

## GDL Kimmy Seltzer

And welcome back to Good Day Live I'm Michelle Mura If we're just meeting for the very first time Hello Hello welcome Good day Good day Good day I got that I'm Kyle True What do you do that there Yeah for people Thank you Thank you Kyle True Glad And you have a lovely Kimmy Seltzer Come to the Orange State Thank you for joining Yes Uh I have to do an introduction for those that are watching I just read a little bit about how amazing you are Um You're an image expert a dating coach Um You're also a therapist Uh um You have clients all over the world You unveil their most beautiful self whether it's updating your image or transforming your dating life And your philosophy is for those who work from the inside out to achieve your goals of self confidence You have a podcast with over 250 episodes called the Charisma quotient Um You're also a state TV host and you had the very first ever live dating show on Amazon Live Um Welcome Miss Kimmy Seller to the program Thank you Oh my gosh Now I'm Good day live With Michelle and Kyle Yeah So what do you guys want to talk about I mean we just want to talk about dating all day long How are you But I feel like you like to say that Well right I like to put people on the couch However we're all sitting on couches So yeah it's all a good discussion Yeah Well because we were talking about you're dating life So we I mean we could start there Um I met a wonderful human wonderful guy on a plane um over a year ago and uh he has certain lifestyle habits that I don't uh I'm not cool with ah do you want to share what those habits are There are those are those are his things But like I not I'm not cool with it Like it's just I'm all I'm all about health and wellness and um a good friend of mine um lost his boyfriend to you know a situation that is in the same category and I just said you know I can't I just I love him too much to say like I can't stand by you and say this is ok when I know that I'm almost enabling you you know like and so that to me is really hard That's so hard How long have you guys been together Um a year a year and like a month That's like that's a long run Yeah I mean and what's interesting is when we met he said that you know like he like told me every like told me everything He said sober and all that And I was like great Like and in my brain that means somebody who doesn't drink or do do does drugs That's you know that's how I interpret it His interpretation was somebody who struggles with ah Right And I but because like struggle is a bad word but you got you got has has a complicated whatever anyway Um but you know he might be watching the show and I

love him But um it's just well that's really hard because I mean we were talking about red flags right Like right before we came on the show and it's funny like when you're first getting to know someone it's the honeymoon phase and like you may hear the pink flags or red flags Ah but you overlook them because like it's amazing right in the honeymoon phase So it's like yeah this is probably something you should pay attention to but you're amazing I love you You know So it's probably been like bubbling and now that you're getting to know like now it's like push comes to shove It's like the real stuff Right Real stuff And um we have uh a very strong bond Definitely a very strong bond and I I love him Like I don't think I've ever loved anyone The amount that I I love this person it's it's very true Like it's just there's he came into my life at such a crucial point and I came into his life It's just like this bond is just it I you know I believe in because I wasn't dating anyone for like ever Yeah Really Well I mean that's another whole category Yeah My mom was sick and so like I focused on like uh my family and I was just like I didn't have the time or space or energy to like to like really date and like I did date a little bit here or there but like I would sit across from someone and I I had uh I would I would hear what they would have to say you know in their opening argument or their opening you know and I would already hear the red flags and I would be like oh no not another date No no no And it would be so fast to be like this Um and then uh when my mom uh passed I met Connor on the plane coming back from the funeral and it was not supposed to sit next to him I saw somebody else which is really weird because they sat me on the very at I never picked my seats and I was put all the way at the back of the plane in between these two like teenage boys And I was like this is gonna be hell and then um out of nowhere This flight attendant comes running down the aisle and goes who's Michelle Murad And I'm like I'm Michelle Mirra and she pulls me up and she sits me next to like the cutest guy and there was nobody sitting in between us and we just talked for 5.5 hours straight Oh my God it's really beautiful Yeah the story that story is I don't know Well it's amazing that he came into your life at that moment when there was like like when one door closes the other open you know that kind of cliché saying but but there's like an association and attachment to that moment too with him So there's there's also that almost Yeah in a way Oh my God Well so where are you at now Like um he knows how I feel and um he you know has been very open and honest and I've been very open and honest and I said when you're ready or if you are then we can you know revisit this But I have I have to put like I don't want to ever be the

person that's like it's OK when it's not OK for me because I because I think like what would this look like in five years Like if this continues like this Like and I never when my friend lost his boyfriend it was a very much like a a jolting experience And this happened literally the day before my mom's birthday like a month ago And it was it shook me to my core and I was like this is a sign from the universe where it's like this could be you if you don't reevaluate so Well that too because of the loss of your mom Like there's probably this fear that's just rushing through you with just now situation with someone you love And so I can see why like the guard is up So have you guys ever like thought about or tried couples therapy Like um he brought he brought it up Um but I think like he's getting his own like he has his own coach Um which is great Um But I you know I don't know like I'm I'm open to it but I also feel like that seems like so much or the be like this is still the beginning It's not it's not Yeah I know I'm just here to say like and and that's like the days of old where we used to think oh well couples go into therapy when they're in trouble or like you know you're actually in a marriage and now couples are entering couples therapy like really early on because you know people want a successful relationship now and it's not shamed anymore It's something that's really awesome to have a safe space to be able to talk about both of these things with a neutral party because like while he's bringing stuff to his therapist Right Then you have your stuff Right I'm not I'm not perfect in any way shape or form I'm you know I'm dealing with my own anxieties and fears and like all that So like I know we it's just it's not just one side it's right Yeah So I mean that would be like one recommend I mean without going down a rabbit hole into like having a whole session here on Amazon Right Yeah And we could totally do that at another time But that would be like a quick kind of suggestion because I just feel like you too need to like kind of come together in a a neutral space to talk about compromising these things because this is a big thing like thing Yeah And it's gonna keep like roadblocking you Yeah because I I like I definitely want to uh you know like like have I don't necessarily know if I want Children but I definitely want to have a family unit like I wanna get married for sure And I want that like and so anyway that's my well technically I am single but I'm really not like I am but you're not Yeah now you're really not Yeah Yeah The tarot card was like go out on dates Right Right Well because you're saying that because you're fearful Right And so it's easier to say I'm single than to really like face this and I'm just saying like I would totally I'd recommend doing that because he'd be down Who knows Well he said he was down I mean this is

like a couple months ago So who knows But he already said it So what what would change his mind if he's watching this or not I feel like he'd be like uh watching like well we can bring him here like like here and I was like no way That's why I didn't like I I'm all about that So maybe I love relationships I Yeah No Listen I'm open uh like I told you my mom was a clinical psychologist and before she died she said can you just give someone a chance because like I kept meeting all these guys and I was like nope nope nope nope nope nope nope nope Um And uh and so she said like the biggest thing that brought her down was the fact that I wasn't with a family not my own family but I wasn't surrounded by family on thanks in 2021 No I'm sorry 2020 And then um when I met Connor one of the first things he said to me and we we started dating immediately It was like the next that same weekend like we met on a Monday we met on a Monday on on the plane And then our first date was that Saturday And uh because he lives in Santa Barbara So like so he came down here and it was like the cutest first date ever And then he was like I guess like a couple of weeks later he was like I know this is so forward He was like but I just do you want to like come to Thanksgiving and be with my family and like because I know like with everything that just happened and I was like that would be amazing So like I looked around I was in Jackson Hall surrounded by like this beautiful family that just like embraced me and like beautiful I've never been to Jackson Hole So it was like this whole like it was very it was like fairy tale Yeah Yeah It was like a fairy tale Well and knowing that like and that's something that your mom wants It's also something that you're holding on to you know it's like that's I don't know I think you should fight for it but by doing that you need to like work through it with him for sure I always say like what we want is sometimes what we fear and that's what why people get stuck right And then you're like spinning donuts in the road say you know because because you're chasing your tail because it's it's it's it's scary to open yourself Scary So well that's just my OK And what about he's just sitting there over there like really like he he's like you know he's like my older brother from another mother very protective And there you know Oh ok We we like we went on a date so I cast him So this is a really funny story Um I wrote a show called The Charlotte Chronicles It's about me and my dog and uh and so he was not supposed to play the guy There was like a love interest My dating life we know each other She was talking about my dating life Not how we met 00 sorry Ok No that's cool I know I know you want to give him my background Go ahead Give a little look sure he cares And no So II I yeah

a little bit back here Very good friend So he's protective of very protective because your body language just now like as we were talking like you have something to say like like you you're holding back on I want to give people their space and time Uh Yeah he's like no you can't you can't rebuttle everything Right No Uh no no I like I have a lot of info Um and I just you know I I it's not that I don't want her to be in this relationship I it's not about the relationship for me It's more about her her life and Michelle's life and if it's uh and if anything's impeding it you know what I mean So if this guy's gonna get in the way of your dream then I'm just I get more I get a little bit protective over that Right It's not it's this is not the boyfriend show This is the Michelle Show So it's like no I mean not that I mean I'm not talking about the show I mean like it's not the Conor Show it's the Michelle show So it's like you know like whatever he does can't we can't he's a very um this is international television I wish we didn't say his name But I in my opinion it's a there's a lot of uh tumultuous events that could that could disrupt and distract her from doing what she she has a very busy life and a lot to do for her work And so I'm just as like an older brother figure like ok well make sure you can still get all your stuff done You know what I mean Like make sure you're still driven make sure you're not veering off I've had friends I've lost friends Um so I've seen the situation I'm from Jersey So it's like this kind of thing in New York City and Jersey kind of it's it's it's around right And there's there's been a crisis in the country as well So um uh it's not just him he's a he's a good guy I met him just the only thing we have against each other were football fans I swear to God But like that always it always comes down to that somehow we spoke about it for like an hour or two I thought things were going along really really well And all of a sudden all of a sudden they started talking about you start talking about the Eagles and then kind of started talking about the commanders And I I was like oh my God I think they're gonna start fighting I was like uh no again like he's a good guy It's just um and it's nothing against him It's like I said it's not about him I totally hear what you're saying And also like you were in a role of caretaking for a really long time And the last thing you want to do is now have to take care of So that's I think what you're alluding to and but even more important for you to be like in some sort of safe space to set some boundaries for yourself and for him So there's a contract between the two of you what he needs to do in order to move forward because if not then you guys are just going to keep doing this dance and and the donuts happen Yeah that's what I said I like sent him a message and I was like please make it work I'm like that's a little hard

Yeah What else can you do that We might have started with me because I'm not I don't have as deep as a story in my dating life I I mean Yes because Kyle Yeah let's talk about Kyle He was a very good looking dude He meets girl women all day every day and they flock to him Oh when are you looking at me like that They do like I can't tell you how many women come up to him and they'll give them his like information I'm right there standing on like even guys like will be like uh take you out to coffee tomorrow and I'm like what about um like chopped liver Um a lot We hang out a lot but um and we work together but you can we can that we can Yeah Yeah So you have charm You have charisma You flirt like yeah I can see that Yeah So where are you getting stuck The dating life Yeah and definitely um we I think you and I were talking about this I think I have like a little bit of a cavalier attitude Yeah when it comes to um just I think that they I was actually it was Gina my friend a good friend of mine I was like gee like why I go on these dates one time Going great and then uh you know kind of fizzles and I I saw a repeated pattern which is when I started worrying I was like oh I am going on like one date and kind of just like I'm fizzling out they're fizzling out but it's a repeated pattern The denominator is one date So um I was like huh Maybe I'm you know maybe I'm doing something wrong here You might be the common denominator What am I doing That is the common denominator Like I it's me but what am I doing Uh so I was like maybe it's my cavalier attitude Um not coming off our attitude Describe our date Was that cavalier Ok So we did go on one day or 1.5 or something It's just one So before we like know Yeah go on one day you know each other Oh yeah He was in a show that I created called the Charlotte We still met we did well we met on the set which is like did we meet There's already problems and and so we went out to dinner not dinner There There were no there were no for me I like plans We went out uh to a place that didn't take reservations and they had a line and I I don't do lines She doesn't do plans and I don't do lines was Mama Shelter I do Mama Shelter You see how it goes See I'm already I'm like no no but you guys are great co-host The energy is awesome that we talk about anything else Yeah Yeah maybe not Um So uh in Cavalier I wouldn't say I wouldn't call that Cavalier Maybe I don't know the definition well enough to call it Cavalier You just like Ok Ok I started like wrapping off things that you were like why are you saying this Because I'll just say things like uh like uh no no you can't share anything you dealt way too much No no no not about your personal stuff Ok I have been given a gift and the gift is uh not only connection with people but like when I sit across from someone um

I've always been asked like after my last boyfriend not you know not the boyfriend That's the guy right now After the last guy it was so bad It was like so so bad I said please there was a miscommunication Let it be shown that every guy I go out and date with from here on out tells me everything I need to know within the first five minutes Does that even sound practical It was so practical Let me ask you a question Please wait Let us there's so much to unpack here I don't even know where to find out everything about somebody in the first five minutes Well for example we went on a date hold on let her speak I have a question but I but it was no um we need a couple you know like I feel like let's start with the co host therapy first before a couple of that might not be a bad show actually Um Yeah we can do like interventions like on the spot right Like OK So because we actually wait before we go down this rabbit hole the two of you can I just go back to him first Yeah And then we'll kind of go into the because I'm really interested in this whole like like pattern that's going on with you with the the So you kind of like you're really good at the first impression and charming and the first dates and then or what like what's happening like what's happening I don't even think it's the first impression I think the first impression isn't good And then I and then people like me first impression the first impression like I'm so cavalier I'm like read completely wrong But like if someone got it somehow ends up getting to know me they're like oh wow And I always get the you I didn't think you were this way I'm so like I like shock people the more I become like the more I get comfortable with people I shock them because they're like I didn't think you were this way Oh I didn't know you did that They had this a whole other idea of me and I think it's because I'm just like I show up uh in a first impression standing and I don't know what I'm doing Actually I'm like it's something weird I interject Yeah So he does really well like when you meet him like say like in a social setting like here right You know and you see all like every single person was like maybe you should exchange information I'm just like standing there laughing I like I'll I'll exchange glances at everyone Be like oh my gosh like love match Um and then you do this thing tell everyone what's wrong with me No no no no no There's nothing wrong with you That's what I'm trying to tell you There's nothing wrong with you Like he went on a date He like was like I don't know why you're going on a date with me and then he like listed all the reasons why I shouldn't have gone on a date with him in the first five minutes And I was like oh do you do that normally Well you threw me off There was a misunderstanding Yeah Yeah Yeah Well when I was so I picked her up for the date Mind you she it was

like in my head I'm like oh well obviously there's attraction here because she hired me as the hot guy So I know what she thinks of me Got it Yeah Right At least it's it's it wasn't even like I was riding on that But if the person that hired you to be the hot guy gets in your car and goes we're not gonna touch and we're not gonna we're not gonna do anything because like I need to keep my distance from I was like that's fine But like why even go on the date at that point Like why don't we just wait for another day when you're a little bit more comfortable and like we can like enjoy it Not like you're like cuddled in the corner of my car like breathing out of the window because you're kind of like you know the situation at hand and it wasn't me it was more of like the world was in a certain place where it's like no I mean if you're uncomfortable going on dates we shouldn't go on one Like it's a waste of time and frankly money right So I was like why are we here And then I was like and then when we sat down I was like I really don't know why we're on this date because she was just like oh I I just don't wanna like I'm not in a place to date right now and and I didn't I didn't really want I I needed I should have gone because I know you but like I shouldn't have gone because I got to do this And I was like oh well yeah we don't I don't know why you're on the date Oh This is how we met Is it Oh This is literally oh my God I've never spoken to her before This is this is amazing I just I just you know you know like it's a lot it's a lot of you're not gonna go to wait Hey how's it going Yes Have a good day You too You too By a beautiful no And so that's how we oh my God that I love that Yeah There's clearly some like issues unresolved issues you guys are having because like I keep trying to go back to him and yet somehow we're going back to the TV But that's like no no But but but what like what she said are you getting feedback like that from other women Like we not like that I've actually gotten multiple like very different feedbacks Uh one liked me too much but she didn't want to go there because she just got up her last 11 didn't want to lead me on because uh we moved too fast the first date Uh one never answered Um and then and then there's the ones that were I'm talking about The ones I didn't have real control over and like it was more incumbent upon them to leave But you know there's a couple there where I'm just like oh you know I do feel you do move fast No Yeah that's the thing Um we we I know So I told him I said the next time No nobody said you were Jeffrey You cutting off faces Like what is it that fast though I mean I told him I said whatever you do on your next date don't even kiss her just like give her a hug and like set up your next date like almost make you one or more And then he told me like what went down that date



And I was like Kyle would your would your wife do that And she was like no probably not this year Like a really big question This is like it it's so simple that it may be hard Yeah What do you want a family right now What you want out of a relationship You do you want a family in a team Like do you want a relationship though right now Yeah Yeah And so like that So does that surprise you No it's sweet It's just so sweet because you know when you meet him like like uh like if if you rewind a year ago and I like heard that I wouldn't believe it because you met me once which is the problem So something happened So I don't think I don't think you're a as a friend I don't think the actions and words are lining up This is yeah because her reaction is really interesting to me like and also the the pattern that you're talking about is that what you're wanting I don't think you're showing and and and there's something about vulnerability and and and letting people get too close to you is hard Does that resonate with you Literally the last day that I went on that uh I didn't want to end was that was the thing she was like oh I feel like I can't get to you And she said it that wasn't one of the things she said why we didn't continue But she said that like on the date she was like oh you kind of have like a stomach like a like a what what did you say Like um what was like you not it was like a smoldering She was like like smoldering like you like you like you I don't know I don't know I thought I was very vulnerable In fact II I've gotten sensitive from a lot of people like Kyle you're overly sensitive when you get to know you you're true Like there are there are moments on our show where I was like why did you say that Like yeah like on our date I was like I was like oh that's the thing So you spoke about marketing yourself Can't market myself I'm a closer but not an advertiser but I can't start the marketing anything to me as like not in a sexual way but like even like in sales I wrote I wrote two boats at once I wrote two boats at once But what I meant was you know I'm just naturally a closer and everything I feel like you're looking out as as you know somebody who's gotten to know you super super well and like actually have the privilege of going on a date with you Yeah there's like a disconnect What No it is I mean it is it's a privilege um because I don't date a lot And so like I think there's I want the best for you and I think in alignment is super important to be like I want this and that I like I make it very clear when I go on a on a date with someone or that I like what I want I take my time I'm you just told to see dated Connor in six days after meeting him Yeah but we took it was very like I mean that relationship was going like it was fast but slow like that What I wanted was like and what what we talked like it wasn't like I

was like closing on the first date Yeah which I think has something Well is it OK I'll say this is just like a a statement This is for everybody just like when there's phases in relationships and dating right And people think about relationship phases but dating there's there's phases and you know the courtship phase is kind of the beginning the honeymoon the you know and some people are really comfortable just staying there right And then it moves into something that's just pure dating It's more consistent over time You're really building trust and intimacy and usually between that phase and then the final phase which is full blown committed relationship sometimes like and it sounds like there's a breakdown between the first and the third Yeah Like you're not even getting right So there's something that's happening that like you're not there's something about trust and I don't know if you've been hurt but there's something that is scary to you about the intimacy part but I'm not sure what that is And my last relationship was 3.5 years No I'm sorry It was three years ago A year and a half long Um and she called me like two or three months ago and joked about how my trust was always up and down in the relationship She joked about it But like it was like one of those like backhanded jokes where it was like oh that was a thing Um so yeah I guess there's gotta be because I thought about it after she said it and I was like hm maybe there is a trust thing there I'm not sure why I don't trust But yeah there's probably a trust thing there Have you ever like done work around that Like gone deeper Yeah Not really dig deeper Not really Not really I mean like I try to but like by yourself it's pretty um it just you're like a revolving Oh yeah No no one can like do therapy on themselves But yeah but that would be worthwhile to take a look at it because I always say our past is connected to the future and the choices we make and the patterns that get created and sometimes we're not aware of it and and it's not until like you're faced with it you look back you're like ah there's a pattern and it all usually starts from childhood and describe girls and family patterns you know But family patterns could be It Family could be My dad remarried when I was young I love her Didn't want it could be something there Yeah Yeah Maybe And next on Good Day Live we will be back at my social security number is next Actually we're being so open and authentic I think it's important to do you know for people that are watching and like just you know well we all have so much fear and the pandemic certainly didn't help it either And so we're all walking around as big fear balls you know and then it's hard to like trust and then how are you supposed to have an emotional intimate relationship when we're all you know kind of walking around with that And

so like it's interesting like as you're hearing him be more real talk like don't you get like a different feel from him Yeah Like that's you should hear that I love him so much like you know as a friend and I like I like try to I mean I mean I can't do anything but like I'm like dude you got you got everything just slow it down slow it down slow it down and I think for both of you and just like everything that we're talking about there's there's pacing with things too right And so like with your situation there's a pacing with your sita you know and so it is good to pace things out to build the trust but you have to know what you want and what's holding you back before doing that It is what I'm doing like 00 yeah Yeah this works this works and it's like you don't know if it works or not You don't know her yet So maybe pace it to get to know her and build emotional intimacy and be vulnerable before the sexy sex is easy Let's be honest And it keeps things surface Yeah Yeah Yeah Anyone can do that quite honestly You know But and and it's also safer for you because then it's not you can get the connection you can get the quick hit It's a drug you get it and you feel it and then you're like that's a thing Safer thing It's it is safer It is safer but it's not I'm told the opposite Right She's more yeah you're more a relationship girl too And you might jump in too soon and too deep too fast So like you need to be you need a little of each of you and each other which might have been the attraction to begin with Right So we pull the card on this show Which is really funny because a lot of people are like are you guys dating We're like no Um oh she saw we're not dating Uh Yeah Yeah Yeah Yeah Yeah We we get into it but we pulled the card on our very first show and it said that we were soul mates Um And it said this doesn't mean that this is your romantic partner This means this is someone who's going to like you're gonna see a reflection of yourself and like grow from this person and learn from this person Yeah Yeah for sure Knuckles Um But yeah No like because I see it and I think it's interesting He I see it for him and then he sees my situation which is interesting you know what I mean Like you can see each other like I'm like a different angle Yeah Yeah Yeah I mean too fast and you like yo wrong dude right I don't again I don't know about if it's I don't know if it's the wrong dude Like she said if you uh it's the boundaries that might well I think that will help Yeah like set him straight Like this is this Yeah like this is it will help him Absolutely Yeah Like it hurts But like I think ultimately like I have to just be like I cannot like I believe in my heart that my friend at some level enabled the situation he was in to an extent God if he's watching God forgive me Um But I don't ever want to enable anyone when it comes to their health and their

well being and mine too Like because like looking back it would be like oh well that made perfect sense because I did da da da da da da Like I don't I don't want to be that person Yeah I'm totally the tattler I'll be like I like like text messages sister like text message I can I don't wanna do that either because like I think you know like I did it once I don't need to do it again Like I I don't want to be that that person Like I'm ready for my I'm ready for my the right person the right situation And well and you also want to be able to be in a situation where you're getting what you're giving Exactly And that needs to be balanced And it sounds like also like you know you're really good at the giving part You're very good at the giving part you know how to do it and that's where your confidence lives But what you need to learn is to kind of pull back and receive I need I totally need to do that We talked about this I got out like I lean back receive because she's she's yeah she gives that's that's her role Like that's yeah you're really good Thank you Well no look I just I'm old and I've been around the block and I've been doing this for a very like well and it's like when we were talking about patterns like you just you start hearing patterns and knowing that you guys are not alone Like obviously it's it's not like I have a crystal ball like oh I see this in you It's like no this is just common stuff that people struggle with and know that you you can overcome it It's just a matter of like owning it and then knowing what to do with it And that's where most people get stuck And that's why I love like the coaching so much because yeah I fuse together like therapy and coaching because while sitting and talking is fantastic and we're doing a lot of like analyzing and talking It's like then people get to the point of the now what it's it is So I am all about like action like creating like a dating plan creating a relationship plan just like a business plan so that people actually like step into action In fact there's a class that I have coming up October 18th that's called Stop Hating Dating So if anyone wants to take action and do that it um you can find it on my website Kimmy Seltzer dot com and I actually have a free quiz for people I do Um If you there's a quiz you see what is your dating diagnosis You if you want to know what kind of data you are I'll just go to you know Kimmy Seltzer dot com You can find the quiz you can go through the questions and find out where you're getting stuck and you're like well we just and it's a great way it's free just way to get started And then my class is on my site as well I I believe that it it's up at the top where it says work with me but you'll you'll be able to find it It's so fun So yeah workshops workshops and events That's where you can find it Y'all I had to stop hating dating I love the name of that Yeah because so many people are

like oh I just hate to date They hate dating and dating should be fun and and like everyone is so busy like trying to get to the boyfriend to the girlfriend that they lose sight of what is now and just having fun and flirting and getting to know yourself in the process So I'm gonna take it back there I like that I think that's the thing I think we unlock something there Well because I keep jumping through the dating like why don't we just why didn't why don't your words match your actions and then your actions match your words which means that I'm not gonna try to um act like I want a family I'm just gonna like act like I think I like whatever I want Like like uh let's move let's let's move a little slower Just be really present and work on building an emotional connection with someone and see how that is for you because that's why the dating process is so important People don't realize what you're really doing is you're dating yourself and you're getting to know yourself and because people are just so wanting the relationship and the fantasy and the kids and the fan like what you just said they're losing sight of what is right for them And that's that's what I love teaching people So it's not like and I say in my podcast all the time like at the end working on yourself is working on your dating life People think it's one or the other like oh I'm just working on myself I can't date right now I'm like what does that even mean Like you're sitting there like reading self help books and like doing diagnosis and all that But what are you doing an application to figure out your patterns to then break them So I love it You're actually dating yourself You're dating yourself That's so cool It's true though because you know II I dated this one guy in Maryland before I moved out to L A perfect perfect guy in so many ways And I was like come to California Let's go to California Like no Yeah And I was like it was like he was like all the right things you know except for Yeah Yeah And I was like oh well this you know I want I want some adventure I don't wanna like live like be born and live and die in Mary I want to like explore the world and and and I always knew entertainment was calling my name And so he was like no but then I went from that like Mr Perfect to like Mr Crazy Like how did I find this Well I mean it's like the pendulum effect I call it like sometimes you you'll you'll be over here with one person You're like I don't want that and then you go all the way to the other side and there's the other extreme We're like ok that's not good either So it's like somewhere in between would be nice Like the balance and there are different archetypes of people Yeah I have a a dating archetype quiz too on my website If you go there too But it's um it's it's interesting because like if you keep attracting the same kind of archetype you're like ok that's

also a pattern right Archetypes of Yeah like there's oh that was one of my other show Oh my God I can't I just like walking down memory lane I love this So II I did a an ambush make over ambush Yeah Yeah So like in addition to the deeper work that we just kind of exemplified like I like started with the way people look because like again on your profile or walking in on a date like your first impression is huge And so like if you're not advertising yourself people might be passing you by and I love helping people get their sexy image you know because that's different than like your work image Well you guys your work image is your sexy image I'm just gonna say like these guys are sexy Yeah so you have that going on you know but so many people don't put emphasis or focus or attention on that And so this woman she actually um she was amazing she volunteered to do this So we did this live where she should show us her closet and she she showed us her clothes and I'm like OK yeah that's not happening Um So then you know we love Amazon so much because there's so much like actually clothes and I was so happy to see all the designer stuff and so we we ambushed her and I had her um made over and she said actually after we sent her you know the outfits that she she it was a huge difference like on her profile pictures and like she was feeling better and sexier So like love I love the transformation Like that's what's so cool to watch A lot of seeing the people that you work with not only find love but like feel really confident in their their body Oh my God Totally Michelle you hit it right Like that's funny because a lot of times people come to me for love or find me the man find me the woman But at the end of the day they're finding their confidence and everyone has that sticking point with different areas of confidence There's different kinds of confidence actually So you know whether it's your social confidence your emotional confidence your style confidence it's like figuring out what that is And then again taking action so that you change that and then put yourself in practice So ah so cool I love it so much OK We want to play a game with you before you leave Oh my God I love games OK So obviously when we started the show Kyle was the very single one red flag Oh and and every time we would talk about a date I he didn't he doesn't like to get too personal I'm the I like to go really personal Um And so he would tell me like a scenario of a date and I was like it's a really great idea We just get some red flags and we talk about it and then we'll wave the red flag with our guests to get to better know each other So I was like dating a lot when we first start the show Even dating like a like a like you have like every person telling you every woman that meets this guy is like ready to like exchange information and go go to work No

something Right I mean come on I'm like oh I always look all sly It's the jacket Hey there's something to that and the beads Yeah Yeah I know I was like what do these mean He's like I have no idea They just look Really Yeah It's funny because one of the girls I was dating she was like that's a lot of jewelry for a man And I thought to myself I was like hm it it's not gonna work So we wave the red flag if it's if there's something like that's off that I mean they they're kind of quirky Um but this is a real game I had no idea that it was I love it Oh good Honest No for what Oh yeah Like I like that I gotta do another one I really get that Yeah you do scenario that red flags is just like I love your red flags And honestly like if I come back like we should get a pink flag we should get pink we should get green and red because like there's like green light means go pink means caution Like it's not a total red flag but like you file it away when you're getting to know someone because you don't know you don't have enough data yet But if that pink folder like really add it becomes the red flag I love this I want to have a dating show with Kimmy This is amazing We have a dating show I know we might have dating segment Yeah we should totally have a dating segment I really want to do this Maybe there's someone we could talk to about that And we would I mean I kind of produce this show and I know a producer but I know I know people too I do We should be really fun It could be really great Ok Ok Ok So jewelry Well no the the red black for me was um if she says she hasn't dated in like 10 years Well she hasn't had a boyfriend in about 10 years Is that a red flag I put it as a pink black I put it as a pink Why do you why do you Yeah Oh we spoke about it in depth It was just like I just didn't know I haven't found like the next one However she did bring up the X from 10 to 11 years ago and spoke about him a little bit and I was like ok but then I thought to myself it's impossible to be hung up on someone 11 years later But maybe not maybe not You are correct It's a pink flag because you don't have enough information around that And so what your job would be to to collect data is see if there's patterns in what she's saying in within that Right Like if she can't move forward she's she puts a wall up She keeps talking about the a like you know like you see over time if that because I can't call it like red flags Y'all Like it has to be pretty brutal in the beginning Like someone stealing abuse like things that are glaring alcoholism or something that's really like yeah in the beginning So yeah clarifying what red flags really are I know that's the thing He drives a 95 red flag Like no that's not a red flag And here's the thing too And I see this all the time because we all as we date later in life we all have had things happen to us right So we'll have each of us have

triggers So what is a trigger for her may not be a trigger for you and then like people will read on their profile They'll see one thing that represents or resembles the X and they'll be like oh red flag swipe blast I'm like wait wait wait wait wait Oh That's a little bit overgeneralizing Like just because that person said that they like wine doesn't mean they're an alcoholic right Like so so people do that and this is why like when I work with people I love like going into profiles like I always tell people no we could do a whole segment We'll pull up the profile Well please come back Yeah like we can do that And then like I go because I like going like into I I say like when you're working with me like there's no hiding like you can't just sit and talk to me Like I just like show me that's good I went to a couple of therapy once she was hiding the whole time Like I was like that's it Yeah that's it No no no no we gotta have me out of time Oh my God Oh my gosh you are incredible Kimmy Um OK These are your cameras right here for those that want to connect with you Um In the meantime before we have you come back uh tell them where they can find you Yes So again I'm Kimmy Seltzer and pretty much you can find me anywhere on social at Kimmy Um My my website is Kimmy Seltzer dot com Take that quiz Kimmy Seltzer dot com forward slash quiz and of course my podcast the charisma quo Yes The charisma quo are so phenomenal I can for you guys Thanks for your favorite episode of all time Uh Staying here and um wherever you are whatever you're doing I hope you have a very good day Great day and do whatever you say and enjoy your next half like eat and wave those pink flags Oh yeah I like the pink flag