

Wanting a Date for the Prom



Teens Can Dream

Wanting a Date for the Prom

Copyright © 2014 by TeensCanDream, LLC

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means without written permission of the author.

Published by:

Teens Can Dream, LLC
1405 S. Bascom Avenue
San Jose, CA 95128

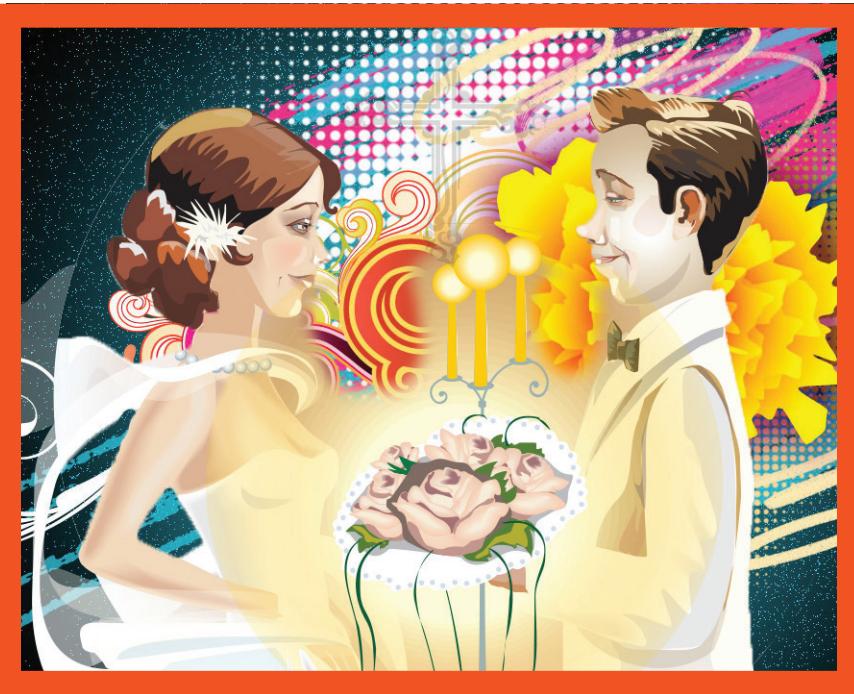
Teens Can Dream

Teens Can Dream is a company dedicated in helping teens, preteens and young adults gain inspiration and knowledge on how to navigate through this stressful, fast moving world. With short stories, audios, positive affirmations and books on multiple topics, as well as chat rooms and Q&A, we are confident there is something for everyone. Visit our site at:

teenscandream.com

to see if we can help YOU
unlock your true potential.

Wanting a Date for the Prom



The following article is designed to help you attract a date for the prom.



It seems to me the majority of teenagers in high school would like to go with someone to a school dance--Junior Prom, Senior Ball, or whatever the event is called at your school. I realize there are exceptions to the rule, where some have no desire whatsoever to attend one or any of the dances. I also realize that many others would like to go, but just don't believe there is anyone out there who would like to go with them. This pattern of thought has been going on for many years, and my intention is to change that for as many people as possible by teaching you how to focus your thoughts in one direction.

First, let's talk about all the chatter that happens in our heads, regarding the belief that there is no one to go with. What thoughts do we have when a hot guy or girl walks down the hall at school or across the field? “I would love to go to the dance with him/her. That would be awesome...” “But, he wouldn’t like me. He’s the hottest guy in school.” Or, “She wouldn’t like me. She’s the hottest girl in school.” So, the first problem

Teens Can Dream

we have right here is we are already making assumptions. Of course, if the other person we're looking at is already taken, then yes, we can assume that person is off limits. However, regardless what it is we are after in life, we never want to make assumptions of why we can't have it because we are sealing our fate. We are creating our future with what we really don't want, because we are saying these people or things are off limits. The reality is that you never even asked him or her. You just allowed your mind to run off and create a story of why this person would never want to take you to a dance. Believe me, I get it. I've been there and done that. But as you continue to read, I'm going to show you how to change the way you think, so when you make assumptions you make the assumptions of having what you desire instead of pushing your desires away from you.

So, as our minds begin to play tricks on us, what do we tend to say about ourselves? "Oh, I'm too fat for that person." "I only see that person with skinny people." Or, "My hair is too curly for that person. I only see that person with people with really cool hair." Maybe we say, "That person would never be caught dead in my old, beat up car because they have a really nice car." Do you see what's happening here? We create all sorts of reasons to beat ourselves up.

Wanting a Date for the Prom

What the heck are we doing? When we hang out with our friends, we don't do this. When we are in class or doing homework, we don't do this. When we are with our families, we don't do this. So why in the heck are we beating ourselves up and talking ourselves out of what we want with all these made up reasons of why this person would not want to go to the dance with us? The answer is habit! We have been conditioned to think like this. We've heard other family members talk like this. We've heard this in the movies we've watched, and we've listened to friends talk like this. Our entire lives, we have absorbed this "normalized" conditioning, which has created our thinking habits.

Well, what do we do about it? I don't want to be like this and you don't want to be like this, so how do we change it? First, you have to realize that this kind of thinking habit is very destructive (not just for repelling dates for dances, but in life in general), as we use these same negative thinking habits throughout life. To change this, we have to learn how to focus our thoughts in one direction.

Our mind works in two parts. You have the conscious part of the mind, which is what we use to talk, think, study and be active. But, science tells us this is less than 10% of the overall brain function. The vast majority comes from our subconscious mind, which

Teens Can Dream

is where all the magic happens. The subconscious cannot distinguish fact from fiction, right from wrong, or left from right. It only knows what you tell it with your thoughts and what you feed it with your feelings. What you need to further understand is that anything you say consciously, with strong feelings, the subconscious part of the mind hears and takes to heart. It does not discriminate whatsoever. It believes whatever you tell it. This is why pathological liars actually believe their lies. They consistently tell themselves over and over that the subject they are talking about is the truth, when in fact we may know that it is not. Yet, after a while they actually believe their own lies. For this reason, you want to be very careful about how you talk, and especially how you think and feel.

The subconscious mind is universally tied to everyone and everything. This is your access for tapping into the gifts from God. In essence, it's living the story of Aladdin with the Genie. Every time you tell yourself you could never get a date to the prom, the Genie, your subconscious mind, says, "Your wish is my command," and therefore you are the creator of your own demise. It is okay to take notice of the fact that you are shy and maybe not the most outgoing person in school. You may also point out that you're not the most athletic person either. But, when you mentally tell

Wanting a Date for the Prom

yourself over and over all the reasons why you can't find a date, your wish is granted and you start turning that assumption into reality.

One of the other problems many of us have is we fear the subject of the dance being brought up in our circle of friends. First, when the signs go up at school and the date is published, talk starts about who wants to go and who doesn't. Many people will say they're not sure if they want to go, because they heard the dance is going to be lame. "Nobody goes to these anymore. Why bother spending the money on a dress if it's going to be a lame event?" The truth is that most of the people saying these things want to go to the dance as badly as you do, so don't let them fool you. If someone asked one of them later that day, that night, or the next day to go to the dance, I guarantee you the vast majority would say yes. So, why did they make all this stuff up? Why did they act negatively about the dance? Because, they are conditioned just like you. They want to cover their bases and try to convince others they really don't care, just in case they never get a date. Now what happens is that the person with a date wants to always talk about the dance. When another person in your group gets asked, the tone in the circle gets even more amped up. Every time you're around your group, they want to talk about the dance.

Teens Can Dream

Your fear gets elevated because you truly want to go, but don't believe you will find a date. So, you avoid the circle. During the next class, you pray they don't talk about it at lunch. You're already making different plans for walking home from school so you can avoid the topic of discussion. You don't know it, but now you're actually inviting the discussion of the dance because of your own fear.

There is an exercise to reverse this. Think of fear as an acronym. F.E.A.R. = False Evidence Appearing Real. Regardless of the fact that you do not yet have a date for the prom, you have to focus your thoughts constructively on what you **want** to happen and not on what you **don't** want to happen. Your thoughts that I previously mentioned are coming from your current beliefs. Unfortunately, your subconscious will begin to hear them and the chaos will begin to form in your life. An important fact to remember is that when you attract chaos into your life, it doesn't come with a letter in advance, telling you what's going to happen. It's going to be a series of very random events. It could be a rolled ankle from tripping while walking. It could be a bruised elbow from snowboarding, or maybe it's getting poked in the eye by something. Again, you will not be warned in advance of what may happen. Just know that negative thoughts create negative outcomes;

Wanting a Date for the Prom

the more negativity or chaos you create in your life, the more chaos is continuously attracted to you; therefore, you create this never-ending cycle of events that you don't want to happen, but nonetheless, keep constantly attracted to you.

So, when this F.E.A.R. creeps into your mind, you need to recognize it and talk to yourself. Just say things like, "Oh, no you don't. This is just false evidence appearing real. This is a joke. You don't control me. I control me." Then start going into a mode of thank-you's. "Thank you for the perfect date for the prom; thank you for the night being so much fun; thank you for the great bunch of people we're going with; it's wonderful being a part of such a fun activity; it's fantastic to go with someone to enjoy the dance with; I love dressing up and enjoying the evening with friends."

Catching the negative thoughts and preventing the F.E.A.R. from taking control of your mind, and then going into the mode of "thank-you's" does two things: First, you are now in control of your thoughts by focusing them in one direction. This is the key to any type of success no matter what you are doing. Second, you are being grateful for the simple things God has given you the ability to do; those things you have most likely taken for granted. In addition, you are no

Teens Can Dream

longer allowing your mind to have negative thoughts towards not having a date. In the earlier paragraph, I mentioned how pathological liars end up believing their own lies; you can use this process to your advantage. In essence, by saying “thank you” for things that haven’t occurred yet, and by truly imagining a feeling of success, you are actually envisioning your desired result to yourself so much and so often that your subconscious finally believes it and then creates the magic of making your “vision” a reality. At this point, it’s no longer “your imagination,” but a fact.

A common mistake people make is making negative comments about other people who currently have a date for the dance or who have said they are looking for a date. Don’t fall into this trap. Just focus on what **you** want. If you want a date for the dance, then focus on that. By saying or thinking negative thoughts about someone else, you will only sabotage your own results. Remember, like attracts like, so negative thoughts create negative outcomes. By focusing on being negative towards someone else, you are now attracting chaos into your life, and as I mentioned, you do not get to choose how that chaos will strike back.

Focus on what **you** want. What you want is a date for the dance. Just concern yourself with what you want and believe that you already have it. Don’t

Wanting a Date for the Prom

focus on a specific person. Just focus on the perfect date. This may sound like the same thing, but it's not. You don't have control over a specific person. You may think that would be a great person to go with, but the truth is that you don't know. That person could end up being a nightmare of a date. Your personalities could be so far off that your night is ruined. In contrast, focus on asking for the perfect date and the perfect evening. Think about it. You want a great night; you just want to have fun. So, don't put a name or a face to your request. Just ask for the perfect person for you and allow nature to take its course, as you utilize the best tool God gave you--your imagination. You want to see this ahead of time in order for your request to become a reality. Go into the the thank-you mode I mentioned earlier, and try to fall asleep with those thoughts in your mind. It matters not what you want. What does matter is that you focus only on what **you** want and not what you don't want. So don't allow F.E.A.R. to grip you.

One of the basic laws of the universe is called the "law of attraction." By definition, we attract that which we think about and especially what we put intense thought upon, along with strong feelings towards those thoughts. For instance, if you look back in your past and think about the things in your life

Teens Can Dream

that you really put a lot of intense thought and feelings towards, you will find that you did indeed attract those things to you. It could be a boyfriend or girlfriend you wanted. It could be a dance you wanted to go to. It could be making a specific team for a sport, or something as simple as a clothing item. Maybe it was tickets to a concert, and the list goes on and on. Most of the things you attracted such as birthday gifts, Christmas gifts, or just friendly things, all came about from your thoughts first. This could also be applied to school and grades. If you only thought about getting good grades (rather than worrying about failing or getting bad grades), those thoughts would propel you to take action in the form of studying. Without the thoughts for having good grades, it is highly likely that you would not put as much effort into your studies.

A most important aspect to understand is that you also attract things to you that you don't necessarily want. You do this unknowingly by thinking incorrectly. What I mean by that is at times you put a lot of thought and feelings into what you don't want. For example, maybe you have an upcoming dance in a couple weeks, but you fear your face is going to break out with acne just before the dance. For the next two weeks, you constantly think about NOT wanting acne before the dance. You think things like, "My date won't

Wanting a Date for the Prom

like me.” “It will be gross.” “I’ll look horrible.” “My date will probably change their mind if that happens.” This type of negative thinking is a very common mistake many people make, and it can be detrimental to what you truly want. The problem is that you are constantly telling yourself what it is you don’t want when you should be doing the opposite. For this reason, you have a much higher chance of getting that zit on the end of your nose, just before the dance, because your thoughts have been about acne. This may be a bit confusing, but understanding the subconscious mind will help clear things up.

The best part is that anyone can learn this thinking stuff, but like anything else, it takes practice. Just like the many hours of practice one would put into sports or the time spent studying, you are also going to have to practice this “thinking stuff.” If you choose not to, you may fall into the trap so many people fall into and of creating a life less happy or fulfilling than the life you or they deserve. Trust me, if you learn this now, this thinking stuff can carry you into the future and unfold a life you could only dream of.

So why don’t we already know this stuff? Why didn’t my parents teach me this stuff? It seems so easy. Well, the simple truth is that they were not taught themselves. Our “habitual thinking habits” are

Teens Can Dream

a learned behavior. Keep in mind that there are exceptions to the rule, but for most, the pattern of behavior was learned from a number of places such as parents, grandparents, aunts and uncles, teachers, or friends. The list goes on and on. Regardless of where or how the behavior was learned, it's important just to know that most likely those influence were raised in the same way they are raising you. Think about it: people can only teach others what they themselves have been taught. In other words, if your parents have no knowledge of how to think in this manner, then how could they possibly teach it to you?

The truth is that I'm writing this for you, the teen. What I'm trying to teach you in this article is to understand how the magic of life works. Your thoughts end up forming your future. Nothing can happen without thought first. The trick here is to use your thoughts constructively instead of destructively. As you practice changing your thinking habits, you will realize that this will be one of the most important things you're going to learn in your life. The goal is to focus your thoughts in one direction.

I'm going to end this with an affirmation. An affirmation is somewhat like a prayer, but you are "affirming" that what you desire is actually already in your possession. It ties into the "thank-you's" I

Wanting a Date for the Prom

mentioned before. You should say your affirmation multiple times a day--first thing in the morning, a couple times during the day and then especially at night just before falling asleep while lying in bed. This is the last thing you want to be thinking about prior to falling asleep. Remember when I mentioned that the magic happens in the subconscious part of the mind? Well, the subconscious is always working, but think about it as going into hyper speed while you're asleep (because you won't have any conscious thoughts rattling around in your head), and this enables the subconscious to begin the creative process from your last thoughts prior to sleep.

Affirmation

Thank you, God, for my perfect body. Thank you for my wonderful home. Thank you for my family. Thank you for my prom date. It feels wonderful having such a fun evening with my friends and my date. I love watching my date and my classmates having so much fun. It's so exciting to dress up and have dinner with my date. It's great to enjoy the music and dancing with my date and my friends. Thank you, thank you, thank you.

Teens Can Dream

This affirmation is much shorter than what I use. But, it's a start, and you can add things as you get it memorized. I've used certain words on purpose and it's because some of the words--such as feel, love, thrill, amazing and incredible--are words that generate feelings. When you say affirmations, you want to say them with feeling. If all one does is repeat the words, it won't work. You have to instill a sense of strong "feelings" with a belief of already having that which you desire. You're tricking your mind into thinking you already have that fantastic date for the prom, and you can only do that by "feeling" that you indeed have already been asked to the dance! In addition, the way God created this world was to reward those who are grateful for anything and everything they have right now, and although at times it may appear that the constant complainer or negative person gets rewarded, chaos will eventually strike. Your job is to not concern yourself with when or how. Just focus on what **you** want, and never focus on the negative people. As I explained earlier, like thoughts attract like things. Therefore, the grateful person attracts more happiness in his or her life, and the ingrate or the complainer will constantly attract misery in his or her life.

Wanting a Date for the Prom

Note from the author: Please understand that this is a very short condensed story on how to change your thinking habits and improve your life. To get a deeper understanding on how to make your life better, I would suggest listening to many of the other short stories we have and reading my book, Thinking In One Direction, as well as constantly looking at our site, www.teenscandream.com. The more you do this research and these exercises, and the deeper you learn, the faster and more permanent the changes can occur. When it comes to the mind, this thinking stuff will work according to **your** level of belief. It's your life so treat it as if there is nothing more important than making it better. Not only will you be happier, but everyone you touch throughout your life will be better for knowing you.

Confidential:

Copyright owned by TeensCanDream, LLC