



DR. JACKIE BLACK'S
Dating: More Than Just The Basics!

[Click and listen to a personal message
from Dr. Jackie.](#)

WELCOME TO DATING: MORE THAN JUST THE BASICS!



**This is eCourse 1:
Making Sense of the Dating
Process**

Congratulations on making a commitment to get the information and learn the skills you need to date differently so you can achieve a different outcome!

Dating: More Than Just The Basics! is a series of seven eCourses developed to guide you step-by-step from the very beginning of the dating process to the end of the dating process — that point in time at which you stop dating because s/he is not a match or you decide you want to consider taking your dating relationship to the next level.

ABOUT THE LESSONS & EXERCISES

This eCourse includes five (5) lessons that will be emailed to you every other day for 10 days. Each lesson offers ideas, strategies and points of view for your consideration about specific aspects of dating and provides exercises for you to complete.

Also included in each Lesson is a brief personal message from me that you can listen to before you start working on that Lesson.

Many of the exercises I ask you to do will be thought provoking and will hopefully result in new insights and awareness. A few of these exercises may be more personal, and working them may evoke some upset, sadness, anger or fear.

You may feel energized and excited by what you learn or perhaps drained and weary after spending time writing.

Please **complete all the exercises**, regardless of how they make you feel in the moment. They are critical to your success.

After you complete this eCourse you will have a much better idea of what you have been doing, why it may not be working and what options and choices you have to date more successfully!

HOW TO GET THE MOST OUT OF THIS COURSE



Often we have good intentions when we enroll in a program that goes on for any length of time. Just as often, events in life occur which require our time and attention. If you miss a day (or two or three) and get behind, don't worry.

Stop. Breathe. Remember that you can work beyond the 10 days until you have completed all the exercises exactly the way you want to.

Simply pick up where you left off and keep on working. Some of the lessons build on one another, so I heartily suggest you do them in the order they appear.

At the end of each Lesson I include a **Coaching Request** and offer an important thought or idea to **Remember**.

INVESTING IN YOURSELF

I believe that learning new skills and getting comfortable with new concepts and ideas requires getting involved with the material. Reading and using your brainpower is not enough. I call getting involved with the material "work."

That's right, work! If you are serious about creating your best life and love life and you want to date successfully, you have to make an investment in yourself.

Investing in yourself requires your investment of time, attention, money and effort.

Consider printing out each Lesson and creating a notebook in which to keep all of them. You may think that some of the exercises are so elementary or easy that you may not want to take the time to actually write down your answers. I strongly advise against that.

I urge you to complete all your exercises. You may very likely find that you will go back later and add pieces that you learn or integrate, or you may change your ideas altogether as you work through the process.

TECHNICALLY SPEAKING



We have made every effort to be certain that our audio files and email delivery system work flawlessly. That said, the nature of the Internet being what it is, a Lesson or two may occasionally get lost "out there." If you miss receiving a Lesson please email

CustomerCare@DrJackieBlack.com

Slower connection speeds to the Internet may cause the audio file to skip or rewind all of a sudden as you are listening. This occurs primarily on dial-up connections when there is a momentary interruption to the connection or if you are "dropped off" altogether. Simply push the "STOP" key and then the "PLAY" key. The recording will start from the beginning at once.

Slower connection speeds to the Internet may cause the PDF file to take several minutes to load. Long loading times occur primarily on dial-up connections which are slower than the DSL or cable connections. I recommend you click the link to download the PDF file, be sure it is loading, minimize the screen and do other work for a few minutes. When you return to it, it will be ready for you!

Please **save this Welcome Page**. You may need to refer to some of the information in it or you may need to email us in the event you experience a technical difficulty. Keep it in a safe place on your computer or print it out and keep it in your eCourse notebook or in an easily accessible place in your home or office.

All information and exercises in this eCourse are for your use as the buyer of this eCourse. Please do not share the contents of this eCourse with anyone. Please do not forward or duplicate any part of this eCourse without prior written permission.

A NOTE ABOUT SPAM FILTERS

Please remember to do whatever is necessary to ensure that none of your Lessons or special emails from me get grabbed by your spam filter. We are unable to respond to the emails that ask for verification. Please add our email address to your address book so we are pre-approved and recognized. And check your "held," "deleted" or "junk" email boxes if you discover a Lesson is missing. Even a recognized address is sometimes grabbed by spam filters.

A SPECIAL INVITATION

I am pleased to invite you to participate in a **Bonus TeleClass** exclusively for those who purchase one or more *Dating: More Than Just The Basics!* eCourses.

You may attend one free Bonus TeleClass for every eCourse you buy.

Check my area at:

<http://www.drjackieblack.com/teleclasses.html> for detailed descriptions, dates and times of these **Bonus TeleClasses**.

Join us and ask that burning question or just come to listen! There is plenty to learn from others.

Don't miss this opportunity to let me coach and support you to work through and integrate your new awareness, new skills and help you practice them!

WHAT'S NEXT

This eCourse is one in a series of seven eCourses called **Dating: More Than Just the Basics!** [\[Click here\]](#) (link to [eCourse Index](#)) to view a complete index of eCourses including a short description of each.

Thank you for your enthusiasm, your investment and your commitment.

I'm ready when you are! Let's go...

Only You can make it happen!

Dr. Jackie

