



Same Sh*t. Different Date.

**FREE
Preview
Version**

Why You Keep Attracting the Same Wrong
Partners – and How to Finally Solve It!

Dave Elliott

*Same Sh*t. Different Date.*

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This book is dedicated to
my beloved wife, Katrina.

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The 8 F's of Personal Transformation

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Chapter 1:

The Hidden Gifts in Your Relationships



Let's get this out right up front: there's a *very* good chance that up until this moment right now, all of your most intimate relationships have come bearing hidden gifts you didn't recognize or never saw coming. In fact, they're often so stealthy that most people don't even see them months, years, decades – or even a lifetime – later. Now *that's* hidden! Plus, it's also the reason I'm writing this book. I am going to help you change all that right now and save you a great deal of frustration, struggle and pain.

The reason you didn't see these gifts was because without the awareness to know what you're looking for, they hide in plain sight. You see, those hidden gifts are cleverly disguised

as problems. Arguments. Disagreements. Fights. Impasses. And yes, even the breakups, past and present. They're the insidious little idiosyncrasies I also call your secret saboteurs because that they lie in wait and pop up right when you're least expecting them, and least resistant to them, usually when you're under stress. It's kind of like a big tidal wave. If you're not in a great state, with strong physiology, or if you don't see it coming, it just might take you under.

There's More to Attraction than Just Your "Type"

In my presentations and programs, I've asked people what specifically creates attraction between two people. That's usually good for a few laughs when people offer up suggestions like their preferred body parts, interesting fetishes and the usual references from their personal highlight reel of sexy escapades. However, beyond the usual, more human animal-based responses that have to do with physical attraction, there's a host of impulses that are based on human spirit-based attractors which are more emotional in nature or intangible.

In my previous book called *The Catch Your Match Formula*TM, I shared a system I developed on how to write effective dating profiles that get results. In that book, I gave some examples of how to describe other types of attractions beyond just the physical in a Chapter I called "Show 'Em Why You're the B.E.S.T." In that Chapter, I focus on the acronym B.E.S.T. to have readers create their profile. First I get them to outline the Benefits that come from dating them. I suggest they describe the Experience of what it would be like to date or be in relationship with them. Then, I get readers to focus on the Sizzle, excitement or the sex appeal

that they aspire to create in their dreams, goals or daily lives. Finally, I get the reader to feature the Traits they have to offer and communicate them by painting a picture with words and describing scenarios represented by their top traits. Together, these four attributes represent some of the basic building blocks of connection that help bring people together and generate attraction.

But What If That's Not What It Is at All?

This is where I have a bit of a surprise for you. You know that feeling of excitement, or maybe even anxiety, that happens when you feel a "special connection" to someone? You know, the racing pulse, the perspiration, the difficulty swallowing, the inability to speak or think clearly, the inclination to maybe even run away and hide? To some, that may sound like a textbook case of infatuation. Perhaps you never noticed those are the very same physiological symptoms of what is commonly known as the fight or flight response? I'll bet you never thought of it that way because typically, the feeling one gets when you come face-to-face with what could be the love of your life is quite different from the feeling one might get when you have the urge to run from the grave danger of a wild grizzly bear in order to live to tell about it. But as I've just pointed out, the symptoms themselves are identical.

The reason you have that type of response when you are "strangely attracted" to a new potential partner is not because your heart beats as one with this absolute stranger you've just met. In fact, far from it. The reason you feel that response is that something in the connection feels "familiar," as in the word "family." Part of that rush you feel is your

soul's recognition that this new person represents some connection to your own unfinished business from childhood. In fact, that bonding you feel may have more to do with the invisible wounds you both have in common, which are so invisible you may not even be aware you have them at all. Or they certainly won't be top-of-mind right there in that moment. But I can assure you, they are there just waiting to be triggered. In fact, no one can trigger a wound like someone who knows that very same wound, intimately.

Sometimes they know only too well what wounded you because they have had similar experiences and seem to be sensitive to them on the surface. However, you will very often attract people on the other side of your issue. The criticized tend to attract criticizers. The abused tend to attract abusers. The rejected or abandoned tend to attract those who are destined to one day reject or abandon. It's almost impossible to chalk that up to happenstance or not see the perfection in those situations when you take a step back and think about it. Let me be clear: I'm not being glib or taking a perverse pleasure in the fact that the abusers and the abused find one another. In fact, I have a great deal of compassion and understanding for both parties, especially the one in the victim role.

When we take a step up and view it from a higher, more enlightened level, you start to realize that *the only thing* that will ever teach someone who's been abused to no longer be the victim is when he or she finally hits threshold and says "no more." When people start to see the *pattern* of abuse they are attracting, it becomes a lot harder to chalk someone else's poor behavior up to the other person rather than finally seeing their own role in that ongoing situation. Let me be

very clear, I *am not* victim blaming here. I am not shifting responsibility to the abused or giving abusers a free pass on the damage they cause. Far from it. I am simply pointing out that ALL experiences come to serve, even the painful ones. There is a lesson for the abused and a lesson for the abuser. I'm not saying each party always gets the lesson. I *am* saying that once they *do* get the lesson, new possibilities are created.

Sounds Easy Then, Right?

So if one knows they have a pattern of attracting all the wrong people, based on their own past history, it should be easy to keep that from happening again, right? Well, maybe, but not so fast. After all, somehow, people who keep attracting unavailable partners find a way to continue that streak. So how do you explain that? Let's not overlook the fact that most people tend to be on their very best behavior when they're trying to impress a new dating interest. In other words, that "best behavior" *specifically* includes hiding the things that we know in advance could pose a problem. Sometimes charming and deceptive are the very same thing. I don't say this to scare you or make you feel hopeless. I say it to explain how very good people, maybe even people just like you, can get pulled into situations they would have ordinarily avoided had they known the whole or complete situation in advance.

Attraction and What You Need to Know

We all know attraction and connection happens at a conscious level when we meet someone who's attractive or who fits our type preference, maybe even someone we just feel good around. We see, hear, feel and know the evidence

and that creates the signal that attraction is happening. The point of this book is that I don't want you to overlook that some of what you're feeling as attraction is simultaneously an *unconscious* connection that happens when your wounds and a new person's wounds realize they are compatible or complementary. Humans are influenced by both nature and nurture, so it's not just your DNA or physical attributes in play when you meet someone new. It's also the environment you were raised in and the beliefs you hold, like what you think you deserve or what's way out of your league. Can you see what a huge factor that *one belief* could be between someone you approach and someone you never approach and avoid instead?

While it is often a conscious choice, falling in love is also selection at an unconscious level. In addition to conscious drives like companionship and procreation, we are also unconsciously driven to finish childhood and heal unresolved wounds through our selection of dates or partners. It's about handling our unfinished business and doing what needs to be done.

Once aware of this, we can begin to align your conscious mind with that unconscious agenda and see how it's working *for* you. One of the biggest and most disempowering mistakes we make is assuming that hurts and disappointments are happening *to* us instead of *for* us. Let me be clear: your partner is not there to make you crazy. They are there to help *heal* you and the sooner you get that and adjust your thoughts and behavior accordingly, the sooner you will heal and end any unnecessary suffering.

Another reason to understand this concept is to see the opportunity to grow and heal. If you fail to get the lesson, that only guarantees you will get it again on the next date. It might look much different, but in hindsight, the lesson will be the same or very similar. Of course, it's ultimately your choice. You can either get it now. Or you can get it again.

My hope is that this book will help you stop making your experiences about "them" and start to understand at a deeper level that you always have a role in every situation you co-create. When you make it about what "they" did or said, or didn't do or say, it only ensures that you miss the learning. After all, as the saying goes, it takes two to tango and whether you lead or follow, you still danced.

Let the Conscious Healing Begin!

Conscious healing begins as soon as you stop looking at them and you as separate and start to evaluate your relationship based on the collective "us" or "we." This is when we truly start to see things differently and make the invisible, visible. When we change our thinking, we also start changing our questions and that process inevitably yields all new answers.

Instead of asking "why did they do that?" ask

⇒ **"what was my role in that?"**

Instead of asking "why do they make me feel this way?" ask

⇒ **"what is this triggering in me?"**

Instead of asking "why does this always happen to me" ask

⇒ **"what can I learn from this?"**



About
the Author:
Dave Elliott

When it comes to making sense of the often mystifying topic of relationships, Dave Elliott is an international relationship coach who breaks down complex concepts into easily understandable principles and practices. Whether he's working one-on-one with a client, being interviewed by the media, writing an article that goes viral on the Internet or creating another relationship book or product, his advice is right on target because he tells it like it is and breaks it down in simple terms.

In his latest book, *Same Sh*t. Different Date.*, Dave uses that gift and ability to simplify the complex and bring the invisible to light in order to promote massive, life-changing healing for all who seek it. This book distills more than a decade of experience and education and multiple tens of thousands of hours spent working directly with, or on behalf of, thousands of clients and individuals into a methodology that will help them heal the lingering wounds that get in the way of them creating the life and love they deserve. This

book is a culmination of what is now his life's work and a defining moment in a career dedicated to creating more love, peace and understanding in the world. It is not an overstatement to say this book is a profoundly powerful game-changer and a proud representation of Dave's legacy and mission.

Dave is known for getting results with a variety of techniques that enable rapid transformational change. With his experience and training, he helps teach others how to effectively understand, predict and even influence human behavior. Dave's main focus is helping people navigate the uncertainties of their most intimate relationships. His specialty is helping women learn to understand men and work with them much more effectively in order to bring out the very best in them rather than suffering through the worst from them. Plus as a Neurostrategist, he provides people with the awareness and specific strategies for success that they need in order to create success.

After his own marriage ended in a painful and disappointing divorce, Dave used that experience to drive him to discover just what it takes to create A Legendary Love for Life, which is, coincidentally, the name of his coaching business. After researching and learning about everything he could find in the field of human relationships, he took the very best information he found and perfected it to make it easier to learn, more memorable and even more effective.

The good news is that on his journey, he met and married a woman who shared his commitment to mastering the area of relationships. Today, he and his wife, Katrina, share a mission to travel the world to touch, move and inspire others in healing their own wounds and forming more conscious, loving and evolved relationships. Together, they look forward to perhaps meeting you at an upcoming seminar or presentation.

In addition to sharing his expertise on TV, on radio, live on stage and as a highly sought-after expert blogger on popular relationship Web sites, Dave has also created and markets his own personal line of products.

His first book, *The Catch Your Match Formula™*, was inspired by the fact that Dave saw too many good people struggle in their dating lives because they were having trouble standing out from the crowd and connecting deeply with other singles. As a result, he set out to write a book that would give people a smart, real-world and no-nonsense approach to building rapport both online and in person. His background in coaching and as an award-winning advertising copywriter was filled with a whole toolbox of professional-quality tools that could be taught easily and effectively in order to make a huge difference quickly and end their struggle. Today, years later, there are many real-world couples who met, got engaged and even married after using the strategies Dave shared in that book. He also has dozens of clients who have used his help to meet their fiancé's and husbands and have become proud members of

what is affectionately known as his Very Satisfied Client Club.™

His rapid relationship turnaround CD, known as *The H.U.G. & K.I.S.S. Hierarchy*, will help you elicit and unlock your partner's – or your own – exact love and attraction strategy. This technique is incredibly powerful and transformational because it gives you the exact combination that will open your partner's heart any and every time so they feel loved in exactly the way they NEED to be loved.

In addition, he's also the Creator of The ManMagnetics Formula™ – a free Web site that teaches women the nine secrets to bring out the very best in men so they can avoid settling for the worst. You can learn all about it and watch hours of free video instruction at www.manmagnetics.com.

Currently, Dave and his wife, Katrina, are back in Dave's hometown of Baltimore, Maryland in the United States but they will also be returning to their other home in Australia. When they're not traveling, teaching or coaching, they're usually renovating a house, investing in properties or spending time with their friends and family, including their amazing grandson, nephew and niece whom they adore.

If you're going to continue to get the same lessons, you may as well learn from them.

You may have heard the old saying, “same sh*t, different day.” It’s kind of a darkly comic suggestion that the more things change, the more they stay the same as old, monotonous patterns repeat themselves again and again.

In this book by a similar title, relationship coach & expert, Dave Elliott, makes it clear that the exact same process is also happening & creating difficulties in your dating & love life. The result is “Same Shit. Different Date.”

As he points out, it’s not a coincidence when the same old buttons keep getting pushed by all new people. It’s not “luck of the draw” when lovers turn to critics. It is not happenstance when you keep attracting the same old issues like partners who are unavailable or who cheat. While it may be cruel, it’s no twist of fate either when totally different people – who seemed nice in the beginning – turn into harsh critics who shame, abuse and belittle.

Even if you’re married or in an exclusive relationship, this book will show you how all those random arguments that seemingly have nothing in common aren’t so random after all. In fact, they’re directly related & 100% predictable. Not to mention, 100% healable.



Once you make this connection and recognize how it’s affected you in the past, you can begin to change your future. In fact, with your new awareness – and the tools shared within – those hidden saboteurs that continue to trip you up time after time will soon come into view.

The good news for you is that once you discover the invisible ties that bind your past and present upsets and heartbreaks, new possibilities are created in a moment. That’s because once your secret saboteurs have been revealed, they can begin to be healed.