

The Middle-Aged Man's Checklist for Avoiding Heartbreak With Women

- Avoid Uphill Battles, i.e., do not pursue women of wealth or power or exceptional beauty or of professional accomplishment far beyond your own, *especially* not those who say that your own wealth, power, looks, professional accomplishment are unimportant to them. If it sounds too good to be true, it probably is.
- If she is clearly intent on control, terminate the relationship. Control can be manifested in many ways, including:
 - Repeated claims that she has no interest in control.
 - Her belief that relationships should be devoted to, or yield, personal “growth” for both partners. (Translation: she will be in the driver’s seat.)
 - Frequent snap psychological judgements, about you and/or about your friends, relatives and other persons. (Whoever judges, favorably or otherwise, is in control.)
 - Yes but No, No but Yes behavior, e.g. “I want you to speak freely and spontaneously, but there are things you can say that will start major fights, and I can’t tell you what these things are in advance.”
 - Long, complex, intense, exhausting conversations that arise because she “doesn’t understand” what you are saying. (Whoever is in charge of interpretation, is in charge.)
 - Establishing of conditions: If you will do, or demonstrate, *x*, then we can do *y*...
- If the main topic of conversation is usually one or more of the following, terminate the relationship:
 - The relationship itself;
 - Past relationships, yours or hers;
 - Mothers, yours or hers;
 - Money.
- If one of her past lovers is still very much in the picture, terminate the relationship.
- If she is clearly insecure about your love and your trustworthiness and your potential for long-term commitment despite your past record and repeated assurances and demonstrations to the contrary, terminate the relationship.
- At no time reveal the full extent of your lifelong depression.
- Make no attempts to have sexual relationships with the young. That privilege is reserved for the exceptionally handsome and/or wealthy and/or famous.
- In the case of long-distance relationships, *meet early!* This is the single most important rule for this type of relationship.

