap: Waiting for love to 'just happen' without effort.

Passively expecting your ideal partner to magically appear and live happily ever after without effort on your part. Believing that finding your soul mate will just “happen.” This results in disappointment when the frogs that happen to jump into your life don’t become princes.

The Solution: Be the Chooser. Take active steps to meet and evaluate potential partners. Take personal responsibility for your relationship choices and outcomes. Have effective scouting, sorting, and screening strategies. Initiate contact and be the “Chooser,” don’t simply react to people that choose you.

Reflection Questions

When have I expected love to happen magically?

What actions can I take to be proactive in dating?

How can I expand my opportunities to meet people?

Awareness Checklist

- You wait for love instead of seeking it.
- You hope fate will bring 'the one' without effort.
- You avoid dating apps, events, or introductions.
- You rely solely on chance meetings.

Fill-in-the-Blank Prompts

1. One way I will take action in dating is

2. A new place I can meet people is

3. I will commit to _____ to create opportunities.

Action Plan: One step I will take this week to apply this lesson:

Trap 6: The Date-to-Mate Trap

The Trap: Becoming exclusive too soon, assuming it will naturally lead to commitment.

Becoming an ‘instant couple’ as if giving each person you date an extended test drive. Believing that if you develop an exclusive relationship with someone you are dating, a successful committed relationship will eventually happen. Other terms for this are ‘Serial Monogamy’ and the ‘Mini- Marriage’. This approach is a costly use of time and emotional energy. The inertia in this trap is pressure to make the relationship work, attempt to resolve unsolvable problems, and fit a square peg in a round hole because breaking up and being single again is an undesired outcome.

The Solution: Date multiple people casually before committing. Date a variety of people and have fun without being exclusive. When you are ready for a committed relationship define your Requirements and use them as tools to scout, sort, and screen potential partners. Make a careful relationship choice and consciously use a “pre-commitment” period to determine if this is the right relationship for you.

Reflection Questions

When have I rushed into exclusivity?

What are the benefits of taking things slowly?

How can I pace my relationships better?

Awareness Checklist

- You commit after only a few dates.
- You stop meeting new people too soon.
- You assume exclusivity means long-term commitment.
- You fear losing someone if you don't commit fast.

Fill-in-the-Blank Prompts

1. One benefit of dating slowly is

2. A way I can pace myself is

3. Before exclusivity, I will

Action Plan: One step I will take this week to apply this lesson:

Trap 7: The Attraction Trap

The Trap: Equating physical attraction with long-term compatibility.

Making relationship choices based on feelings of attraction. Interpreting a strong physical attraction to someone as a sign that the relationship is a good choice and ‘meant to be’.

This approach results in relationship failure when unsolvable problems surface because you ignored the red flags while infatuated. Unconscious choices usually result in repeating unproductive past patterns. Attraction is like the radar that helps you find your target. But the Attraction Trap occurs when you blindly follow this radar.

The Solution: Balance attraction with defined relationship requirements.

Balance your attractions by defining your Requirements and use them to scout, sort, and screen potential partners. “Choose your life’s mate carefully. From this one decision will come ninety percent of your happiness or misery.”
–H. Jackson Brown, Jr. from “Life’s Little Instruction Book”

Reflection Questions

When have I relied on attraction alone?

What values matter more than physical attraction?

How can I ensure attraction doesn't cloud my judgment?

Awareness Checklist

- You ignore incompatibility if attraction is strong.
- You stay despite misaligned life goals.
- You choose partners mainly for looks.
- You overlook poor communication because of chemistry.

Fill-in-the-Blank Prompts

1. One value I prioritize over looks is
2. If someone is attractive but incompatible, I will
3. A sign someone is both attractive and compatible is

Action Plan: One step I will take this week to apply this lesson :

Trap 8: The Love Trap

The Trap: Mistaking infatuation or great sex for love.

Interpreting infatuation, attraction, need, good sex, and/or attachment as love. “If it feels good, it must be love,” “Love conquers all,” “All you need is love.” You feel so in love that you believe it must be a good relationship. After the initial infatuation is gone, you spend the rest of your time together just trying to get it back.

The Solution: Choose partners who meet your core requirements, not passions. Make conscious relationship choices by defining your requirements and use them to scout, sort, and screen potential partners.

Reflection Questions

When have I confused passion with love?

What are my top 3 signs of real love?

How can I slow down to assess love realistically?

Awareness Checklist

- You call strong attraction 'love' early on.
- You ignore red flags because of intense feelings.
- You base love on physical chemistry.
- You rush into deep commitments.

Fill-in-the-Blank Prompts

1. One sign of genuine love is
2. To ensure love is real, I will
3. If I feel infatuated, I will

Action Plan: One step I will take this week to apply this lesson:

Trap 9 :The Sex Trap

The Trap: Using sex as a measure of relationship viability.

Focusing on the chemistry under the covers by interpreting sex as love; using sex as a kind of compatibility test (if the sex is good then the relationship will be good as well); or becoming emotionally attached and considering yourself in a kind of committed relationship as soon as you have sex.

The Solution: Prioritize compatibility in values, goals, and communication. Make conscious relationship choices by defining your requirements and use them to scout, sort, and screen potential partners. Understand that a relationship needs more than great sex to thrive.

Reflection Questions

When have I mistaken sexual compatibility for full compatibility?

What matters more to me than sexual chemistry?

Awareness Checklist

- You judge relationships by sexual performance.
- You commit after sexual attraction without other checks.
- You downplay values or goals if sex is good.
- You avoid important conversations because sex is distracting.

Fill-in-the-Blank Prompts

1. One value I prioritize over sexual chemistry is

2. Before becoming sexual, I will

3. I know a relationship is healthy when

Action Plan: One step I will take this week to apply this lesson

Trap10: The Rescue Trap

The Trap: Expecting a partner to 'save' you from your problems.

Make conscious relationship choices by defining your requirements and use them to scout, sort, and screen potential partners. Understand that a relationship needs more than great sex to thrive.

The Solution: Work on your own growth before seeking a partner. Refine your Vision for your life and relationship and live your Vision as a successful single person. Resolve emotional, financial, and other problems prior to seeking a lasting committed relationship. Seek to be in a position of “choice” and “want” rather than “need.”

Reflection Questions

When have I relied on someone else to fix my life?

What challenges do I need to address myself?

How can I build my own resilience?

Awareness Checklist

- You look for partners to solve your issues.
- You avoid self-work expecting others to fill gaps.
- You depend on someone for happiness.
- You neglect self-care until in a relationship.

Fill-in-the-Blank Prompts

1. One problem I must solve myself is

2. To grow personally, I will

3. A healthy partner supports me by

Action Plan: One step I will take this week to apply this lesson:

Trap 11: The Co-Dependent Trap

The Trap: Trying to earn love by giving too much and neglecting your own needs.

You expect someone to love you and give you what you want by giving the other person what he/she wants. You attempt to earn love and happiness by acquiescing, giving, and helping. You really want to be in a relationship. You feel that you are not worthy as you are, and need to earn love. You pursue relationships hard because you feel incomplete when you're not in one. You want to be the hero and therefore seek someone who wants to be helped. But you learn the hard way that although it feels good to be needed, someone who needs you is not necessarily able to give you what you need. Needing to be needed often results in unconsciously attracting and choosing a relationship with a person who needs you – but as you later discover is unable to give you what you want or need.

The Solution: Set boundaries and choose from a place of self-worth. Define your Vision and Requirements and choose a closely aligned partner. Learn to be assertive, identify and ask for what you want and need, identify and assert boundaries, and develop the ability to say “No.” Be the “Chooser” and cautious of people that choose you!

Reflection Questions

When have I given too much to earn love?

What boundaries do I need to set?

How can I protect my own needs in relationships?

Awareness Checklist

- You put others' needs before your own always.
- You fear saying 'no'.
- You give to be liked or loved.
- You ignore your needs to avoid conflict.

Fill-in-the-Blank Prompts

1. One boundary I need to set is

2. A way I can meet my needs is

3. A healthy relationship looks like

Action Plan: One step I will take this week to apply this lesson:

Trap 12: The Entitlement Trap

The Trap: Expecting happiness without effort or personal growth.

Believing that you deserve to be happy and get what you want in your life without effort or changes on your part. Results in relationship failure as you rely on your partner to bring you happiness and fulfillment. This inevitably results in disappointment. If you continue to do what you've always done, you'll always get the same results.

The Solution: Take responsibility for your own fulfillment.

Reflection Questions

When have I expected love to fix everything?

What actions bring me happiness outside relationships?

How can I take responsibility for my joy?

Awareness Checklist

- You expect relationships to make you happy without self-work.
- You blame others for your unhappiness.
- You avoid growth expecting love to fill the gap.
- You think love should be effortless.

Fill-in-the-Blank

1. One action for my own happiness is _____.
2. A personal growth step I can take is _____.
3. To create my own joy, I will _____.

Action Plan: One step I will take this week to apply this lesson:

Trap13: The Virtual Reality Trap

The Trap: Making long-term decisions based on fantasy instead of reality.

Believing that what you see is what you get. Making hasty long-term relationship decisions based on short-term impressions and inferences instead of actual experience and knowledge. Getting involved in a relationship focusing on potential, hoping that some things that you really need to happen will get better or change over time. Results in seeing what you want to see. Relationship failure results when later reality doesn't match.

The Solution: Stay in the pre-commitment stage until you truly know the person. Assume “you don't know what you don't know” and stay in a “pre-committed” stage until you have solid experience and knowledge that this is the right relationship for you. Finding a life partner is not a race – it is a journey. Don't rush to win the booby prize!

Reflection Questions

When have I fallen for an idealized version of someone?

What steps can I take to see reality clearly?

How can I balance imagination with facts?

Awareness Checklist

- You fantasize about someone before knowing them.
- You make plans without real compatibility proof.
- You ignore reality to keep the dream alive.
- You trust too soon without evidence.

Fill-in-the-Blank Prompts

One way to stay grounded is _____.

Before committing, I will _____.

A sign I truly know someone is _____.

Action Plan: One step I will take this week to apply this lesson

Trap 14: The Lone Ranger Trap

The Trap: Searching for love in isolation, without a supportive community.

You live your single life focused on your goal of finding your life partner, believing that you don't need anyone else in your life. You evaluate people you meet for their relationship potential only and do not take the opportunity to cultivate new friends. Results in isolation, perception of scarcity of potential partners and risk of settling for less than what you really want because you don't want to be alone.

The Solution: Build friendships and networks that help connect you with partners. Develop a support network/community of friends of both genders and be supportable by enrolling them to scout for you.

Reflection Questions

When have I tried to date without community support?

How can I build more connections?

What social opportunities can I explore?

Awareness Checklist

- You rarely go out or meet new people.
- You avoid social events that could introduce partners.
- You rely solely on apps without support.
- You don't tell friends you're looking.

Fill-in-the-Blank:

1. One way to build my community is _____.
2. A new group I can join is _____
3. I will ask friends to _____.

Action Plan: One step I will take this week to apply this lesson:



Congratulations!



YOU DID IT!



Certified Dating Trap Buster

You've completed the *14 Dating Traps* mini-course and are officially equipped to date with clarity, confidence, and purpose.

Your Commitment Badge:

"I choose love consciously. I know my worth. I create my future." 💖

🎓 Certificate of Completion 🎓

This certifies that

_____ (*Your Name Here*) has successfully completed the
14 Dating Traps Mini-Course and has demonstrated a commitment to dating
with **clarity, self-worth, and conscious choice.**

Awarded the title of:

Certified Dating Trap Buster 🏆

Affirmation *"I choose love consciously. I know my worth. I create my
future."*

Date: _____

Signature: _____

You've just taken a huge step toward creating the love life you deserve. By completing this course, you've proven that you're committed to showing up for yourself, breaking old patterns, and making conscious choices in dating.

Take a moment to celebrate—you've invested in *you*, and that's powerful. You're now equipped with awareness, tools, and the confidence to spot and avoid the dating traps that used to hold you back.

✨ Affirmation:

"I am worthy of a healthy, loving relationship. I choose partners who align with my values. I trust myself to create lasting love."

Here's to new beginnings, better choices, and the exciting love story ahead!

If you've recognized yourself in some of these traps, you're not alone. In fact, most of us have stumbled into them—sometimes more than once. The difference now is that you have awareness, tools, and a clear path forward.

Changing your dating patterns doesn't happen overnight, but with practice, self-honesty, and the right support, you *can* choose differently. You *can* break free from the traps that have kept you stuck. And you *can* create a relationship that is healthy, aligned with your values, and deeply fulfilling.


Remember: love is not about luck—it's about choice. You are the chooser. Use what you've learned here, lean on trusted friends, mentors, or a coach, and keep your vision for a great relationship front and center.

Your future partner is out there, looking for someone just like you—authentic, aware, and ready for real love. The best time to start creating that future is today.

Ready to Find Real Love? Let's Work Together

You don't have to figure this all out alone. With the right guidance, you can avoid dating traps for good and create a relationship that lasts. As a **Dating, Relationship & Intimacy Coach**, I've helped countless singles move from frustration to fulfillment—and I can help you do the same.

 [Read my book](#) for deeper insights and practical strategies.

 [Book a coaching session](#) to get personalized support and a clear action plan.

Visit lvythecoach.com today to start your journey toward authentic, lasting love.

Your next chapter starts now.