

My soul is the part of me I least understand. Somewhat an illusive commodity... but I know this of my soul... "It believes". It believes in me, in you, in us, in the bond that we have embraced, and will continue throughout this life and whatever lies beyond.

My soul longs for something greater, is patient, is kind, not envy, not boastful, not proud, not rude, not self-seeking, not easily angered, keeps no record of wrongs, does not delight in evil, rejoices with the truth, always protects, always trusts, always hopes, always perseveres, never fails, and endures forever everlasting.

I'll forever love you... and this I vow to the end of time. All my love, for all your life.

Insecurities in Relationships



Many couples experience various levels of insecurity in their relationships. The most common insecurity is jealousy and it can be very destructive to a happy and loving relationship. Jealousy takes various forms such as anger, fear, hurt, and betrayal, just to name a few. Feelings of agitation, sorrow, paranoia, depression and loneliness often take over when a person feels jealous. A jealous person can be possessive, while feeling inadequate, powerless and excluded. Let's look at what is at the root of jealousy and how it can be dealt with and eliminated, so that a happy loving relationship can thrive!

The first thing that a jealous person needs to do is to understand the emotions they experience when they are jealous. By narrowing things down and addressing the emotions that are at the root of jealousy, the issues can be dealt with. As a helpful exercise, a person can assign a percentage to each of the negative emotions that they feel when they are jealous. For example, a person might discover that when they are jealous, they may feel scared 50% of the time and angry, powerless, and betrayed for the rest of the time in various percentages. The emotion that dominates should be addressed first in an effort to eliminate jealousy.

After the biggest negative emotion is dealt with, the other emotions can be worked on and sorted out over time. This process of dealing with negative emotions at the root of jealousy needs to be addressed by the couple mutually. The partner of a person, who is jealous, needs to be supportive by offering them



Courtship is the process of selecting and attracting a mate.

It is governed by a complex set of unwritten rules that are loosely defined as etiquette. Such rules dictate where, when, with whom and in what manner we all attract the opposite sex. We generally obey these unofficial rules by instinct but we also only become aware of the rules when someone commits a breach of them.

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Online Advertising for Dating Services



Companies offering dating services are investing increasing amounts in advertising, according to a new study, with online advertising seeing particular growth.

Research carried out by Nielsen Monitor-Plus found that such firms in the US, in particular online dating sites, spent \$127.3 million advertising online in 2006. This is up from \$88.9 million spent the previous year and the second highest area of investment for dating services. Of the 12 dating services firms advertising online, seven companies were "almost exclusively using the internet for advertising", the report found.

The top ten dating services firms accounted for 96 per cent of the total advertising spend for the industry, some \$290 million of \$302 million.



It only makes sense to advertise your Dating Site online and it's even more important if your site is new in the industry.

Coopyrite.net (pronounced co-op-e-rite.net) is an advice column to the markets you seek. We provide timely articles on subjects your markets are looking for right now and therefore this is the best opportunity to attract other dating members to your venue.

Please complete the [advert form at the website](#) and we will review your information and return a custom quote.

reassurance, love and understanding on their journey to moving past their negative emotions.

Basically, fear is the dominating emotion at the root of most jealousy. In particular, there are five types of fears that people are most vulnerable to; fear of the unknown, fear of change, fear of losing control of being weakened, fear of shortage or loss and fear of abandonment. The root of these individual fears may be very complex and personal and it is helpful to understand where these fears may have come from. If a person knows where their fears come from, they can better process them and move past them in a positive way.

Often jealousy results from personal insecurities, such as feelings of worthiness, anxiety around being a sufficient lover and doubts about personal attractiveness or desirability. Jealousy is only the surface emotion. The real issues are deeper than that. Generally, jealousy results from personal needs that have not being met or fears of potential unmet needs. It is key to discover what needs a jealous person feels are not being met. What is a jealous person afraid of? The fight or flight mode is activated when a person feels jealous. They feel that their survival or level of security in a relationship is being challenged or threatened. The solution lies in

Dating or courtship is the process of choosing and attracting a mate for companionship, sex, marriage and/or sexual reproduction. It is also the pre-arranged meeting (exclusive) of two people with mutual interest in one another to communicate with and to comprehend through shared participation in social activities. According to western tradition, a date is an occasion when one socializes with a potential lover or spouse for the purpose of being deeply acquainted with each other as also to come to an understanding whether they wish to have a purposeful relationship.

Though dating was generally sponsored through friends or relatives, the Second World War diminished such opportunities to a great extent, giving rise to commercial dating agencies. Newspapers and magazine ads contributed to the cause too. However, post-Internet days have brought a sea change in dating and mate-finding anonymously. Online dating services today provide unlimited dating extravaganza on the monitor without any commitment tagged to it. Ladies and men can now tap the online resources with the click of a mouse and carry on love duels without disclosing identity. Though this online intimacy can be instantly arousing, yet its pitfalls are of concern since none of the parties can ever guess an inch of the other's inner life or face read either of them. However, the world becoming more and more full of 'singles', online dating gives the opportunity to know more and more people and even find a life partner.

looking deep into the insecure roots of the matter.

In overcoming jealousy, a person needs to find out what exactly it is that they are afraid of. What is required to make them feel a sense of safety or security in the situation? What is the worst thing that could happen? What are the chances of this happening? The answers to these questions can bring a jealous person some peace, contentment and trust again. Often fear takes over a person's emotions and once fear is dealt with in a productive way, things become much better and happier in a loving relationship.