

Are You Lucky in Love?

How much does luck (or serendipity, or kismet, or whatever word you prefer) play a role in finding love? Are some people just luckier than others? If so, is there some way to change your luck? I asked some happy couples to tell me if they thought “luck” had anything to do with their meeting each other. Their stories were quite different, but there was definitely a resounding “Yes!” to the question. In some cases, it seemed, the universe had just happened to put them at the right place at the right time with the necessary circumstances all culminating to bring the two together. In other cases, someone took a chance they might not otherwise have taken, and it led them to meeting their partner.

In Richard Wiseman’s book, *The Luck Factor*, he writes about the essential principals that lucky people have. His research focused on why some people identify themselves as lucky, while others do not. The research included 400 people, both males and females, and ages ranged from 18-84. Over a ten-year period, he did a variety of tests with his participants. In short, he found that lucky people “get that way via some basic principles—seizing chance opportunities, creating self-fulfilling prophecies through positive expectations; and adopting a resilient attitude that turns bad luck around.” When I looked through the stories that people sent to me, I could see these principles applied to how they met the love of their lives. This month, I’m sharing some of my favorite “lucky” love stories.*

- **Maximize Your Chance Opportunities**
- **Listen to Your Lucky Hunches**
- **Expect Good Fortune**
- **Turn Bad Luck into Good**

~Wiseman’s “The Luck Factor”

Seizing Chance Opportunities

In one of the stories shared with me, a woman moved from Delaware to Tennessee, to pursue her career dreams. Once there, she treated her mother to a 3-day Country Music Festival, to thank her for her love and support with the move. The first night of the concert, she sat at the bar with her mother and had dinner. She explained to me, “*I purposely sat two seats away from [a man] at the bar where we ate dinner. I had no interest in talking with random guys. A few old ladies came in and asked us to move down so they could sit together. I ended up next to him. He was there vacationing with his cousin for the festival. They were from Baltimore, MD. We ended up hanging together most of the three days. We were even presented a CMA mug from a random strange family with ‘Best Couple’ written on it. They were sad when I told them we had just met, but how sweet. The last day he asked if we could keep in touch and I told him the different time zones didn’t work for me but it was nice to meet him. He promised to fly to Nashville every weekend that summer to see me. He did! Next week will be 6 years we’ve been married and we are honestly as happy as could be. We grew up 45 minutes apart (Delaware and Maryland) and found each other in Nashville, TN.*” How amazing? Their story is FILLED with seized opportunities!

Creating Self-fulfilling Prophecies Through Positive Expectations

In another story, a woman goes with her roommate to see a stand-up comic perform, and ends up creating a very interesting self-fulfilling prophecy. She shared, *“At the show I see another comic who is super adorable and funny and I decide **“I want that.”** But I get scared and don't talk to him. The next day I go to write on my roommate's comic-friend's FB wall about how he did on stage.... and who had written just before me.... but the super adorable boy?! So I message him and tell him, flirtatiously, he was great. He responded, “Hey, I know you. We met at Halloween last year.” Sure enough, I go back to my pictures from the party and it was him. So we flirt back and forth but nothing really is progressing. I'm frustrated at how slowly he responds. But eventually I get him to agree to meet me after a comedy show. I go to the show.... he's not there.... I wait.... he's still not there. It's halfway though, and he shows up and sits at a table 20 feet from me and never looks over. After the show, he heads out the door to the lobby. I'm feeling a little bummed but not out of the game entirely. I chat with some of the comics I know in the lobby, which is how I then catch the cute boy as he heads out of the bathroom. “Oh, hey!”he hadn't seen me. I play it cool and see if he wants to hang out. We head to a bar. We head to another bar. We head back to his place and watch terrible, terrible television until 6 am. It's the best first date of my life.”* First, let's acknowledge how many times she has had positive expectations in the situation. Now, before I share the rest of her story, it's important to clarify that the original Halloween Party where they'd met a year prior, was attended primarily by lesbians, and the leading lady of the story was, in fact, with a female partner that night. The story continues, *“I drop it casually into conversation about how I'm bi. It's suddenly one of those scenes in a movie where everything is going along and then a record scratches and SCREECH: comes to a halt. He didn't know I wasn't gay. This is his first recognition that I have been flirting with him, and that I asked him out, **and** that we are on a date.*

He never would have agreed to go on a date because he technically had a girlfriend, (though, they were on the outs and hadn't seen each other in a while). It was only because he thought I was just a “super friendly lesbian” that he ever met up with me. (If I'd known he had a girlfriend, I obviously wouldn't have ever messaged him in the first place.) He did break up with his girlfriend and started dating me. We are still in mutual agreement about this being the best date ever. And now he's my husband.

When I think about the number of things that had to happen for us to ever meet, for him to get the impression he did so that I could get a shot with him...it's kind of mind boggling.” I agree! This story has it all—self-fulfilling prophecies, positive expectations, serendipity, kismet...ahh, such an amazing story! Just don't fail to notice how much effort was put in there, on both parts, for this to happen.

Another “maximized chance opportunity” story that I loved hearing, felt not only like “luck” to me, but more like fate. The woman in this couple shared, *“We lived down the street from one another, had classes together, went to school together for 4 1/2 years, had very good mutual friends, but we hardly spoke to each other, didn't consider each other to be friends, and we never connected until one night we found ourselves out with friends, sitting directly across a table from one another. We started talking, and the connection was instantaneous and completely unexpected. We've been together just about every day for the last 17 years and we'd both say that we knew pretty early on that we would always be together. But, I don't know if it would have happened if fate, luck or chance hadn't seated us across the table from one another! Since then, of course, we've made choices every day to pursue each other and build a relationship and family, but I do feel that particular evening sparked the entire relationship.”* They could have sat across from each other and not spoken to each other, but one or both took a **chance**. In addition, I love that she acknowledges that they have made CHOICES every day to pursue each other. Good marriages don't just happen—the people in them make it happen.

Adopting a Resilient Attitude

Before internet dating became “normal” for people, I remember telling my single clients that if they wanted to meet someone, they would have to go out into the world and be social. I can remember frequently telling people, “You're not going to meet someone in your living room.” With the social acceptance and normalization of online dating, you can absolutely “meet” someone in your living room. However, with this phenomenon, also comes frustration. Many people have tried online dating and have “horror stories” that kept them from going back and trying it again. My final lucky love story is about someone who didn't give up, and gave it another chance. She shared, *“I signed up for Chemistry and completed most of the test and profile but then never finished the rest. For whatever reason, I used other dating sites instead, and had dates for two years with no luck in finding anything significant. I took a break from dating and when I decided to go back to a dating site, I remembered that I never finished the Chemistry profile and that I should give it a try since I*

had done most of it anyway. A few months later I met my partner. I always wondered what made me not finish the profile the first time around and then decide to go back to it a few years later. I would have not met him the first time around.” As she explains, if she hadn’t gone back, with a positive attitude to try it out again, she never would have met her current partner (who I can attest to, is fabulous, and the two seem completely smitten with each other!). ♥

I hope these stories inspire you to go out there and create your own luck, or change it! Even if you are in a relationship, you can still change your luck within that relationship, by following some of the principles above.



In honor of St. Patrick’s Day this month, I leave you with an Irish Blessing for Luck:

May you always have...

Walls for the winds

A roof for the rain

Tea beside the fire

Laughter to cheer you

Those you love near you

And all your heart might desire.

*Some of the details in the stories were changed to ensure anonymity, such as names of persons and names of workplaces. Emphasis was given to specific words in stories by this author. A special thanks to Suzanne Gierke, who inspired me to write about this topic this month.

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