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AVOIDING THE
'STARTER DIVORCE'

Advice for a lonely trader who's set unrealistic standards based more on bra size than brain size.



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Hey Stock Doc:

I'm hoping you can help me out here. I am a 31-year-old prop trader and I've been in the business for 5 years. With each year that I get better at trading, I obviously bring in a lot more money. Unfortunately, I have been experiencing a tough time finding a girl who meets my ever-increasing standards of perfection. Sure, I am a little bit picky but you'd think there would be some girl out there who meets my requirements and who I could finally settle down with.

My friends with trophy wives are all going through their first divorces and I don't want to make the same mistake. I'm really into athletic younger women who are in great shape, can appreciate watching sports and do not complain. In a fantasy world, we would be talking about girls who look like Stacy Keibler or Maria Sharapova.

I have certainly been on my fair share of dates over the years and nothing long-term has ever come out of it. I'm not a millionaire but I think that I have a lot to offer a woman. I am a good-looking guy with a great job working on Wall Street and bank account that's on the rise. What should I do? Am I being too picky?

- Too-Picky Trader

Dear Too-Picky Trader:

You're absolutely right to set high standards for yourself and for what you deserve in life. Many 30-something traders who come to my office complain of the same problem you do. Namely, that no one is ever good enough.

Once they settle down into a committed relationship, they fear there may be someone else out there who is better for them. This is a very rigid type of thinking that may help in trading, but will likely make you miserable when it comes to finding love. When the traders with whom I work are flying high at work, they tend to get grandiose and feel invincible. If you just want some quick fun and great dreams, keep swinging for the fences and shoot for Sharapova. If you are looking for a real relationship, the following advice is for you.

In short, you've got a better chance of spotting a unicorn in Central Park than you do of finding that incredibly perfect woman you described. She's definitely hot, but unless you own your own nightclub, plus multiple homes and a yacht, that woman is likely out of reach. Besides, if think long term for a moment, can you imagine this woman raising your kids?

Look on the bright side, buddy. If you avoid this "perfect woman," you are probably avoiding a costly divorce down the road. Just ask your friends -- I'm sure they are tired of paying out half their net worth to women whom they no longer respect or even find attractive.

You can certainly find beautiful women in the city. But if your ideal girlfriend must look like a supermodel tennis players from Eastern Europe, you'll be sleeping alone for awhile. Start by listing the deeper, less superficial traits you're seeking in a woman. Then make the effort to find someone who is well balanced but also fun, sexy, intelligent and easy going. On your dates, keep referring back to your list of important traits and asking yourself, honestly, whether you see them in the women you see. I don't know any supermodels who are going to sit on your couch and watch the Yankee game, so I think you have to be realistic.

Try not to glorify the supermodel women as "perfect" because there are plenty of good- (not great-) looking women who are even more fun in the sack. The more you experience the torture that can go hand in hand with dating models, the more you'll learn. You might come to appreciate someone a little less hot, but good-looking enough to make you feel proud of yourself. When you do finally land yourself a quality woman who watches sports and puts up with all your quirks and the stresses of your job, you'll be glad you skipped on the supermodel. Read my **last column** and be glad that you're not in that guy's shoes.

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Keep the letters coming, guys! Email stockdoc@catsg.com

-- Dr. Cass

Loved and lost? If you've got a story to share, a gripe to air or a question to ask Dr. Cass, please use the feedback form below.

Dr. Alden M. Cass, President of Catalyst Strategies Group, is a licensed clinical psychologist who works with traders and risk managers to help them achieve financial, corporate, and personal goals. See full [profile](#), or visit his website, <http://www.catsg.com/>

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