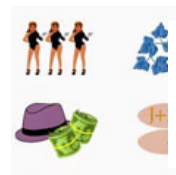


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## Patti Stanger Tells Me to "Put My Dick Away"

AUGUST 4 2:02 PM

RUTHIE FRIEDLANDER | LIFE & LOVE NEWS

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Photo: Bravo

It's hard to pinpoint exactly what it is about Patti Stanger, better known as the Millionaire Matchmaker, that resonates with so many fans. She can be abrasive, her advice is blunt to the point of sounding mean, and she uniformly advises women to wear their hair long and straight and squeeze into tight bandage dresses to snag one of her millionaires. And even though I'd never wear a Hervé Léger bandage dress on a first date ([granny chic is more my style](#)), I've always felt like Patti Stanger "gets" me. Patti is a no-nonsense, ambitious straight-shooter—all characteristics I think people would use to describe me. (Patti is also a Jewish girl raised in Short Hills, New Jersey, and I'm a Jewish girl who went to camp with a lot of girls from Short Hills, New Jersey.) And after almost every break up, bad date, etc. I've wondered, WWPD: What Would Patti Do?

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My most recent breakup was one of my harder ones. It came out of the blue and left me with a lot of questions. And instead of crawling back to him, I decided to crawl towards Patti and really ask: WWPDP.

So I called her. I asked her about getting back out after feeling the shell shock of a breakup. I asked her about dating in New York ("The odds are against you," she warned me. "There are five girls to one guy." Great.) And in light of a Tinder date I had scheduled about 10 minutes prior to our call, I asked her, judging from talking to me for about 30 minutes, what she thought I should work on.

Patti is a huge proponent of online dating ("If you are single and haven't tried online dating, you're the weird one" she tells me) so I proudly divulged my upcoming Tinder date night. "Good for you," she says. I feel smug. Then I confess that after doing a little digging (okay, a lot of digging with the help of a friend), I'm worried my date is a tad too short.

"Okay, how tall are you?" she asked me in a rather accusatory manner.

"Five foot three," I responded.

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"Okay so short is 5'8", 5'10". Tom Cruise is short. Would you date Tom Cruise if he were Jewish? Yes, you would!," she said, without giving me a chance to answer. (I would *not* date Tom Cruise if he were Jewish, but I see her point.) "You're 27, you don't know shit about dating. Your number one job is you need to stop judging."

Another thing I needed to do? "Put my dick away." Patti tells me I give off too much "masculine energy." I like to be in control, do all the planning (making the dinner reservations included), and anticipate what's next rather than let someone surprise me. She tells me I "lead with my resume" and say things about what I do rather than about who I am. True, true, true. But is that such a bad thing? I've worked hard to be where I am.

Of course, Patti has a solution. She directs me to a website, [AttractingASoulmate.com](#), where for \$49, you get over three hours of Patti-approved virtual life coaching to help you find love. So instead of my weekly mani/pedi/10-minute chair message, I listened to lectures from Patti, hypnotherapist Steve G. Jones, and *The Secret's* Dr. Joe Vitale.

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I listened to powerful 20-minute lectures from these experts about how to fix the problems within yourself that are causing you to make bad decisions as well as tips on how you can more actively make good ones. I also, with a healthy dose of skepticism, listened to a series of subliminal recordings purported to be embedded with "powerful suggestions that will reprogram your subconscious." All I heard was music.

I learned that there are three main reasons people typically don't find love:

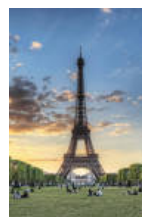
- Anxiety: Will I ever meet anyone? EVER?
- Guilt and blame: It's my fault he broke up with me/I feel awful I broke up with him.
- Confusion: What am I looking for?

For me, the first two definitely apply.

As per the experts' advice, I take an inventory of my past relationships to see the patterns that emerge. In each and every one I find myself putting my heart on the



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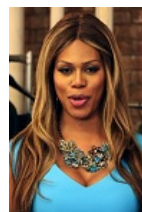
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patterns that emerge. In each and every one I find myself putting my heart on the line most when I know it will get broken. The past three relationships that I can call “real” were with men that told me in one way or another they weren’t ready for anything serious. I, “showing my dick,” talk a lot about my job early on—how busy I am! How intense my responsibilities are! I don’t even have time for a serious relationship! Of course, the truth is, a serious relationship is the thing I wanted the most. How could I blame them for backing out when I hadn’t entered into it honestly myself?

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The most important thing I learn is that no matter how painful the past may be, it’s essential that we change the story of it in our head—that we forgive, apologize, and love. This is a recurring theme throughout the “Attracting a Soulmate” suite of recordings, and one that I’ve found extremely helpful. This isn’t to say that you excuse all the awful things a person once did (another big mantra throughout the audio series is: People can change things about themselves, but not who they are at their core), but it does mean that you can learn to take the pain out of the story. And while my most recent wound still feels a bit fresh to be totally forgiven and forgotten, I’m grateful to have actionable steps to work towards feeling less awful about it.

I did end up going on that Tinder date. He was, in fact, extremely short (and that is the least judgmental part of me speaking). We had an above average conversation but I wasn’t too excited by the whole thing. I was, however, able to think of it as practice for my next date. And I assure you (and Patti) that there will only be one dick at the table.

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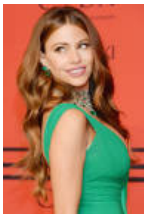



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