

# Succeed At Love

Finding Your Life Partner

*By Veronica Haupt*

I'd like to dedicate this book to my partner, Gary, who has taught me so much about myself and about love. I am so grateful that you waited those 15 years for me! I love every moment we are together. Thank you for always 'having my back'.

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## Introduction

**Love.** Such a small, mysterious and powerful word! We hear so much about love and the world seems obsessed with it, as we see in much of the media. If you're reading this book you probably haven't yet succeeded at finding a long-term, fulfilling relationship – and you may even be fed up with the whole singles dating thing, whether it is online dating, dating sites or the personal service of professional matchmakers. Well I hope, in this short book, to give you some different insights into **succeeding at love**. Please note that this is only for you if you are serious about finding true love and your life partner! If you're still in the stages of looking for short-term gratification, you'll probably find the information of limited value...quick fixes are everywhere!

In this book, we'll be looking at:

- what this love thing is and why it feels so important to us;
- how to find it and why traditional dating advice doesn't work;
- how you know if you're with the right partner

The information in this book is based on my own experience, which includes a lot of **failing** at love before finding the keys to success! As well as my observations and experience as a psychotherapist, and for this I wish to thank my clients for all they've taught and shown me about the subject. I would not be where I am without you!

**I have included** some exercises for you to do, that will hopefully give you insight into your own situation, and also help you to change it. Break down the walls you use to protect your heart, and yes, we have walls to stop hurt, but then we also stop love from entering.

**A warning:** the information in this book is powerful and deeply insightful, and certainly not for the fainthearted! I have designed it to take you on a journey of self-discovery on the path to finding the ultimate prize, your life partner.

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## 1. What's Love Got To Do With It?

**If you were** a teenager through the 80's, you'll recognize that line from the pop song by Tina Turner! Thank you, Tina, for asking. The answer is, really, **everything**.

**The subject of love** has obsessed humanity. Why? For the simple reason that without it, our lives are meaningless. We are, at our core, relational beings. We find meaning and fulfillment through being in relationship – with our partners, family, friends, pets, acquaintances and those we work with. Even if they drive us nuts sometimes, without them our lives would be hollow. Imagine it for a minute!

**Love is so important.** Studies have been done (luckily, short-term!) where baby primates are given a choice between food and their mother's love. Without fail love wins – every time. The monkeys would rather go hungry than forego love and comforting! We've all heard how babies that aren't touched from birth are compromised in every way, from their immune system to weight and health. And somehow, it's not something we're ever really taught. We get most of our knowledge from popular culture – and of course, what we observe growing up – 'from the trenches' so to speak. But figuring out how it works is mostly left up to chance. We live in a society of broken homes, second and third marriages, step-parents and –brothers/sisters. There are many reasons for this and that's not the scope of this book. Part of it, I believe though, is the lack of teaching about relationships. Luckily there is an enormous amount of literature available to those willing to dig a bit deeper than pop culture, to finding the secrets to love! I also hope to give you a few gems in this short book.

**The core of it** is our relationship with our partner. We're driven by our biology from a very early age to look for this, as it's such a primary need of human beings (watch children in a playground to see this, for example!). From this stems our friendship circles, our children, our extended family – it is the core of who we are and defines our very lives. Get this right and we tend to have longer, healthier and happier lives. Mess it up through 'poor choices', circumstances or sheer 'bad luck' and our lives feel miserable, alone and empty.

**PS:** If you feel like you've had bad luck and poor choices plague your love life, this book is especially for you. And the good news is that YOU CAN CHANGE THAT – read on!

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## 2. Finding Your Life Partner – and Why Traditional Dating Advice Doesn't Work Without a Professional Strategy...

and a Professional Matchmaker who recruits FOR YOU and cuts out the blood, sweat and tears, or worse!

**Search for the term 'dating advice'** (or similar) online if you haven't already! If you're anything like me, you've also tried most of what's out there. Maybe you picked up a few tips along the way, but hey – where has that actually got you? Are you with anyone yet, never mind the partner of your dreams?

**Here's why dating advice doesn't work.** It's mostly a how-to, a list of techniques, tips, know-how, what to put up with or not put up with, lists of what you want/don't want in a mate, how to screen your dates etc. Some of it sounds great in theory, but without a professional strategy and a guiding hand (whether in the form of a friend whose been successful on the journey, a counsellor or a [matchmaker](#)), most of us cannot apply it. There's such a conflict between our 'logic brain' and our 'instinct' when we're out there looking for love...and generally, instinct wins every time. Applying logical advice when our eyes are on a gorgeous prize simply doesn't work, does it! Your matchmaker has your back and understands you, and can guide you on dating too, as they know your single landscape.

**That's also why** I am such a fan of matchmaking. Statistically, matchmaking now tops the list of best ways to meet your partner. I think it's because modern society is what it is. Despite living in a 'connected world', we are surprisingly unconnected! A matchmaker is like a traveling companion on the journey to succeeding at love. Somebody impartial who will help you navigate the conflict I speak of above! It really is a fast-track approach to finding the kind of people you should be meeting – once you're ready for it. Which is also why I've partnered with one of the best out there – [Perfect Partners](#)! They do all the things our grannies and aunties used to do in 'the old days' – screen, check and make sure you are being introduced to the best people possible who share the same ideals and views, and are prepared to transform and adapt within a stable relationship. Professional matchmakers are **"recruitment" specialists**. Once you know what you want, they can recruit for you and cut out all the time-wasters. You're introduced to other likeminded singles looking for the same lasting

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relationship as you do. A proven fact is that more than 70% of professional introductions by a personal introduction service, succeed!

**Wouldn't you rather just** be like those handful of people most of us know, or have at least heard about, who knew the instant they met their life partner that they wanted to marry that person – and did? Those that have been successful at love, no matter what they look like, where they live, the size of their wallet – or buttocks? ☺ Those people you see (or know!) and you wonder – *'how on earth did SHE get a husband, she's so ugly/fat/stupid...'* ? Or *'how the hell did he score a chick like that? He must have a big dick or a massive bank account...'* ?

**So how do you become one of those people?**

**Well, the good** – and bad – news is, that it's really simple – but not always easy ☺

**Most of us have heard** the saying, 'every pot has its lid' when referring to 2 people 'matching' each other:



**Isn't this what we see** happening with all those couples who just work? And sometimes we'll meet up with a friend and meet their new partner, and we'll think – *those 2 won't last*. We know instinctively that they're not right for each other – the 'pot' and the 'lid' just don't match.

**Can I ask you** to take a moment and reflect on the people you've had relationships with? Can you see any similarities in your exes? In the relationships themselves? In the length of time they lasted, perhaps, or events that happened during the relationship? In the problems you experienced? Even if you'd made a conscious, logical decision to never be with anyone like a previous partner, can you spot any similarities in their characters anyway? Maybe they're not identical, but similar – for example, if one partner cheated on you, and another was a binge eater who hid their habit, a similar theme could be *deceit*. Or if one partner travelled a lot, and another was emotionally withdrawn, a similar theme

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could be *absence*. I really invite you to spend some time on this exercise. You may be amazed at the insights you will get.

### **So what is going on here?**

**Well, what is going on** is that you've simply gone out into the world, and *attracted the lid to match your pot*.

**If you have a look at** the pots in the pictures above, you can imagine how awkward it would feel if you tried to fit a lid from one pot onto any of the other pots, for example. It wouldn't fit, nothing would work, and the 'relationship' would be a non-starter from the get-go. Maybe it lands up being a weekend fling, or you dated for a week or 2 – but more than that just feels wrong and it doesn't last. Mostly, we don't even get started with 'lids' that don't feel right! But we're absolute magnets for the lids that do...we'll be at a party, and the 'bunny-boiler' or the 'emotionally unavailable' will head straight for our corner.

**This happens automatically**, without us being aware of it. We have far less control over this than we realize! You'll know this if you did the exercise above, and you've spotted the repeating themes and characters in your story. (Which, by the way, if you feel cursed by bad luck in love or if you beat yourself up for the 'wrong choices' you've made – you can STOP right now!)

**So what makes up our pot?** The clay that makes up our pot is the sum total of all the key, influential or important events that happened to us during our lives, and particularly before the age of around 18. These include the 'feel' of our childhood, the general sense we recall from our growing up years; it includes (in the context of romantic relationships) the character traits of our parents, and the relationship between them; and of course, any traumatic events that happened, whether we remember them consciously or not.

**I invite you now** to make 2 lists, one for each parent. On each list, write just 3 to 5 of your mom and dad's *worst* traits. Take your time. Sometimes these are difficult to spot! We do tend to idolize our parents. Also know that this is not an exercise to parent-bash or put them down in any way. It is simply to get some insight into the clay that formed our pots. Here are some ideas if you're stuck: *absent*, *deceitful* (affairs; covering up things so nobody would look bad or get into trouble), *short-tempered*, *erratically moody*, *passive-aggressive* – these are a start.

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**Once you have a few** traits on each list, have a look now at the worst character traits of your previous partner/s. If you've never had a partner, is there anything in the list that gives clues? For example, were either of your parents absent (physically or emotionally) while you were growing up, did your childhood feel lonely for any reason, were you disliked by your siblings or peers, perhaps bullied and not given support?

**This detective work** in our childhoods is not easy! But it can be hugely insightful, as we start to see why and how our 'pots' were formed the way they were. Here are some of the ones I've encountered:

- A mom who tried to make everything 'nice' for everyone by hiding things or smoothing things over (*deceit*) – this woman had a 10-year affair.
- A dad who was emotionally distant and cold, but on holidays became attentive, warm and generous (*erratic*) – this woman had a long-distance relationship (see the repeating pattern in *emotionally-there and then not?*).
- A dad who was a rageaholic with an unpredictable temper (*unpredictability*) – this man attracted girlfriends who were emotionally unstable.
- Parents who abandoned their daughter and dumped her on a grumpy grandmother to raise (*abandonment, loneliness*) – this woman hadn't had a relationship by the age of 30.
- A dad who would disappear for days and weeks, and when he returned, refusing to say where he'd been (*deceit*) – this woman had multiple affairs with married men and mostly never knew they were married!
- A dad who would spend his entire salary on himself and not provide for his wife or children (*selfishness*) – this woman attracted weak men whom she always landed up supporting...even when she purposefully 'chose' men who were successful!
- A dad who sexually abused his daughter during her teenage years – this woman had an emotionally abusive marriage, then had an affair with a man who lived on another continent and was never going to leave his wife, then a string of relationships with more emotionally abusive men that never went anywhere.
- Parents who were emotionally cut off from themselves and of course their children, so showed no real affection or true love – this man was still single at the age of 50 despite longing for love his whole life.

**These are just some** of the patterns I've helped my clients unpack on their journeys of understanding their romantic relationships. Of course, each of us has our own story and will have developed our own patterns, depending on not only what happened to us, but also how we were able to make sense of or cope with it at the time.

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**Can you start to see** how patterns and traits like these in our childhoods, forms our 'normal'? How even abusive situations keep repeating – because they feel *familiar* (and therefore 'safe') to us? And how logically deciding to choose differently doesn't always work – because the 'pot' is already cast? Of course, it's not always a direct correlation, which is why it is very useful to have someone walk this journey with you, to help you see things you cannot. Even though I'd studied this, it took me a while to fully understand the patterns of my parents in my own childhood and how they affected me as an adult!

**So, does this mean we are stuck?** That we are destined to attract the same type of person or unsatisfactory relationship for the rest of our lives?

**The really good news** is that **YOU CAN CHANGE THE CLAY OF YOUR POT**. I help clients every day to do just that! I teach you some of the most advanced techniques from the world of neuroscience and psychology, and how to apply them to finding the person of your dreams. And the best news is that, as you apply them, you start to attract a different type of person **AUTOMATICALLY**, without having to apply all the 'logical' dating tips and techniques out there!

**Let's have a look** at some of these exercises now.

### **3. How What You Think About the Opposite Sex and Relationships Affects Everything**

**This exercise requires you** to be in a quiet place where you can be undisturbed while you do it. You don't need to write anything, but it may be useful to record the insights you get.

**When you're in a quiet place**, imagine yourself in 6 months or a year's time, in a relationship with a really amazing person, someone who ticks all the boxes for you. Paint some vivid, likely scenarios in your mind...making breakfast together in the kitchen; lying in bed on a lazy Sunday morning; taking a hike; having dinner with friends or at his/her or your parents; walking the dogs; on a trip; making love; lunch on the patio at his/her house. Spend some time thinking of the things you'd love to do with this person.

**Now what you need to do**, is to look for the 'burr in the sock', the 'fly in the ointment' in these scenarios. What thoughts come up as you do this? What feels unlikely or impossible, and what is your mind saying to you as you think of these? What fears come up? What doubts? I invite you to make a note of these.

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**If nothing comes up for you**, great! I invite you to shorten the timespan to 3 months and do the same thing... and then 6 weeks. Again, write down any insights you get as you do the exercise.

**If nothing comes up**, imagine you're on your first date with this person. What fears, feelings, doubts or thoughts come up?

**Then** imagine the second, third and fourth dates.

**If nothing** comes up in any of these, ask yourself:

*'Why am I not in a relationship with the partner of my dreams RIGHT NOW?'*

**What thoughts**, fears or insights arise? I invite you to write them all down.

**Here are some examples** I've heard from clients when we do this exercise:

**No matter what** you wrote, I invite you to open your heart to the idea that, even though your thoughts feel absolutely true to you, they are ALL just beliefs. Be open to the possibility that no matter what you wrote down, NONE of it is actually, really true. Just being open to that possibility can help to dissolve the block that your thoughts are causing. And can you see how these thoughts are playing out as reality, and by having them, you are creating your own relationship future?

**Being open to the possibility** that they are not true already helps, as I said, to clear the blocks to finding your life partner. When I work with clients, I help them to unpack everything that is blocking them. I also have several other techniques that help them to completely dissolve any beliefs, fears and blocks they may have, which unfortunately cannot be explained in a book!

**We also take the insights** from this exercise and trace them back to where they stem from in the making of your individual 'pot' – and I have powerful techniques that I use to start to remold and *CHANGE* your pot! This is the real, deep and transformative work. If you can, please do try this. Sometimes we know immediately and instinctively what has caused the thoughts, fears and beliefs that are blocking us. If you've had those insights, write them down! It may be an event from your childhood, something that happened that had a big impact on you then. Or you could even find yourself thinking about something more recent. It may seem to be completely unrelated but usually if it comes to our conscious awareness, it's important. With your new insights and awareness you will resonate on a higher level and attract attention, be more confident in

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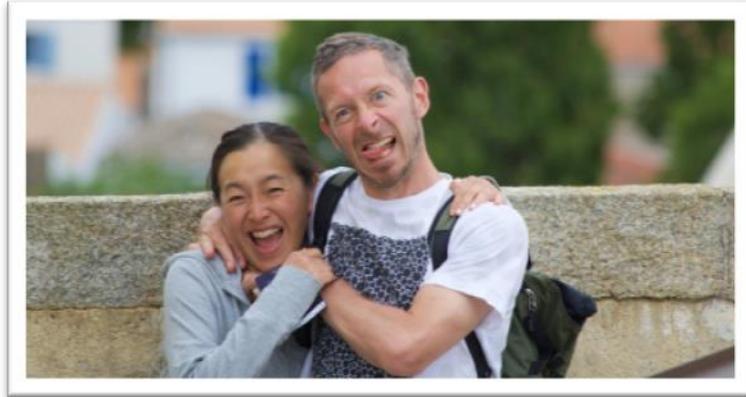
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letting others know you are available (and flirt in a nice way!) and let a new love interest flow, because nature will take care of the rest. Then your matchmaker can confidently promote you out there to chosen and selected others, with you centre stage! No more dating nightmares!



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#### 4. I've Found Mr. / Miss Dreamboat – How Do I Know They're Really the One?

**Ah, the million-dollar** question!

**I do get asked this** a lot in my work and I can only share what I've learnt through my own experience, and seen with my clients. There's no formula or absolute set-in-stone answer!

**It starts with** a level of self-awareness and self-knowledge, and this for me begins with understanding the clay of your OWN pot before you start to analyze your lid. Do bear in mind that as you change the clay of your pot, you will automatically start to attract a different lid.

**If you've done that**, and are pretty confident in your new partner, but still not quite sure if they're The One, are there any signs? And does your partner have to do their own work on their own pot to have a successful relationship?

**The good news is** that NO, your partner doesn't have to do any work – unless of course they want to! In fact, I mostly work with people whose partners land up having no interest in delving deeper. Remember, if you've changed your pot, it is likely that you'll attract a healthy lid that needs very little work – and certainly not the deep transformative work you've done!

**Then I'd really just encourage** you to give it time. It is likely that you will get to a point where you absolutely know – in that deep inner core of you where logic plays no part – that they're the lid to your pot. And no, not because they're perfect (because they are!) but because you cannot imagine growing old without them, or with anybody else. It does take time to get to this point – but certainly not years! Usually you will know within 6 months to a year, though this is of course different for everyone. Or should I say, you *actually* know in your deep inner core the minute you meet... it takes our logical brain *time* to catch up with that inner knowing! It's usually just a matter of waiting for your logic to catch up with your heart, really 😊

**Also look for a deep sense** of wellbeing, ease, a space where you feel completely relaxed and *yourself* with the person. It will *feel* like a fit – there's no better way to describe it. Gone is the need to impress, to look good all the time, to be on your best behavior. And it's not only about what you feel, but how your partner is when you're at your *worst*. Not your best, but your worst – when you've

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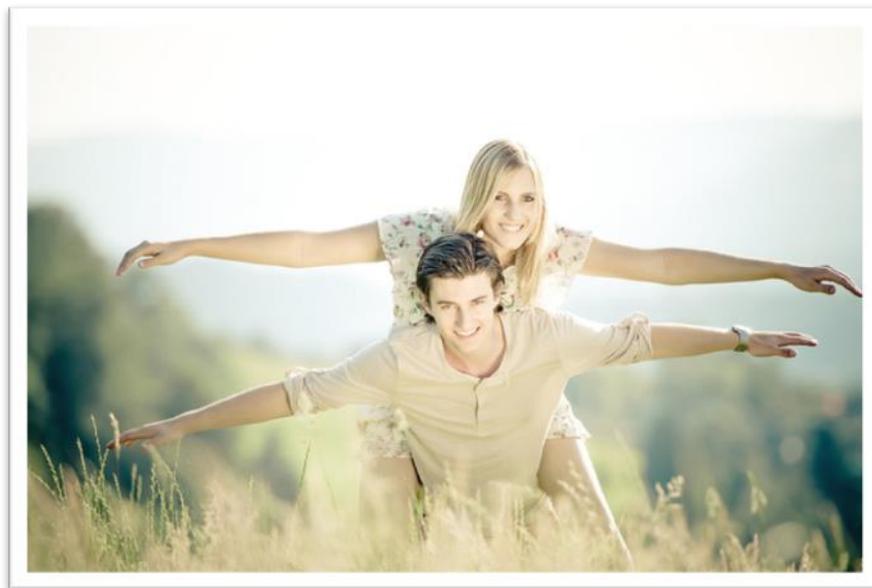
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got to go to the hospital at 9pm on a Sunday night with a bladder infection, when a difficult friend comes to stay for a month, when you have to finish a project and it takes a whole weekend – on your anniversary! ...and through it all, they support you. Do you have a feeling they **have your back**? This is vital!

**I also often get asked**, but Veronica, what about that 'in-love' feeling? What if it's faded? As you'll know if you've been around this relationship block a couple of times, *that feeling is not meant to last*. It's meant, in its primitive form, to get us to bond long enough to have children! That's the way we're designed. Relying on that feeling is a sure way to make the wrong relationship choice. What are feelings but emotions? And where are emotions generated? – in the amygdala in the brain, **not** in the heart! There's an exercise at the end of this book which shows you how to access true heart-love.

**Above all, trust your gut**, your deep inner sense of knowing, your HEART – not your logic. When making this most important decision of your life, it is not about weighing up a list of pros and cons about the person. The truth that nobody mentions is that most of the little niggles we all experience in a relationship get smoothed out over the years together (it does help if both parties are aware, committed and willing to grow. Which when given the grace, space, time and understanding (see next section), I believe everyone can be...)!



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## To Finish...

Thank you for reading this book. I hope you've learnt something you didn't know before, and maybe even gotten some insight into your own love life!

Through my work, I have been privileged to work with many issues before I specialized in the field of relationships, including depression, anxiety, addiction, financial issues, fertility, chronic illness, phobias and more. I have been so fortunate to work in this field because ultimately, everything stems from relationship! So many people come to doing deeper work through the pain of failed relationships. And this often leads to healing other areas of their lives that they didn't realize were being affected by the clay that formed their pots.

I really do encourage you to see your failed relationships as a blessing and a gift – a vehicle that leads you to doing the deeper healing that you need. And of course also as a stepping stone! Without the signs and patterns they've revealed, you wouldn't be led to the next step – finding your true life partner. I also hope that this book has given you insight into why you've made the choices you have – and helped you to let go of at least some of the blame and guilt you've been carrying.

If this book has resonated with you, and you'd like to do some work with me on reforming your pot, please contact me for a free introductory coaching call. I work anywhere around the world.

Wishing you all the best on your journey to finding your life partner!



Much love,  
*Veronica Haupt*

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