5 Critical Mistakes People Make When Having The Herpes Talk

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Introduction

Dating for people with herpes can be a huge challenge. However, you should discover a peace of mind knowing there have been millions of people who have successfully broken down all the barriers associated with dating with genital herpes and are experiencing amazing relationships!

Many of us living with herpes have been scared to begin dating again. The fear of being rejected is just too powerful. The fear of passing the virus to someone we have fallen in love with is constantly in the back of our minds each and every time we have sex with a person who is not infected.

But somehow we must press on. We have to experience all that life has to offer without fear.

Fear is a very powerful emotion and the fear of rejection can cause us to settle for less. Or even worse, cause people to quit dating altogether.

Why is dating with herpes such a hurdle for some people and virtually effortless to others?

Is genital herpes the reason? Or is it the effects that the virus has on your self-esteem and confidence?

From the moment that we were diagnosed, the majority of us experienced a dramatic and almost instant personality shift. Our confidence began draining out of our bodies the moment that our doctor uttered that painful diagnosis... “The test has confirmed that you have genital herpes.”

It felt like our souls left our bodies leaving a deep void inside.

Even Though We Have The Herpes Virus, We're Still Pretty Cool People.

Your Journey Begins Today! Begin by educating yourself about HSV. You'll soon realize that it's not the monster that popular media channels will lead you to believe.

Through all of the troubles, heartaches and pain that we all have experienced, in the end dating with herpes doesn't have to be hard. It doesn't have to be an obstacle that holds you back from living your life to the fullest.
Critical Mistake #1 Your Self Esteem and Self Confidence Are SHOT!

The most common critical mistake people make when having the talk is that they are trying to communicate their message to a potential partner when they themselves do not feel confident.

Self-confidence is the most important critical factor when having the talk. Self-confidence is the sum of your behaviors and attitudes that demonstrate your independence, security and attractiveness. A lot of people associate self-confidence with self-esteem. Although they do feed and reinforce one another they are not quite the same. Self-esteem is your acceptance and comfort with yourself. Self-confidence is the observable portion of your self-esteem. Work hard to accept that HSV is a part of you and develop self-confidence and you’ll have success.

No action works unless it comes from the proper belief system and mindset!

In other words, you can gather up and memorize every tip, tactic and scenario that you can find on telling someone you have herpes. And you can say the exact same words with the exact same person and they simply will not work for you. Why?

Because of your belief system about yourself and herpes. And it all starts with regaining your self-confidence. For many of you, developing your self-confidence is a new area but it is absolutely critical that you begin building this strong foundation now.

A confident person comes across with a congruency that insecure people simply do not have. Congruency means that a person’s actions and words appear to match their inner beliefs.

In my course I teach my students some easy and simple tricks to raising their self信心 and match this up with their new congruency.

Critical Mistake #2 - Your Knowledge About Herpes SUCKS

You’d be surprised to learn just how many people who have HSV and don’t know much about the virus. For many people the only thing they know about HSV comes from Snooky on Jersey Shore. It is an absolute requirement for you to conduct your own research and know as much as you can about the virus before having “The Talk”.

Think about it…if you don’t know the transmission rates then how can you communicate them to your date? How can you assure them that you will do your part to protect them when you don’t know much about the virus and how it affects you personally?
I’m going to make a very bold statement and say that you will never be successful at dating with herpes if you don’t know more about HSV than your partner.

A critical element when telling someone about herpes is your ability to answer any questions that he may have. Simply telling him that you have herpes and then handling him a few pamphlets you got at a public health clinic isn’t going to work.

Your partner has to know and be absolutely confident that you know what you’re doing or you’ll quickly be finding yourself chasing her out the door.

I hate to be harsh but the reality is that it is your responsibility to educate your partner. She’ll be looking to you to protect her and trust that you know what you’re talking about.

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Critical Mistake #3 – Failing to Prepare for The Talk

A lot of people are so caught up in their fear of being rejected that they simply don’t prepare to succeed.

The first step in overcoming any limitations in your thinking is to prepare. Preparation will give you the best opportunity to succeed.

If you want continuous success in dating with herpes and/or having the herpes talk then you’re going to have to work at it. There is no such thing as easy lasting success. The good news is that the work isn’t hard at all. In fact, it’s pretty darn fun!

Preparation negates most of the affects of fear!

95% of the failures with the herpes talk are because somebody ran up against a situation that they just weren’t prepared for!

Now, imagine having “The Herpes Talk” where you sit down and actually prepare yourself a little for the upcoming event. Sit down and take the time to prepare some material for use. Come up with some conversational topics to get things headed in the right direction.

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Critical Mistake #4 – Making The Talk More Stressful Than It Has To Be!

Someone who is reacting from their stress response is always at a disadvantage. Stress will force you to resort to the most primitive of reactive mechanisms. Your brain will be more prone to fight-or-flight behavior than it will be to breaking down “The Talk” and acting on it intelligently. You’ll also abandon or forget all the skills you learned.

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Of all the things you can possibly do to enhance and improve your chances of success when having the talk is you have to learn to relax.

When you’re relaxed:

You are alert, more so than when you’re jumping around and bouncing off the walls with too much attention. If your mind is racing too fast, you will lose control when it matters most.

You are in complete emotional control. Your body language is much more fluid and poetic. You will be more seductive and your date will pick up on this energy, which will in turn put her at ease. Your mind is more attuned to the present moment.

When you’re relaxed, you feel more confident. The two are synonymous. If you are nervous, you lack confidence, and you’ll be broadcasting that through your nervous system and through your mannerisms.

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Critical Mistake #5 – Impatience

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Most people aren’t relaxed when faced with having “The Herpes Talk”, and they come across with an air of impatience. I can feel it in waves from them, in their attitudes and their words and their intentions. And when your partner feels your impatience, they can translate it with amazing accuracy that something is wrong or bothering you.

Patience comes from a secure attitude toward life. We won’t feel the need to act impatiently if we’re sure we’ll come out on top no matter what. If we’re insecure, we’ll want to “lock something in” and get it “for sure” as quickly as possible to overcome our insecurity. On the other hand, if we’re secure, we know that everything will work out, and stressing about it now will only make our desired result that much harder to obtain.

Impatience is communicated in so many ways that you’ll never be able to spot them all. In fact, if you suspect you might be impatient at times, chances are this is a problem. Start learning the golden trait of patience, because it will pay you in so many dividends that you cannot imagine.

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BONUS Critical Mistake #6 – “I Have Herpes” – Failing to Use The Proper Language

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Language has a powerful impact on how we perceive and how we feel about what we hear.

Language alters our perception of reality because we see the world through words. Language is the basis of our thoughts and our thoughts are the extension of our emotions.

Therefore, you can substantially reduce a person’s reaction to “the talk” by simply choosing the right words.
So what are the right words?

Avoid using strong or harsh language or words that have a negative meaning. Doing so will avoid an automatic reaction and helps your partner process and internalize the news more slowly.

If you deliver the news in small doses using softer language the shock of the news is diluted and that helps to severely lessen the impact.

**Conclusion**

These are just a sample of the mistakes many people make when faced with having The Herpes Talk. The good news is that having the herpes talk doesn’t have to be difficult. You no longer have to be scared.

The beauty about the information contained in "The Herpes Talk" program is that it is written for you by someone who has herpes…but more importantly, by someone who has had the herpes talk hundreds of times and has perfected the talk to a mere formality in any given relationship.

The Herpes Talk program involves using human psychology to your advantage and telling anyone about herpes is reduced to a simple and easy to follow formula. A series of simple techniques and tactics.

Why go through life allowing other people dictate the outcome of this very important conversation? This program reveals some of the greatest psychological secrets that will make having to tell your partner you have herpes go your way.

Included in the program are carefully formulated tactics based on specific psychological principles that are focused on telling anyone about herpes.

Imagine how easy your life would be if you were able to predict the response of a person who you chose to tell about herpes.

Instead of wondering how your partner will react, you’ll apply proven and fast working psychological tactics to gain control of the conversation and never feel the pain of being rejected again.

Listen, I know that there is a lot of information on that you have left to learn but don’t let that overwhelm you.

[CLICK HERE - Pick Up Your Copy of The Complete Program.](#)
Helpful Resources

H-Balm by Forces of Nature – H-Balm is topical treatment for HSV that many of my readers have recommended. Although I have not personally tried this treatment, I believe that if you’re searching for an economical Organic Certified product that will help speed up the healing process of outbreaks it’s worth a try. Click here to go directly to the Forces of Nature website.

House of Nutrition and Nutri-Health Supplements – You know, it’s hard to find reliable online shops that offer exceptional all natural and organic products at affordable prices. Many of the online superstores carry similar products but their products are often filled with other ingredients and are not 100% pure. I love shopping at smaller sites that offer better customer service and high quality products. House of Nutrition and Nutri-Health Supplements are two of my most trusted sites for finding those hard-to-find herbs, vitamins and supplements. Give them a try. You won’t be disappointed.

Herpes Antidote by Natalie Foy - I’ve read many books over the last few months on how to treat herpes and don’t get me wrong, I read some super material. However this was one of the first guides I read which gave you EXACT instructions of how to treat herpes without using herpes medication. CLICK HERE to read my extensive review of the Herpes Antidote or simply visit Natalie’s Website here

One Minute Herpes Cure – Using oxygen therapies to treat different viruses has been controversial but in recent years more and more people have been raving about it so I had to conduct my own research. I recently read the book titled “One Minute Herpes Cure” written by Allison Freeman. I had been very skeptical about reading this one because I don’t like people marketing their books and products as a herpes cure, but so many of my visitors were asking my opinion about the oxygen therapy herpes treatment method that Ms. Freeman describes in her book that it was getting embarrassing telling them, "I don't know." CLICK HERE to Get the One Minute Herpes Cure.

Recommended Online Dating Websites

I truly love online dating! It’s fun, easy and if done right you can meet some very exciting people. And maybe find your perfect match. In fact, I met my beautiful wife online. But beware! I DO NOT recommend using Herpes or STD related online dating sites! They are filled with people who have extremely low self-esteem and self-confidence. And most are not very active with limited members. **FOR THE LADIES: They are also filled with men who think that just because you have HSV, you are an easy lay! Below are a list of really good ad trusted websites that I have personally used and fully endorse.

Match.com – Match.com is the “Honey-Hole” of online dating websites and arguably the most popular. This is the site where I met my beautiful wife. I can’t say enough good things about Match.com. Their communities are extremely large and are known for being responsive.

Match.com offers their members many tools and a variety of useful tips.

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Match.com has a HUGE family of online dating sites including, African-American Singles, Christian Singles, Senior Singles, Gay Men Singles and Lesbian Singles…They even have a site specifically for Canadians.

They also offer an insane GUARANTEE! Not many online dating sites will actually put their money where their mouth is!

The only downside to Match.com is that their membership fee is kind of high as compared to other sites. However, they guarantee that you will find a date or they’ll refund your money. This still amazes me!

You can learn more and sign up for a FREE 7-Day Trial here.

Flirt Crowd – This is probably the best online dating site if you are looking to get your feet wet in the online dating world. A very simple to use site that will get you up and running almost instantly.

There are also a ton of responsive men and women on this site. Definitely the best place to start.

You can Sign Up FREE here: Flirt Crowd Sign Up

Date Agency – This is a real fun site. I have personally met more fun people from this site for an exciting night out or a long weekend than any other site I recommend.

The great thing about this site is that there are a ton of fun chat and video features that really help you get to know the people you are talking with fast. This, of course, leads to a greater familiarity with each other which leads to sparks flying faster!

Only downside, I’d say, is that the community is not as large as most of the other sites that I recommend. However, the members are very responsive.

You can learn more and sign up FREE here: Date Agency Sign Up

Cupid’s Wand – This is a great site for all the people out there who are looking to get serious and find a stable, fulfilling, and loving long term relationship. The members on this site are very much geared towards settling down and developing something long term and stable.

I really recommend Cupid’s Wand if you are looking for something a bit more serious. If you’re not, it’s also a great idea to sign up and see what some of the more popular members on the site are doing with their profiles. This site probably has the best male profiles I have ever seen. You can definitely learn from this.

You can learn more and sign up FREE here: Cupid’s Wand
Find Me Love – The best part about this site is that it goes through great lengths in finding you members who are local to your area. Their matching system is pretty top notch and I have had a great amount of success finding dates who are literally blocks away from me that I would have never met if not for this site.

Their chat options are pretty basic but they get the job done. The real strength of this site lies in its matching abilities.

You can learn more and sign up for FREE here: Find Me Love

If you are looking for something a bit different from mainstream dating sites I have personally tested:

Christian Cafe - Yes, I’m proud to say that I signed up for this site. Crazy … I know … I know. I had to try it out when I decided I was going to recommend quality online dating sites.

What I found was quite surprising. There are a ton of members who are looking to settle down and for that crowd it’s great.

I really recommend this site for everyone. It has everything you could be looking for.

You can learn more and sign up for FREE here: Christian Cafe

Recommended Dating and Attraction Courses

I can only teach you so much on Attraction, so if you really want to take your abilities to seduce and attract both Men and Women, then I highly recommend the following…

For Men and Women: Carlos Xuma is one of the country’s greatest and best known relationship experts. Carlos helped me about 6 years ago to not only drastically improve my dating skills but more importantly he helped me turn my life around. I’m proud to say that Carlos and I are personal friends now and that a lot of what you find in this website is either directly or indirectly influenced by what I learned from him.

FOR MEN ONLY CLICK HERE for your Learn about Carlos and receive a FREE CD (How to Meet and Flirt with Women)

FOR WOMEN ONLY! CLICK HERE for Dating Advice and Relationship Secrets Specifically designed by Carlos for Women!