

101

dating[♂]**tips**[♀]



Datingtips 101

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We are often told to take steps to achieve what we want, but more often than not we are afraid of failure even before taking the chance. Such is true when it comes to finding your perfect love partner. It feels like undertaking a quest of your own: You saw a beautiful girl and you wanted to get to know more about her; or you began to feel strong romantic feelings towards your best friend and you wanted to tell him about it.

But what are you going to do it? How are you going to do it?

We at <http://www.datingtips.com> have compiled the most important tips—and some little secrets as well—on different aspects of dating, from the getting-to-know stage, to relationship problems, break-ups, and even about dating during marriage.

Right now, we'll let you in on a secret. All these 101 dating tips have one similar first step: Taking Chances.

You take the chance as you walk towards the girl you were smitten with and try your best to get to know her better while introducing yourself. You take the chance of telling your best friend that you are beginning to fall in love with him. Both scenarios may either lead to success or failure, but one thing is for sure, learning the lessons you would get from here would make you a better dater.

We hope this publication would be a great help for your dating problems. If you have friends who need their own handy dating advise, tell them to download this too. Help yourself and other people to take the chance of being a great dater.



01

Making Yourself Attractive

Being attractive does not only come from the surface, but also from within. That inner confidence is what attracts people—no matter what clothes you wear or education you have attained—and you can develop your positivity by doing the following tips.



Be relaxed – Do not stress yourself. People with a relaxed demeanor have loads of spare mental capacity to make jokes, ask questions, smile, and generally be a pleasant person to be around.

Be giving – Work on becoming someone who focuses on giving to others. You can either do volunteer work or donate to charity, even both. This would naturally result in others wanting to be around you.

Be positive – No one like to be around a negative person. Attractive people have a tendency to always see the positive in just about everything. Make the best out of any situation and focus on finding solutions instead of complaining about the problem.

Be caring, both to yourself and others – Attractive people understand that if they do not take care of themselves, they won't have anything to give to other people.



02

Overcoming Shyness

It is often very stressful to date or even try to date when you are shy. However, being shy is basically being afraid of rejection. You can transform yourself from the shy type to the confident person that you should be. The more confident you look, the better response you would get from people.



Stand straight – When standing, pull your stomach muscles in. Your spine would naturally align and your back is straightened. An erect stand is a sign of confidence. Practice doing this in front of a mirror until it starts to look natural.

Do not cross your arms – The way your body poses tells something about yourself. Crossing your arms while sitting or listening to another person is a sign that you are defensive and shy. This can be stand-offish at times.

Learn to avoid this mannerism to give your confidence a boost.

Make eye contact – When meeting people, it is best to look straight at them, focusing on the eyes and face. This does not mean that you are supposed to stare at their eyes, which can look frightening. Keep in mind to make your eyes “smile” by keeping a positive attitude when talking to other people.

Make the first move – Stand close enough to the other person to strike up a conversation. Catch their eye and smile briefly. If they smile back and make a direct eye contact, they are open to talking. Striking up a conversation first may be difficult at first, but would get used to it once

more people talk to you and slowly building up your confidence.

Make yourself safe to talk to – When you meet someone you are interested in, be curious about this person. Ask open-ended questions (those that does not end on a yes-or-no answers) and create conversations out of mutual interests to keep the talk going.

Give a compliment – If you do not know how to start a conversation, a compliment is always acceptable. Make a truthful and personal compliment at the other person. However, steer clear from the obvious body parts and instead hone in on detail. Say something that make the other person proud, such as his or her laugh, positive attitude, or confidence among others.

Watch other people's reactions – You can tell if the other person is interested to you by the way he or she reacts towards you. If the person is happy to continue chatting with you, their smile would get wider, they would move closer and lean towards you. If they don't instantly drip with enthusiasm, don't worry because other people get nervous too.

Ask people out one after the other – A brief coffee or lunch usually works best for a first date. Start by chatting the the new person about the activity you are both participating in and then casually ask if the person would like to get together some other time.



03

Where to Find a Date

No matter how you improve yourself physically, you wouldn't find a date unless you go out and meet new people. Test your confidence and venture into these different venues where you can find a potential date.



Public parks – Different interesting people gather in public parks for relaxation and recreation. However, not all people go to parks in search for a date. What you can do is to try to blend in with other people's interests. For instance, you find a group of people playing tag football, ask them if you can join in. In that way, you meet a lot of different people either as a potential date or friends whom someday would refer to you a potential date.

Beach – Public beaches tend to gather people with the most gorgeous bodies. It takes a lot of confidence—not to mention showing your tanned body—when meeting potential dates on the beach.

Dance clubs – People who look for relationships tend to end up hitting the clubs. Dance is a great expression of your confidence. Try asking a girl to dance with you, or apply your flirting techniques when you spot a really hot guy. Just remember to stay sober and safe.

School – If you're still in school, either in high school or college, you can find a potential date among your schoolmates. You can either flirt your way to her heart or joining in a club where he is a part of.

Online – Consider this as a virtual form of going-out. Join in dating chat

rooms and message boards and get to meet a lot of people over the Internet. However, with the anonymity factor of the Net, remember to keep your guard.

Places of interest – If you have a particular interest, try visiting places where you would spot a lot of people whose interests are similar to yours. For instance, comic book lovers would want to go to comic conventions, while art enthusiasts may want to go to museums.

Any random place – Nobody can tell where you would find a potential match. There would be times when you'd spot an interesting person in the most unusual of places, such as on the street, while riding public transportation, or even in a laundromat.



04 Asking Someone Out on a Date

If you like someone and want to know them more, you may have to ask them for a date. This is a standard practice for men, and it is increasingly becoming common among women. If you have someone in mind that you would love to go out with, breathe deeply and follow these guidelines.



Ask yourself first – Know why you are asking them out and if it is for the right reasons. Recognize your expectations as a result of them saying yes or no.

Saying no is a possibility – Be prepared that the person you ask may say no. If this happens, do not take the rejection personally and do not chase them as well. They maybe thinking of things and get back to you with a “yes” later.

Choose the right moment – See to it that the person you are asking is in a light mood. At certain instances, do not approach them when they are stressed out after work, while eating, or while with a group of friends.

Practice what you should say – Don’t think of the cheesiest pick-up line imaginable. A simple “Hi! My name is...and I was wondering if you are free for lunch today?” is enough. Practice what you might say in advance so that you don’t appear tongue-tied.

Do not ask with open-ended questions – Phrases like “Do you want to go out?” can lead to awkward follow-up conversations.

Do not ask with vague questions – Do not give a vague impression on

your prospective date with questions such as “What are you doing Saturday night?”

Avoid asking them out while drunk – You may think that taking a shot before asking would boost your courage level, actually it’s not. It would backfire, too.

Prepare the place, date, and time, in advance – Before asking them out, be sure that you already have an idea where and when your date would be, just in case they say yes. In this way, you are showing that you are thoughtful.

Create a sense of trust immediately – If the person asks you why you want to date them, flatter about his or her personality. People can be wary and may want to know some reason behind your request. If she hesitates, try asking her to bring each other’s friends along.

Know what you are going to say – Tell your prospect what you want to suggest doing on the date. The other person will be more comfortable if they know exactly what you’re intentions are and what you want to do.

Do not pressure them into saying yes – If they want to think about it, let them. But don’t chase.

Smile – Bring out your positive personality. Be confident and happy to elicit a far more positive response.

Prepare for an alternative schedule – If they are unsure about their schedule, or your proposed date schedule conflicts theirs, provide a different date and time or location.

Intend to go on your date – Standing people up is a definite no-no in dating.



05

Asking for a Phone Number

Asking someone whom you are attracted to for something private such as a phone number can be nervous at first, as rejection is just around the corner. Most people are reluctant to give out their phone number and for a good reason. People have to be cautious with their personal information. However, there are ways to loosen that guard.



Reassure the person that you are safe – Simply be sincere and polite during your conversation. Never ask too many personal questions and don't be pushy. Do not forget to smile.

Introduce yourself – You do not just approach a person and ask for his or her phone number, hoping that the person would be kind enough to give them to you. It is best to introduce yourself first and ask for his or her phone number

nicely. Tell the other person that you want to arrange a coffee break or lunch break (in short, a date) in order to get to know each other.

Ask for other means of contact – If the other person refuses to give out his or her phone number, ask for their e-mail address instead. This allows the person to still protect his or her privacy, but still opening a door for contact.

Offer your phone number – Another way to assure the other person that you are a trustworthy person is to give your phone number or e-mail address. In a way you are reassuring that person that you wanted to date him or her, and not asking for his or her bank account.

Be thankful – Once he or she gives out the digits, don't forget to thank the

other person. Giving out private information is not easy to do, especially towards a stranger. If he or she still refuses, just say thanks and leave. That other person is probably not interested in you anyway.

Wait for a few days before calling – Do not appear to be overly-excited with the phone number you got. This demonstrates that you are not too eager to date him or her. When calling, be prepared to ask for a date, with a specific time and place in mind. If the person rejects your invitation, just treat the other person with respect and hang up. Do not be too pushy as to offering to change schedule (unless he or she asked for it), or asking to reconsider.



05

Asking for a Phone Number

How you present your self in a date is not just on the looks and the moves, but also on how you talk. A good conversationalist presents his or her personality and intelligence towards the date. However, starting a conversation with someone you have just met is not always easy. Here's our guide to making contact and some tips on taking things further.



People like to be flattered – Try to pick something unique about them and bring it up in the conversation. This would grab their interest and give them something to talk about when they reply. For instance, “I see that you have a great taste for Italian wine. I love wine. Do you know that they have a good selection of wine here?”

Make the person laugh – Whether in the pub or online, humor is a great icebreaker. Use it to bring a smile to their face and let them know that you are fun to be with.

Be interested – Listen to what the other person says about himself or herself, barging in to prevent your date to talk too much. This also applies to you, as you are not supposed to rattle about yourself too much.

Give compliments – Do not be afraid to use compliments to win over your potential mate. However, do not overdo it as too much is not good.

Plan the next step – If you decide that you want to take things further, it's time to ask for a phone number. Remember to keep safety in mind. If the person doesn't feel comfortable giving you his or her phone number, you

could suggest giving yours.



07

Making Pick-Up Lines Work

We have probably heard almost every pick-up line invented on earth, from the usual “What’s your sign” to the cheesiest of “I must be in heaven because I’m seeing an angel.” Men usually use this as a way to break the ice, but do they really work?

Truth is, it can be helpful, and some of the lines does magic with the ladies. Pick-up lines are best useful among guys who wanted to try the dating circuit for the first time. So what should you do to make it really work? Here are our pick-up line tips that we hope would be helpful.



Pick-up lines work at the start of the date – Pick-up lines are meant

to jump-start a conversation with your date or to give her a favorable impression of you. Blurting out a new pick-up line every time you talk to your date is not a good idea.

Make your line sincere – You won’t achieve a lot of success in your dates if you speak out your lines as if you’re memorizing a math formula. Pick-up lines only

work if you say it from inside of you.

Use a line that would make her smile – The best pick-up lines are the ones that would make your date smile at you or laugh with you (not AT you). For starters, you can complement about her beauty and compare it to something exotic or beautiful as well. You could also try creating a joke as you comment about the event both of you are in, like when both of you are in a art exhibit or in a dance night.

Learn from your mistakes – Do not be afraid that the line would not work. If you experienced failure on your first date, at least you learned not to use it again. As you gain more and more positive (as well as negative) replies from your dates, you also gather more and more information on what to do and what not to do in pick-up lines.

Incorporate your line to your personality – Internalize your strong points, such as your positive attitude and beliefs, into your pick-up lines. The result is that the lines are not the only starting point in your dating, but also the personality that you display to her.

Do not rely on your lines too often – Use your lines every once in a while, especially if the the girl you want to pursue is difficult to please. Sometimes, a simple “Hi,” “How are you doing,” and introducing your name with a smile is enough to meet the woman you like.

Try making up your own lines – Like I said before, girls have probably heard a lot of pick-up lines that they might say out loud the continuation of your lines. If you can, create unique pick-up lines that are positive and void of double-entendres (to create a favorable impression).

Learn when to let go of your pick-up lines – There will be a time when you feel so comfortable interacting with a woman that attracting them to you would be second nature to you. In that case, you don't need pick-up lines for that.



08

How to Date Successfully

To date successfully you need to increase your confidence levels. Some things you can change quickly, others you will need to practice. Follow these tips to increase your confidence levels:



Make a list – List all the things you are not comfortable with about yourself.

Be honest - Think about which things you think people may not like about you. Ask to your best friend.

Evaluate yourself - Evaluate the way you look and the way you dress. Change the most basic aspects of your looks, lifestyle and regime you will instantly feel more

confident.

Feel comfortable - Ensure you are comfortable with any changes you make. Your confidence will grow as you feel better about yourself.

Take care of yourself - Make sure you are in shape or attempting to be. If you are dieting or exercising remember to be patient as these changes, though dramatic, will take a little while.

Do what you always want to do - Start doing the things you wish you had always had the courage to do. Maybe a hobby or sport.

Stay positive - Learn to enjoy the little things in life and give yourself time for these things. Don't wait for others to do something. Walk away from anything you don't like and keep a positive attitude. Do not allow negative family comments to influence you in any way.

Stay your priority – Put yourself first as priority number one. By feeling good about yourself your life has already changed for the better and your confidence levels are on the up.

Select your friends - Be selective about what kind of person you really like and want to keep around you. Keep positive and honest people tan make you feel good about yourself.

Start dating - If someone has asked you out, accept. Be proactive and ask someone out yourself who you like. Remember, you have to try and don't be worried the person say no. Many will also say yes.

Be sociable - Become sociable and look every opportunity. Make conversation with the nice people you meet along the way.

Select the right person - Remember that your confidence levels will become sky high by people saying yes to you. This will happen when you select the right kind of person for you.



09

Essential Flirting Techniques

In dating, being yourself is not enough. Like how animals show off towards the opposite sex during mating season, humans also tend to show certain actions to indicate that they are attracted towards another person. This is the art of flirting, and you don't have to be a moviestar-lookalike to make the guys (or girls) go gaga.

For women, the key is to look approachable enough for men to feel comfortable in taking a risk. Meanwhile, men should showcase their masculinity. Here are the essential flirting techniques that you should take note.



Smile – This is the most basic, and absolutely the most effective tool, of flirting. Psychology and body language experts agree that one of the most important things you can do to make yourself more attractive is to show off those whites. Although normal smiling can do wonders, singles usually smile wider when flirting. If a lady locks eyes and smiles at a guy for more than three times in an evening, chances are that she's interested.

Eye contact – We tend to look into the eyes of people we are attracted with, as it is a universal sign of openness. An effective way for a woman to make use of eye contact is to lock eyes with the person she's flirting with for about five to six seconds, then smile and drop her gaze. Remember that looking at his eyes is different from staring at them. This technique involves smoldering, come-hither looks. Do this stare-and-look-away technique at least three times in a ten to fifteen minute-period so that they

would send a message to a guy that it is him you're flirting with.

Preening – We tend to preen or groom ourselves subconsciously when we're attracted to someone either by smoothing down our hair or clothes, checking our lipstick in a compact, or straightening a tie. Try combining a groom gesture with a smile and a gaze. Women should also toss their hair to one side. Not only does it suggest grooming, but also exposes their neck.

Red lips – Men and women are subconsciously attracted to red, moist lips because they signal youth, sex, and fertility. The color red has been known to increase a man's heart rate. For women, wearing a red lipstick is a must. Not only it gives the lips that youthful color, but also makes the smile more visible and your teeth whiter. Adding a coat of super-shiny lip gloss makes the lips look moist and kissable. Meanwhile, men can also put on some lip gloss or try licking their lips (make it subtle as to avoid being misinterpreted) or biting the lower lip.

Women crossing their legs – Crossing and uncrossing the legs is another surefire flirting technique for women, especially if they are wearing high heels. The act of crossing the legs is quite seductive to men, as it makes them desire to see more. Another seduction trick using the legs involve slipping a heel out of one shoe and dangling it on the toes. The arch of the foot sends a sexual message and mimics a woman's curves.

Women showing off their neck – One of the most effective flirting technique a woman can use is to expose her neck. This is done in different ways, from tilting the head to one side, flipping the hair, or glancing over the shoulder.

Men squaring their shoulders – Women are attracted to more dominant men, so men should stand tall with their shoulders back. For men who have always touted as the “nice guy” or appear to be too submissive to attract women, try wearing bulkier or more conservative hairstyles and clothing. Hold the head up, speak a little faster, and make gestures more assertive.

Men showing off their social status – Men assert themselves when they flirt with women. Not only do they correct their posture, but they also push the assertiveness a little further by showing their social status by, for instance, showing-off cash, speaking about their occupation, and displaying

their car.

Feet placement – Subtly make yourself a safe and approachable target. Women should stand with their feet no farther than 6 inches apart with toes pointed slightly inward to make them approachable. Meanwhile, men should appear more dominant by standing with the feet 6 to 10 inches apart with toes pointed outward.

Mimicking – People mirror each other's body language when they are attracted with similar gestures, voice volume, etc. Try subtly mimicking your flirting target's behavior. For instance, if she leans forward, you lean forward as well. Mirroring someone's behavior makes your potential date feel as though the two of you are connected and in-tune.

Deepening the attraction – Once you and your flirting target have started talking, fortify your flirting to deepen the attraction. Smile and maintain eye contact as they are speaking, and focus all of your attention on what they are saying. Nod in approval to signal that you're listening to what the other person has to say. Smile or laugh at the right time to put your potential date at ease. Another flirting technique while talking is low-level touching like bushing the shoulder or elbow.



10

How to Flirt with a Woman

Attracting someone's attention is really about applying the science of body language. One essential thing that you must do when talking to a hot prospect you are interested in is to flirt with her. Even the most subtle movements can be considered a form of flirting, all it takes is confidence. Here are some suggestions that you should follow.



Smile – This is probably the easiest form of flirting. It brings out your positivity and you are indicating that you are interested to the person you are talking with. But unlike a “regular” smile, a “flirty” smile should be wider than you are used to. Practice your smile in the mirror and check how to smile without looking too scary.

Get caught looking at her – It may seem to be something shy guys tend to do, but looking away can be flirty. If you want to know to let her know you are interested, just look at her face. When she catches you looking, smile, hold eye contact for a moment, then look away.

Wave a little – Another way of flirting if you get caught looking at a hot girl is to give a little wave. Move your hand a little and smile. It's saying “hello” in a non-intrusive yet very flirty manner.

Wink – Giving a quick and sweet wink can be done with someone from across the room, or at someone during a conversation. However, it is best not to wink excessively. If she says or does something she might view as embarrassing, you can give out a wink as a way of sharing a little moment for just the two of you.

Holding eye contact – While you are conversing with her, you want to be sure to have eye contact at least some of the time. Looking—not staring—at each other's eyes can make a brief, yet intimate moment between the two of you.

Touch lightly – You can touch your prospect without harassing the girl. This can be as simple as placing your hand lightly on her hand for a moment, or touching her back for a moment as you walk to a table to sit down. Touching is actually a good indicator to know if the girl is interested to you: if she pulls away, then she could either be not interested or just not wanting to go on a deeper level yet.

Check her body out – Checking out her body must be done properly. The goal is for you new friend to feel complimented that you noticed her fabulous body, not seen as some piece of meat. Do this by making eye contact, then passing your eyes down for a nano-second, and then back to her eyes. However, do not do this too often in a single conversation.

Do the “goodbye compliment” – If you are really shy to approach a girl, you could simply go near her before you leave and say something like, “Hi, I have to go now, but before I did, I really wanted to let you know that you have a really great smile, and I noticed that. I wish I had more time to spend with you, but I have to go.” After doing your “goodbye compliment,” leave as soon as possible even if the girl wants you to stay some more. This allows you to build your confidence in approaching women without having to take the risk of rejection. If the girl seems interested to you, ask for her phone number.

Know when to stop – Remember to stop flirting while it is still fun. Flirting too often during a conversation may make you appear as cheesy. If you stop flirting on a high point, your new friend may feel good when thinking of you, and want to see you again.



11

Flirting with a Man

First, let's make an agreement: men are forever different from women. For instance, men are more visual than women and they respond more effectively and quickly to visual stimuli. Let's apply that to romance. Men are attracted to the physical aspects of women, but you don't have to be super-pretty just to catch their attention. Just follow our suggestions and you will be fine.



Smile – Men tend to notice a woman's smile before their eyes move around elsewhere. You have to remember that men have their insecurities and they usually approach women whom they feel would “welcome” them. Smiling is like saying, “Hi! Let's have some coffee!” or “Would you like coffee or me?”

Make eye contact – The eyes are said to be windows to the soul, and you want to make sure he knows

you're trying to get inside his soul.

Check his body language – Body signals are good indicators of how he feels about you more than anything he may say verbally. The eyes are the biggest giveaway when it comes to seduction of either sex. If he returns your gaze, and especially if he holds eye contact with you longer than you would normally expect, then chances are he's quite interested.

Flirt using your body – Answer back his interest by making some body language of your own. You don't have to overly-suggestive. It is best to portray that you are not so easy. A little combing the hair along the ears or a faint smile will do.

Ask about what surrounds him, not about him – Men tend to talk more about other things but himself. You should ask about recent events, or talk about his immediate surroundings, or even about the weather. The conversation would get some momentum (as long as you listen and answer to him) until the guy would feel comfortable into talking about himself.

Show your sincerity – Remember that you are not trying to impress him with how clever you are, you are trying to communicate a sincere interest in him.

Let the guys talk more – Men are not talkative by nature. If he talks more, then probably he is interested to you. Try to keep the focus on him. You should guide the conversation by asking questions. Offer bits of information about yourself, as they relate to what you are saying, but don't dwell on yourself.



12

What Turns Women Off?

Aside from knowing what women want, you should also be aware of what steers them off from your direction. Here are some things that would definitely turn them off.



Flirting with other women –

Even if you are on the dating phase, flirting—or even looking—at other women signify that you are not interested with your date.

Getting drunk, in front of her –

You can be really drunk while with your friends watching football, but getting drunk with her can be a little awkward. Besides, what if you vomit?

Talking about ex-girlfriend or

ex-wives – Past is past. Your relationship is all about “now,” not “then.” Avoid comparing your present relationship with your previous ones either.

Calling people while on a date – Remember to put your mobile phone on silent mode and not talk to your colleagues when dating her. Remember that you should focus your full attention to her during the date or whenever you are together.

Eating quickly – This is especially if the both of you are eating at the restaurant together. You are somewhat giving a message to the girl that you are in a hurry to get away from her. Take your time and enjoy the meal with her.

Complaining about costly dates – Ranting on how expensive the dinner is would definitely become your last date with her. Also, please don't ask her to pay half of the dinner (she would pay part of the dinner if she wants to).

A braggart – Boasting too much about your job, your car, or your educational achievements, would surely bore most women.

Trying too hard to impress her – Complimenting too much, dressing up in styles you are uncomfortable with, or lying your way to impress her do not score well.

Talking to much – Men tend to talk more when they are interested towards women, but not allowing the women to contribute to the conversation would be a definite turn-off.

Saying the wrong words – Even if you do not mean it, certain phrases have negative suggestions when asked to women:

- Avoid asking questions that involve around her past love interests, such as “How long has it been since you last dated,” “What kind of guy was he,” or “What happened?”.
- Looking too ahead with woman is also a bad idea, such as “How many kids do you want,” especially on the first date.
- Sarcastic comments towards her would never have her ask for a second date. Do not vent out quotes like “It is dinner, not an interview.”



13

What Turns Men Off?

In contrast to knowing what men want, you should also be aware of what qualities that makes men turn-off towards women. Avoid the following circumstances:



Getting drunk – The society may accept men getting drunk, but not women. Looking at it, drunk women are not sexy.

Discussing your health problems – Most men have no idea how your body works, and telling them about your menstrual cramps may make them feel uncomfortable.

Making negative comments about men in general – Quotes like “The only good men in the world are

either married or gay” would surely have men's ears blaring.

A “business-like” attitude – We agree that women can achieve more than men, even in the field of business. However, this professional yet snobbish attitude should not be imposed when you are dating around with men. Remember that men have insecurities, and an overpowering female would not help at all.

Talking about your ex-husband or ex-boyfriend – Past is past. Your relationship is all about “now,” not “then.” Avoid comparing your present relationship with your previous ones either.

Talking extensively about yourself – Women talk more than men and it's usually about themselves. You can talk endlessly with your girl friends, but not with men. When talking, make sure that you still show your interest in him.

Asking too many questions – Remember that this is a date, not a job interview. Start with a question, he answers with his opinion, then answer with your opinion. One-sided conversations may lead a man to boredom.

Dressing inappropriately – You can dress sexily, but there is a huge difference between sexy and sleazy. For instance, you can wear short skirts, but do not pair it with knee-high boots. Dressing up like a sidewalk prostitute would not make men take you seriously.

Applying too much make-up – Most men would rather see your “natural beauty” than your “clowned-up beauty.”

Being materialistic – Talking to men about shopping or your favorite shoes may give a wrong impression that you are selfish when it comes to relationships.



14

Avoiding Rejection

Being ignored or overlooked when you really want to make a connection with someone can hurt deeply. Chances are, it's probably happened to most people at one time or another. If you like meeting new people but afraid of being rejected in the process, here are some advices that you should take.



Not every response you get is a judgment of who you are – It's possible the people you are meeting are not ignoring you out of meanness. Sometimes, people might seem uninterested when they are actually distracted, stressed, or even tired.

Ignore rude people – If people are rude to you on purpose, they're probably not great people for relationships.

Do not anticipate rejection – Show your interest towards the other person before beginning a conversation. Some people may fail to notice that you are looking to engage them. You might feel rejected, but they may not realized that you're interested. Aside from shaking hands, use eye contact, ask some friendly questions, and positive body language.

Do not come out too strong – People might perceive you as overwhelming. If you're working to gain approval from every person you interact with, people might sense that and feel uncomfortable or pressured.

Relax – Do not feel so emotionally invested in every interaction. It's hard not to care what people think, but maybe you could try to worry less about it.

Have humor – It can help diffuse tension, and it's good to remind yourself that you are a great person. Even though it may sound and feel hypocritical, try to be upbeat when you feel down. Focusing on negatives isn't likely to accomplish anything.

Seek common ground – Sometimes, parties or bars can add social pressures or distractions that make connecting harder. Maybe you would have more luck if you tried meeting people through a club or organization, a volunteer projects, or a sports team. Having an activity to engage in together might make the interaction flow more easily.



15

What Women Want

Men find women a mystery. No matter how many women you may have met, chances are you still do not understand them. But women do have their wants towards their men, and here are some of them.



Confidence – This can be portrayed in numerous ways, from the “preppy and intelligent” guy to the “sporty” type to the “bad boy” image. What's important is that you are showing to women that you are strong and independent.

A gentleman – Even at this day and age, good guys can finish first. Be that kind of a man who opens the doors for her, that walks on the right side of the street, holds shopping bags for her, offer her

your jacket when it's cold. Real men are respectful of women.

A good sense of humor – Make her laugh and avoid being boring.

A good listener – Women talk a lot, and they need their man to listen. However, listening to her includes answering back to her conversations, saying your opinion about certain topics.

Sensitive – Women want to be treated like a woman, not like a man. Even if your girl drinks beer just like the rest of the boys, she is aware that she would rather be treated like a queen by her king.

Faithful – This may be tough, but sticking with your relationship add big points to her. This means that not only that you should not cheat on her, but also not to delve on your past relationships during your discussions.

A friend, not just a lover – A man may be the best lover, but if he is not the best companion then the relationship would be heading nowhere. Be there for her on her bad times. Be attentive to her needs.

Ambition – Women love men who know what they want and how they get it.

Full of thoughtful surprises – Give her gifts that show you were listening when she mentioned her favorite candy bar, the new CD she wants or when she stopped at that jewelry counter to admire a beautiful necklace. This also include simple tasks like making her coffee.

In good shape – You don't have to be super-ripped in order to attract her attention. Just be in good health and good shape would surely catch her eye.

A good financial situation – It's not just because women are after your credit card, but because most women tend to “see their future” with their men. A man with a sound finance is portrayed as the provider of the family.

Be stylish – Just as women are concerned about how they look, they also take concern on how their men dress up. You don't have to be some fashionista, just a basic knowledge of dressing for the right occasion or mixing and matching the right colors works just fine.



16

What Men Want

Women have wondered what do men want in a woman? Was it really all about blond hair and big breasts? Well, not all the time. However, focusing too much on the physical will only get you accepted on the surface level. A little more inch on your waist, and your man may search for a new girl.

In order to get a quality man, you have to be a quality woman. Here are some qualities of what most men want for their woman:



Honest and trustworthy – Men want a woman who is not likely to sneak around and sleep with other guys.

Similar interests – It is best that a woman has similar interests as his. For instance, a man is into skydiving and he wants his woman to have the same passion for adventure. Even if the woman hasn't been skydiving, the man can teach her how to, which the woman would gladly learn.

Presentable appearance – As we said, it's not all about the blond hair and big breasts. What's important is you have good appearance and health. For example, you have clear, bright eyes; a proportionate body (even plus-sized women should retain that “hour-glass” figure); shiny hair; clean nails and body.

An air of mystery – Men like classy women more because they are intriguing, mysterious, and alluring. It also creates an impression that you are hard to get, that men should really pursue you in order to win your affection. For starters, you could dress up appropriately and in style.

Remember that there is a huge difference between sexy and sleazy. Unfortunately, many women don't know the difference (and, sadly, men do).

Sense of humor – At the end of the day, humor will keep the relationship running. Having a nice laugh and be able to react positively towards jokes can surely tame a man's heart.

Intelligence and personality – Women should have a right mix of the two. Men like intelligent women with a positive attitude. Strong but not high maintenance. Most men prefer relaxed, yet confident women.

Money-wise – Men respect a woman who is able to manage money. She doesn't impulsively swipe her man's credit card wherever she pleases. She knows where to spend and where to save. Wise money management makes a woman good budget-spenders once she becomes a wife.

Faithful – A good man deserves a good woman. Keep yourself faithful with your man, and your relationship can go places.

Comfortable with her own sexuality – A woman should be aware that she is her man's desire. She could appear as meek as a lamb, but becomes a wild horse when she's in an intimate moment with her man.



17

Making a Successful Blind Date

Blind dates can be nerve-wracking. You have probably read some horrible blind dates on the web or, worse, on TV. But having a blind date doesn't have to be that bad. It is supposed to be an exciting way to meet new people to hang out with, or even end up on a relationship with. So don't feel frustrated, as here are some useful tips that you need for that successful blind date:



Prepare yourself

First impressions always last, and it's really important to create that good impression on your blind date. How your date sees you within just minutes of meeting you sets the stage for the entire date. That is why you should first give importance to your appearance and grooming. Remember, you only have one chance at that first impression, so make a good one.

Select clothing that is appropriate for your date. Select a casual get-up for a lunch date or going to the movies; or put on something more dressy when planning for a nice dinner date. Also, do not wear clothes that are too revealing, strange, or over the top.

Get a new haircut or hairstyle, which is most advisable a day before the date. For women, it is best to have your hair styled at the salon several hours before meeting your blind date.

Wear an ample amount of perfume or cologne. Do not overdo it though. Don't forget to shine your shoes and iron your clothes if needed.

Most important, arrive early. Showing up on your date late can affect your date's impression on you.

Keep yourself safe

Even if blind date can be fun, you should never let your guard down.

Consider a public place for your date venue like a restaurant or a park. In that way, you would feel more relaxed in getting along with your blind date.

Make sure that a friend knows where you will be and at what time. Also, tell your friend the name of your date.

Carry a cell phone with you at all times. Use it to call emergency when needed.

Keep your first date short

A simple short date is a great way to meet someone on a blind date, especially if you are meeting someone for the first time. If you do not feel the connection or chemistry with your date, you can simply make an exit right after. However, if you are interested, you can stick around some more or arrange to meet up again in the future. Some recommended options for a short date include meeting up for coffee, a drink date in the evening, or a lunch date during the weekday.

Keep your schedule flexible

Make sure that your first blind date would not coincide with other concerns such as work, especially if you are planning to make your date longer. Flex your schedule with additional activities with your partner such as going to the movies, dancing at the club, or joining a group activity such as yoga classes.

Be polite

Whether the date goes well or bad, being polite with your date creates a mark on your personality. Greet your date with a handshake upon meeting

with him or her. Starting it off with a kiss may send the wrong message.

Smile, even if you are nervous.

Be a gentleman. Open doors, hang up her coat, pull out her chair. Even today when chivalry is a dying trait among men, it is best to provide respect to your date.

Women should always be thankful. Be grateful after he opens the door for you, thank him after he pull out a chair for you.

Be polite even when you are about to leave the date if you feel like it isn't going well. You could tell your date that, for instance, you have to leave early because you need to work right after. However, if your date seems to be working, just “scrap” the plan and stay on with your date.

Be yourself

One of the biggest mistakes that people make on a blind date is that they try to be someone that they aren't. Just be honest and be yourself. Answer questions honestly and talk about yourself without exaggerating facts. Remember that your date wants to know who you are, not who your date wants you to be.

Talk and listen

Conversation is extremely important in making your blind date a success. Ask about your date's career, family, even about his or her friends. Remember to keep the topics light, aiming at getting to know more about your date. Also, let your date talk and you should listen. Show an interest to what he or she is saying. Don't forget to talk back and create a conversation, or else it would become a long and boring date.

Mind your language

First impressions do not only focus on your appearance, but also on the way you communicate both verbal and non-verbal. Your date may scrutinize your tone of voice, the words that you use, and even how your body reacts. As we said before, just be yourself. Do not be too stiff, instead you should relax and react appropriately. Also, don't forget to keep your eyes on your

date, not on others around you. Another good body language is to face your belly button towards your date, an indication that you are interested to him or her.



18 Things You Should Do on a First Date

If you get yourself a first date—especially from someone you knew before—the first thing that you should consider is how to make it so good that you date would want to see you on a second date. However, it doesn't take too much stress to prepare about it. Remember that a date is all about knowing the other person better and treating him or her with respect. Check out our list to see what you should consider.



Choose the right outfit – Wearing provocative or inappropriate clothing risk making the wrong impression. Although your date may be familiar to you, your revealing or flashy dress could mean that you are trying too hard to impress him or her. Wear clothes that are appropriate to the venue, and at the same time your date would be familiar with.

Do not wear too much perfume –

Just because you still couldn't smell the perfume from your body doesn't mean that you don't have enough of it. Apply the perfume on your pulse points such as behind the ears and on the wrists, and you're ready to go.

Consider to meet at a public place – Even if you are dating someone you know, it is best to meet him or her at a public place such as a park or a restaurant. A public place provides safety and security.

Prepare a plan – If you are familiar with your date, you should have an idea of his or hers likes and dislikes. Create a list of activities that you and your date would both love to do. Why reserve a table at an expensive

restaurant if your date prefers to have a picnic by the park? Also, don't forget about your date's eating habits and allergies, or previous injuries when considering a physical activity such as football passing.

Men should still practice chivalry – We may be living in a new century, but men should still take care of women. He should open doors for women, pull the chairs for her, and letting her order first. When playing sports with your woman, make sure to be gentle—and also let her win.

Listen – Ask question and show (not pretend) that you are interested to what your date is saying. The reason why you should not pretend to be listening because your date might end up talking more about him or her rather than making it a stimulating conversation. Among those topics that are great in date conversations are work, hobbies, books, music, movies, and sports. Do not talk or ask about politics, religion, and especially former relationships.

Look at them in the eyes – Eye contact spells out your interest and attention towards your date.

Have fun – Remember that the date should be fun. Bring laughter into the conversation by bringing out your sense of humor through jokes. Make every activity light and happy. However, if you see that your date isn't laughing at your jokes, don't tell another one.



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What to Talk About During the First Date

When you meet a potential partner for the first time, we sometimes get nervous on what to say, afraid that we might say something wrong. Here are some dos and don'ts when it comes to dating conversations.



Ask about your date – What does he or she do for a living? Which state or city was he or she from? What are his or her interests and hobbies?

Ask about your date's family and friends – Is your date come from a tight-knit family? What does his or her friends do when they go out?

Talk about yourself – What your date has revealed about him or her, tell to your date about your side as

well. That keeps you from revealing too much about yourself, but you could tell more about it on your next date.

Compliment your date – If he or she is well-dressed and well-groomed, compliment about it as soon as you meet your date. Drop compliments (don't invent them though) every now and then during the conversation. However, stop complimenting once your date feels uneasy about it (but that rarely happens).

Discuss about movies, TV, and music – Ask your date if he or she likes to watch movies (or TV, music) and know his or her favorites. Make a connection on your common favorites. If there aren't any common favorites, just say what you like.

Open-ended questions – Stimulate the conversation by asking questions

that do not end up with a “yes” or “no” for an answer. For instance, if your date revealed that he or she is into tech gadgets, ask what would be his or her dream gadget to own.

Do not discuss past relationships – The purpose of a date is to search for potential partners and not to weep about your each other's exes. If your date asks about your past relationships, just tell him or her of how long your most long-term relationship lasted.

Do not talk about religion and politics – People will always have different opinions about these topics, and most of the time they would not agree. Arguing about your date's stand on topics like abortion or gay marriage is definitely not recommended.

Topics that do not interest the other person – If you have an interest that your date finds unusual or boring, stop talking about it. For instance, if your date feels uninterested about your passion in Rubik's Cube, then look for other topics that both of you feel favorable with.

Do not ever say anything that would offend your date or anyone else – Being mean and inconsiderate does not make a good impression.

Do not monopolize the conversation – Remember that conversations are supposed to be two-way, so don't forget to let your date talk and listen to what he or she would say.

Do not cross-examine your date – Asking too much about your date's particular detail would make him or her uncomfortable as you are stepping into the bounds of privacy. For instance, do not ask too much about your date's virginity after he or she revealed that your date hasn't had any sexual encounters.

20 Signs of a Bad Date

Even if you are not supposed to enter a blind date with bad expectations in mind, you should keep an eye out of some warning signs that your date would not be a good partner.



Your date wears a wedding ring – Even if your date claims that he or she is divorced or widowed, it is best to be a little doubtful about it.

Your date talks about past failed relationships – This is an indication that your date is not open to entering a new relationship or is anticipating for another bad relationship (and would talk to his or her next date about your relationship).

Your date speaks badly about his mother or exes – This especially applies to men who tend to bad-mouth about other women, especially their mothers or ex-girlfriends. If he ever does this, it means that he would most likely disrespect you as well.

Your date does not offer to pay – Although men are dictated by etiquette to pay for the first date, the women should at least offer to pay for their share of the meal.

Your date is directly rude at you – Once you notice that your date is either rude or even making fun at you, do not tolerate the this bad behavior and end your date as soon as possible.

Your date is rude towards waiters – This is a good indicator on how your date treats other people, including you (even if he appears to be nice towards you).

Your date drinks a lot – If your date is drinking excessively during your first date, it is most likely that he or she would do it more often and could even destroy your relationship.

Your date does not pay attention to you – It simply means that your date is uninterested. If you feel that there is no connection or chemistry between the two of you, end the date as soon as possible.



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How to End a Date

End your first date would depend if it is a success or a failure.



Success:

If you meet your date at his or her house, take him or her home. If you do not have a car, a cab will do.

If you meet your date at a public place, volunteer to take him or her home. If your date declines, offer to hitch a cab for your date.

Be thankful to the other person. Tell your date that you want to see him or her again. A good indicator of a successful blind date is if the

woman offers her phone number to her date.

Kiss or hug. How you do it depends on the situation, although it is best for the man to “feel” if the woman “expects” to be kissed.

Failure:

If you meet your date at his or her house, take him or her home. You could at least keep your politeness towards your date.

If you meet your date at a public place, offer to hitch a cab for your date. Be thankful to the other person, but indicate that both of you do not have a lot in common.

If your date asks for your phone number, politely decline. Hug your date, especially if the date ended mutually. If your date was a total failure (arguments, signs of rudeness), shaking your date's hand will do.



22

Dealing with Rejection

Not all attempts to get a date would result with a success. More often than not, you would be rejected a couple of times before getting a date of your dreams. Here are ways to face rejections head on.



Do not take rejection personally

– Just because you are rejected doesn't mean there is something wrong with you. Do not torture yourself with thinking about it too much. Respect the refusal and move on. Go out and be the strongest that you can be.

Deal with it civilly – If you asked a friend out on a date and you got rejected, perhaps it's because you are seen as a great friend but not as a potential mate. Just take this with

a grain of salt and keep the friendship. This also applies to workmates and other people whom you meet on a regular basis, as you deal with them in a civil and mature manner even if you got rejected for a date.

Change yourself for the better – If you realize that you have a flaw in your personality or on how you interact with people of opposite sex, try to find ways to change that for the better without sacrificing your true self.

Go out and look for other dates – There is someone out there who is bound to say “yes” to you. All you have to do is to know where to look and know how to interact (or flirt) with them.



23

First Date Creative Ideas

In dating, the first few dates should be the most enjoyable because this is where you are building that first impression. The following suggestions on putting an added pizzazz on the first date should come in handy.



An element of surprise – When inviting your date for a second date, don't tell him or her where you are going. Instead, try blindfolding your partner until you reach the surprise destination, such as a picnic laid out for two in a park or a living strewn with rose petals. This not only tickles your lover's fancy but also adds an air of excitement to the date.

Get quirky – Dating is not limited to renting a video and falling into bed, or eating at the same restaurant everyday. Think of ways to entertain your lover such as renting costumes and holding your own theme night, complete with food in your apartment, or try taking up dance lessons.

Emphasize on mutual interest – Try to remember which interests brought you together in the first place. It's not fun to watch a football match if your girlfriend who is with you is completely bored watching the game. If you are both interested in art, then try something artistic and fun like pottery. If you love animals, how about a trip to a zoo?



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Budget-Friendly Dating Ideas

With a little resourcefulness and imagination, you can plan dates that are fun yet very inexpensive. After all, you do not need to dine at a formal restaurant, watch a musical, or attend a concert if you and your date has a connection and chemistry towards each other. Here are our suggested activities that would impress your date even if on a budget. Remember that you could do some of these on the same day, making your date more enjoyable.



Rent a movie – You can watch movies (or even TV series) on rented DVDs. Add some sodas and popcorn, then you are ready to dim the lights and cuddle up.

Get a drink – Take a trip in the city and visit a decent bar to have some good drinks like a margarita or martini (even beer, if your date is into it). With a few drinks, your date would loosen up and have some deeper, more intimate conversations.

Have a cup of coffee – If you and your date are caffeine lovers, a chat at a coffee shop can forge your connection towards one another.

Walk in the park – Every city has a great park to stroll around and indulge on its numerous activities. Walk around its beautiful scenery while holding hands, or you can have a picnic and enjoy your lunch on the grass. If your city is located near the sea, try walking on the beach and get some tan.

Nature walks – Some communities have hiking or nature trails. Your outdoorsy date would surely love to see the breath-taking nature views.

Exercising together – You don't need a gym to stay fit if you and your partner like to jog or walk around. You could even do some partner exercises on the park.

Tour your own city – Enjoy the sights and sounds of your very own city. Even smaller cities have something to behold. If your city has a local billiard hall, amusement parks, skating rinks, dance halls, or a comedy club, give them a visit.

Local events – Check out your local newspaper for upcoming events that you and your date could participate such as fairs and public parties.

Bike ride – If you and your date are into biking, why not go around town riding your bicycles (or even on motorcycles)? If your date does not know how to ride a bike, try hitching him or her with you—be careful though.

Miniature golf – Spending the day outdoors and engaging in relaxing and enjoyable activities make great yet inexpensive dates. Playing a round of miniature golf is fun and engaging, especially if both of you do not have any golfing experience. Do not worry about making mistakes or missing some shots, you could just laugh it off.

Eating ice cream together – Bring out the child in you once you see an ice cream truck. Buy two cones and eat some ice cream with your date.

Cook dinner at home – You can plan a romantic meal without the hefty price tag. Shop for necessary ingredients beforehand and spend the night cooking and eating the meals that you have created. If you can't cook, you can either buy take-out meals or have them delivered into your home.

Board games – Playing board games, especially with kids or some friends, stimulate group activity. You could even play against each other and show off your competitive side without any physical contact.

Explore flea markets – You and your date could find some great items at your local flea market. You could even exchange gifts right on the spot.



25 Calling Your Date Afterwards

Dates tend to have two different endings: either you don't want to see him or her again, or you look forward to see your date as soon as possible. If your date ends with the latter scenario, then try asking for his or her phone number. Take your date home (if you're a woman, let him hitch a cab for you) and seal the night with a friendly kiss.

But what happens the days after the date? When should you call your new-found friend for another round of dating? Here are some great dating tips that you should follow:



Send a thank you message right after the date – Although calling your date right after you went out together to say thanks is a more personal approach, others consider this as too eager and sometimes puts them off. Instead, try send a text message (or e-mail, if you have the address) at this early stage. Remember to keep it short and sweet.

Guys should wait for two days before calling your date again –

Timing is crucial here. Calling too soon and you would give an impression that you are overly keen; too late, however, and your date might think that you are insincere or merely playing games. Once you get to talk to your date, tell her that you had a wonderful time the last you were together, then leave the option open for another date to follow. Women should wait for the guy to call back on this stage.

Do not chat for too long on your first call – Do not appear too needy by

talking to your date over the phone for hours. Keep the chat short and simple. After all, you would have a lot of time telephoning with your date after your second or third date.

Know what you are going to say – Do not let your nerves overpower you when talking to your date. If you have to, try practicing what you are going to say beforehand.

Smile while talking – Even if your date doesn't see you, she would definitely appreciate if you are talking with a happy grin as it would come across the phone line. You could try seeing the difference between talking with or without a smile.

Too much answering machine messages is not a good sign – If you are getting repeated messages from your date's answering machine, chances are the feelings between each other are not mutual. If this happens, try leaving your message—together with your phone number—only once. Your date would call she is likewise interested.

Too much calls from your date is not a good sign either – It displays an impression that your date is clinging too much. Being needy is unattractive as it shows signs of insecurity. Remember that dating on its initial stages should be relaxed and casual.

Avoid text messaging your date as much as possible – Sending messages through your mobile phone are fun and convenient, but is easily misinterpreted (especially with all the innovative jargon associated with texting).

Never wait by the phone – Do not stay home and anticipate whether or not your date would call back. You have your own life to enjoy. If someone is going to call you, they will. At the same time, do not leave messages if ever your date doesn't call. Just keep on living your busy life and give dating another try.

Excuses are rarely true – Your date might not have called because he or she is away on a business trip, for instance. However, excuses are not true all the time. If someone wants to reach you by the phone, they would have

gone through hell or high water just to do so. If you hear an excuse such as “I tried to call you, but...”, then it is time to move on to another date.

Keep your expectations realistically low – Pleasant surprises are far better than defeated expectations. If the phone rings, let them leave a message and respond as soon as you are ready to call back.

Keep your promises to call back – If you said you call, do so, even if it is to let them down gently. Expecting a call that never comes is a worst thing that you can do to someone as it wastes their time and hurts them emotionally.



26 Planning for a Second Date

You've passed through your first date, and it was great. What are you going to do now? Here are some tips that can be helpful:



Follow-up – Make a follow-up call or send an e-mail to the person two or three days after the first date. Suggest that you wanted to meet him or her again some time, indicating that you're inviting for a second date. If your date declines, then don't waste your time waiting.

Be creative in your activities – If the person is interested for a second date, suggest a new activity that both of you could try. Consider doing something unusual on dates;

something you don't do every day. Think of places you have always wanted to see or activities you would like to try and share them with the person. For instance, go on a cycling tour, enjoy hiking up a mountain, walk along the beach, or play miniature golf. You could also try some more unusual activities such as trying on costumes or relaxing at spas. If you come up with unique ways to play, you'll seem special and the person will be interested to know more about you.

Don't go overboard to impress – Always be nice to the person, but still be yourself. Remember that your second date should be about spending fun activities together, not trying to impress your date some more. Doing so could cause you to scare away your date. Just let your personality shine.



27

Flower Color Code

Giving a rose during a date is a sweet gesture. More women would like to receive them either in a wonderfully arranged bouquet or a single rose will do. You can make a good impression if you send her roses after your first date, such as while she's at work or at her home, or you can even send it personally.

But do put in mind that the flower's color matters much, as it sends a message to your date of how you feel towards her. Here is your guide to the colors of love as expressed in flowers.



Red – A bouquet of red roses proclaim “I love you.”

Pink – Any shade of pink roses means “Thank you.”

White – Sending a white rose means “I miss you.”

Lilac – Light purple roses say “I have fallen in love for you.”

Yellow – Do not send your date yellow roses unless you mean

“Let's be friends instead.”

28 Kissing Tips

Taking that first kiss with your date is a wonderful and special experience. Make it a moment that you would remember for the rest of your life. Read our easy tips on how to kiss.



Be aware of a great opportunity to kiss – If you have a really fantastic date with a person who really made you feel happy and special, then it's best to show your gratitude by kissing your date at a very opportune time. One good instance is when you find that your date makes you truly happy during an activity together, or you can give your date a soft kiss on the lips before saying goodbye on a great date.

Take your kiss when the two of you are ready – You can tell from your date's body language if he or she would expect a kiss from you. To approach for that kiss, it's important that you wait for that right moment, such as being alone or when you are in a fun situation. All you have to do is to look into your date's eyes, lean forward, put your hands around your date's neck, and let the rest flow by itself.

Subtly tell your date that you want to be kissed – Show your date that you want to be kissed through your body language.

Hug your date and feel his or her reaction – Give your date a hug and sense how he or she reacts to you in order to have an idea whether or not your date is interested in you. Once you have your date in your arms, try kissing him or her on the cheek or on the neck. If your date tries to avoid it, then don't push it.



29 How to French Kiss

When you're ready to French kiss, lean toward your date with your head tilted slightly to avoid bumping noses. Men may put wrap their arms around a date's waist; women may wrap their arms around a date's neck.



- Make eye contact as you lean toward one another but close your eyes as the lips meet. Inadvertent eye-contact mid-kiss can be quite awkward.
- As you lean in for the kiss, have your lips parted ever so slightly and inhale through your mouth to heighten the senses and to avoid breathing on your date.
- Allow your lips to brush against each others to create light, feathery kisses. Keep the tongue in your mouth initially.
- As the kiss warms up, allow your tongue to flicker onto your date's lips. Don't let your tongue linger - keep the flickers quick and gentle.
- If your date responds in kind, let your tongue extend back toward his

or her tongue. Keep the movement light and gentle - tongue wrestling is a no-no.

- Breathe through your nose as your tongues touch playfully and sensually.
- Remember, fresh breath is essential. Avoid smelly foods (garlic, brie cheese, corn chips, coffee) beforehand. Freshen up with a mint or gum, making sure to dispose of the gum before kissing.



30

French Kissing for Beginners

Kissing is not a science, but there sure is a way of doing it. If you and your partner are beginning to explore each other's sexuality for the first time, the first kisses may look awkward. But with these simple tips, you can give your partner mind-blowing French kisses in no time.



Start with a few pecks – Begin your kissing session with soft kisses on the cheek, neck, lips, even on the eyelids, where there are sensitive spots. Slowly build it up until both of you are ready for a more intimate, open-mouth kiss.

Use the tongue – In a French kiss, both people use their tongues. How you use your tongue is entirely up to you, but it requires a certain amount of skill. Don't just stick your tongue and do nothing.

Use your tongue to gently explore your partner's mouth and play with his tongue as well. If you think you have a long tongue, why not try using it to tickle your partner's palette (the roof of his or her mouth)?

Take short breaks – Let go of your kiss (but not too far from your partner's face) for a few seconds to come up for air and swallow your own saliva.

Avoid clanking each other's teeth – Teeth clanking happens most often when both of you fail to tilt your heads slightly to one side, or when your mouth are a little too open. If this happens, just laugh it off and start all over. In time, you will figure out how to avoid hitting your partner's teeth.

Do not bite the tongue – Not only does it hurt, it would probably end your

kissing session. If you feel like nibbling, you should do it at your partner's lower lip, but not too hard. Conversely, if your partner bites your tongue and it hurts, tell him or her that it does not feel good.

Just enjoy your kiss – Kissing should be enjoyable for both people involved. Ask your partner gently what he or she likes in the way you kiss, and tell your partner what you want from him or her as well. Remember, the more you kiss, the better you get at it.



31

Dating and Sex

Sex is a natural human instinct, and it is understandable that you would have sensual feelings towards your partner. However, remember the countless reminders about keeping yourself safe during sex or abstaining from sex before marriage.



Readiness in sex depends from person to person – It is very important that you do not feel pressured into having sex with your partner. You may want to reserve your virginity until marriage or would rather give in to a partner whom you feel a deep connection with. Also, remember that you are not supposed to have sex with your partner just for the sake of keeping the relationship.

Keep yourself safe – This means avoiding the physical risks of unprotected sex such as unwanted pregnancy and sexually transmitted diseases. There are also emotional risks such as regret you may feel afterwards.

Respect your partner's view on sex – You may feel like you need to express your love sexually towards your partner, but he or she would rather preserve their virginity until marriage. In that case, learn to respect your partner's beliefs, but at the same time explore possible intimate activities that you and your partner can do together such as kissing, sensual massages, masturbation, oral sex among others.



32

How to Tell Someone I Love You

Telling someone you love them can be both the hardest and the easiest thing to say. Basically, to truly let someone see that you love them you simply need to make them feel loved. And if you really do love them, doing this should come naturally.



Plan the day - Think about when and where you want to tell her. Is there a special place you want to be? A certain day? Do you want to plan something special or just something simple.

Prepare yourself - Set your mood and be romantic. Buy her flowers or a romantic gift. Prepare a dinner with candles or a picnic with a bottle of wine.

Open your feelings - Tell your partner how you feel being with them, and how much you enjoy your time together. Be specific about what you really appreciate about being with them.

Look directly your partner - take your partner hand and tell them how positive you feel about them. Tell them what are the things you really like. Be honest and sincere.

Be prepared to your partner answer - Prepare yourself mentally and emotionally for your partner response if you are not sure it feels the same way about you.

Make your partner feel special - You can show your partner that you love them by simple things like spend quality time together, cuddle in bed at night and talk together. You can also send a sweet card or email to your

partner during the day.



33

Signs of Cheating

There is no such thing as a perfect relationship. So even if you might be in love with whom you thought as your better half, there's always a chance that he or she may be cheating on you. Contrary to what you may think, you might not be the center of your partner's universe after all.

If you sense that your partner is cheating, you'll have to start paying attention, as she'll likely cover his or her tracks better than a practiced thief. Here are several signs that your boyfriend or girlfriend might be spreading the love around too much and, while they may not at all imply that he or she is in fact cheating on you, serve as a warning that something is amiss with your relationship.



Loss of sex drive – Unless your partner has been in intense stress from work, then a sudden loss of interest in sex may indicate that your loved one is getting it elsewhere.

Defensiveness – A cheating partner usually feels bad deep inside him or her and this guilt can come out through being defensive or placing the blame on you. Examples of defensiveness include when your partner refuses to

answer even the simplest and fairest questions, only answering them only after repeating them back to you, or when your partner would question your queries about his sudden change of schedule. You should also look for signs of aggressiveness from your partner.

Too much excuses – This may sound too obvious, but comments about needing to work late, having to take a business trip, or needing to unexpectedly meet with a client, can all be signs of cheating.

Telephone hang-ups – There would be times that your partner's new liaison is bold enough to call your home number. If you answer the phone, the caller would hang up, but not if your partner answers the call. Watch out for frequent hang-ups.

Showering you with unexplained gifts – Besides defensiveness, your cheating partner may try to throw you off track by being extra nice. Flowers, chocolate, and other gifts that are given on ordinary days could be a sign of cheating.

Your partner detaches from your family – The fact that he or she no longer wants to attend family functions or hang out with your friends may be indicative of “cheater's remorse.” He or she may feel guilty enough about cheating as it is, and having to face your friends and relatives may be just another painful reminder of those sins. The less time your partner immerses in your circles, the less mental anguish he or she will have to endure.

Your partner begins to point out your every flaw – Gone are the days when the two of you could communicate with such harmonious precision. Lately, every sentiment you express would set your partner off, as he or she finds any excuse to last out at you.

A mysterious friend inches his or her way into the picture – Whether it's someone she claims is a co-worker, or an old friend from “way back,” your partner keeps this friendship under wraps and is hesitant in sharing any general details about them, much less introduce you.

You feel a shift in your partner's daily priorities – Suddenly, there are no more implied Sunday dates at the movies, or something always comes up on your dance class. There is a tendency for most philanderers to schedule meetings with their new flame as often as they can, resulting in a complete disregard for previous engagements.

Your partner's sudden change of style – Remember that just as you tried

to impress each other in the beginning of your relationship, so too will your partner have a sudden urge to improve his or her fashion style, or alter physical appearance for the other person.

Your partner slowly breaks away – A big sign that something has gone awry comes when he or she becomes more autonomous. Your partner doesn't say “we” anymore, but rather “I.” Moreover, he or she does more things on their own, and stops consulting you about future plans.



34

Knowing if the Relationship is Over

Sometimes it is hard to tell if the relationship is really over. You have to make sure that you want to end the relationship because the person is not compatible to you after all, not because you are afraid of commitment. There are signs to help you understand where you stand. If these signs are not obvious to you, check out some of the hints we have listed.



The relationship has become

one-sided – A couple should compromise each other. If you feel as if you're doing all the work in the relationship, it's time to talk on amending it or break up.

The chemistry is gone – The two of you have become out-of-sync. Your conversations are not that alive as it used to be and the intimacy just doesn't feel the same.

Your partner prefers to hang out

with others – You've used to the times when you dine together or having good time together, but if he or she is starting to enjoy the company of his or her friends more—or worse, with other singles—then your relationship has a problem.

The feeling of longing is gone – Do you find yourself feeling relieved whenever you part company?

You don't feel accepted and appreciated by your partner – Your partner begins to complain about things you do or quarrels with you for no apparent reason.

Your partner has become overly emotional – Your partner still loves you, but he or she has become jealous, obsessive, and even possessive about you. If you notice this, consider the extra burden you would carry in dealing with those behaviors in the coming months.

Your partner has hurt you – Any form of physical and emotional abuse is an absolute sign that you should break the relationship.

Ending a relationship is never easy, regardless of whose fault it is. If you loved your partner with all your heart and soul, it can be devastating to see him or her go. However, if you suspect that the romance has reached a dead end, do not hesitate to speak up.

Once separated, you need all the support you can get from your family and friends. Don't be afraid to cry, and don't be afraid to fall in love again either.

35 How to Break Up

Breaking up is rarely easy. You both have feelings for each other at one point, and maybe you still do. And when it's time to end the relationship, sometimes things get out of hand. The key is to do it maturely, without deliberate pain, in order for both of you move on with your lives and find someone better suited for each other.



Acknowledge that the relationship is really over –

Come to terms with your own feeling and make a firm decision to end the relationship.

Be honest – Although break-ups can be really hard on relationships, honesty salvages any possible future friendships.

Do not delay the inevitable – Once you decide to break up with your partner, think immediately on

how, when, and where you will take action. Do not drag out a pointless relationship.

Select a private place – Breaking up is not a public affair. A secluded area in the park or your partner's house can do. Find or schedule an appropriate time to meet and be alone with your partner as you tell him or her the bad news.

Never break up on the phone – Not only it is rude, it also gives an impression that you took the relationship for granted. This also means that you should not break up through online instant messaging and other “impersonal” means.

Approach the topic when both of you are calm and rational – Never break up right after an argument (you might regret it later on). Also, announcing a break up in heated moments would just make the fighting worse.

Deliver the news personally – Tell your partner that you feel that this relationship on its current level needs to end.

Be firm and decisive – Help your partner understand why you want to end the relationship. Remember to be tactful, not brutal.

Be grateful of your partner – Remind him or her that you'll never forget the positive qualities in your relationship, but emphasize that you're ready to move on with your life.

Give your partner closure – He or she needs to accept the break-up. Answer questions and talk it over instead of leaving loose ends. Stay positive as you both make plans to go your separate ways.

More often than not, breaking up is as hard on the person ending the relationship as it is on the person being broken up with. Don't assume just because a person is breaking up with you means that they no longer care about you. Remember that caring about the person is different from wanting a relationship with the person.



36

Should You Go Back to Your Ex?

One day, you received a call from your ex and he or she asks you to go out. Apparently, your ex misses you and wants you back. It may be so sudden, but you need to think quick in order to resolve this issue.



Do not be too emotional about it

– It is easy to remember all of the good times and totally forget about all of the bad things because you have an emotional void that you need to fill. Don't be blind and don't trust too soon. Besides, perhaps your ex wanted you back as a friend.

Evaluate your reality check

– Do you have a reason to believe that thing will be completely different if the two of you decide to get

back together? Relationships can easily be compared to a plate: Once it's broken, it's hard to put it back together.

See if both of you can compromise more – Meeting halfway is a common problem in relationships, as sometime either the two of you wanting to do things his or her way. If you would remain unbending to your ex, then why should you become lovers again?

Follow your gut feel – If you have any doubts about getting back with your ex, then you probably should not.

Remember the reason it didn't work out the first time – People rarely change. Getting back together might just make you upset a second time. Think back about the issues that you have had. Would they reoccur? Would you handle them differently?

Don't let your ex manipulate you by making promises – “I promise I'd change” is probably overused by exes. Remember to keep your cool and your emotions intact when dealing with your ex.

Get back with your ex for the right decisions – Remember that if you're thinking of getting back together just to fill the lonely time or because you are scared to stay single, you'll reduce the chances of you ever attracting someone who is perfect for you.



37

Online Dating Tips

If you are single and looking for someone, meeting people through the Internet can be very rewarding. Online dating websites offer a flexible, exciting and secure environment for interacting and chatting with other single people from all over the world. However, dating online should be done with much caution, as anonymity on the Net provides a safe haven for untrustworthy people. Here are some tips that would help you interact online with other single people.



Stay positive and honest – When chatting with someone online, be honest when saying things about yourself and keep a positive attitude. Chatting is like meeting people for the first time in real life. It's never a good idea to talk about negative subjects.

Pace yourself – Do not provide the other person with too much information about yourself too soon. Just like in real life, it is best to keep yourself a mystery,

showing off some of your cards as the “getting-to-know-you” phase progresses.

Take your time – Do not feel pressured to meet the person face-to-face too fast. Take your time to get to know the person to help you feel confident to schedule a meeting. Since a woman may need a little more time to feel safe, men usually prefer to let the women control the pace of the online relationship. If a man is interested in meeting a woman face-to-face, he can let her know; however, he should let her decide when.

Pictures are powerful – Providing a picture of you is an easy way to give possible dates an idea of who you are. Profiles that include photos get many more responses online. Remember not to post a picture that isn't you; if you meet someone in person, obvious problems will arise.

Show them why you are unique – Just like in real life, you are “competing” for attention when it comes to getting into the online dating scene. Round out your profile with interesting information that highlights your unique personality, background, interests, and qualities.

Meet them face-to-face with caution – Meet your online date at a public place like a restaurant or a park. In this way, you feel relaxed and more confident. You won't feel as pressured if the person does not meet your expectations. After you meet someone that you like, close the date with a positive attitude. Thank your date for having a great time together and that you are looking forward to chat with your date online or meet face-to-face some more.



38 Meeting With Your Online Date

The Internet has changed how people meet, and that includes meeting someone for potential long-term relationships. However, meeting your online date face-to-face is like going through a blind date, even if you have exchanged e-mails and called numerous times. Read on so you would know how to improve the chances to successfully turn a virtual date into a real date.



Be at your best, but still yourself

– Just like how honest you are when you describe yourself in the online dating profile, you should also relax your style and be yourself. However, you should not forget to look your best. Men should get a haircut and a clean shave (if needed), while women should have their hair done, nails manicured, and nicely made-up. After all, your first meeting with your online date creates a new set of first impressions. Choose

comfortable clothes that suits your style.

Choose a public place – Make sure that your first meetings should always be on a public place such as a park, coffee shop, or at a quiet bar. Public places somehow make you feel secured.

Keep your date short – Your first date with your online fling should not necessarily begin with a dinner or a movie. A brief lunch break or a short coffee stop (up to an hour) is long enough to know more about your online date in the “real world” setting, as well as judge for yourself on each other's chemistry.

Mind your language – Not only you are judged according on how you look

and what you say, but also on how you say it. Be aware of your use of words, as well as your non-verbal communication such as posture and manners.

Anticipate for the unexpected – Even if you have exchanged e-mails or talked over the phone several times, chances are you might end up disappointed towards your online date once you meet him or her in the flesh. You might realize that you do not have the chemistry or connection that you are seeking towards your date. In case this happens, tell your date that you won't stay long. Make up an excuse if you have to. However, be honest to your date that you do not feel that connection (but be cordial and friendly about it).

Maintain good eye contact – Keep your eyes set towards your date. Glancing about the room gives the impression that you are not really interested.

Ask and listen – Take your time to understand what your date is saying before asking an appropriate follow-up question. The most interesting people are those who are interested in you.

Call the person by their name – Leave each other's chat nicknames on the Net. In real life, you are supposed to call your date by his or her name. It shows some respect to your date.

Be enthusiastic – Stay positive throughout the date and have a sense of humor. Don't take things too seriously. Remember that this date is supposed to be relaxed, taking your date to a friendship level before considering other possibilities.

Follow-through after the date – Whether or not the date is a success, you need to send a thank you e-mail to your date. If you're certain that the person has zero chance of going out with you in the future, just say thanks and tell that you are not interested with him or her. If the date went well, say thanks and that you are looking forward for another date.



39

Online Dating Precautions

Meeting with someone through the Net can be exciting, yet at the same time dangerous. Although you get to meet different people from different places, the Internet is not enough to create trust towards another person. Before you venture into this activity, please be cautious and read our tips.



Don't give out personal

information – This includes your last name, home or work address, phone numbers, bank account data, and other sensitive details.

Sometimes, scammers who steal other people's bank savings may disguise themselves into singles looking for love through the Internet.

Don't afraid to ask

– On the Internet, people can pretend to be someone else. It's not easy to

determine if someone is being honest since you have no visual, vocal, or body language to analyze, even if you have webcams and voice chats. It is okay to ask the other person for proof of important matters like job status, educational degrees, and others.

Do not use your phone to call – Hearing your date's voice erases a level of anonymity. However, it is best not to use your own phone when calling.

Use a payphone instead to avoid problems with caller ID. If you and your date have a voice chat program in your computer (such as Skype or Yahoo! Messenger with Voice), you can talk to your date for free.

Listen and analyze your date's voice – It is best to talk with the person either through online or phone several times before meeting face-to-face. You can learn a lot about someone's personality by hearing his or her voice

and how they talk. Be cautious if you feel that the other person is trying to manipulate you or making up answers just to please you. Also, watch out for signs of anger and frustration while getting to know them over the Net.

Never meet the person alone – It is best to meet the other person on a public place. Never go overseas just to meet this other person (unless you deeply trust him or her). You can bring along a friend, or tell a friend about your date beforehand.



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Why Men Should Date Online

Men have you never tried online dating sites? Online dating sites offers many advantages over other dating alternatives. Here is a list of just some of those benefits.



Inexpensive Cost - A membership on a good online dating site is affordable and give you the opportunity to maximize your time.

Learn about the person quickly - At a bar you can meet someone talk to her few hours and never find out about important information's about her. Amazingly online lots of them reveal it right away.

Your get more options - In the real world you are limited to the girls that are around you. Online, the girls just need to have signed up for the site that you are on and you can join multiple sites as well.

Chance she see your strengths - At a bar a girl see you differently. First, they will be open to talk with you if you are attractive for them. Online it is different. The girl gets to look you over and if you have created yourself a quality profile, build you up based on all your strengths and then get to know the real you.

Time to select - At a bar if you see two girls that you like you have at least 5 seconds to select which one you want to talk to first. Online the girls going anywhere and if two girls email you at once you can answer both at your own pace.



41

Knowing What Attracts You

Everyone has a list of qualities that attract him or her towards another person. Most of the time, we have a pre-determined checklist on what we want in another man or woman, only to realize later in life that there are other qualities that attract you more. Here is some ways to determine your ideal love partner criteria.



Make a list of what you want –

Write down exactly what you are looking for in the opposite sex.

Make a list of the most important characteristics and qualities you are looking for in a partner. Start with the physical qualities and then work your way into the more detailed aspects such as education background, personality, etc. Bear in mind that this list is not permanent, as we tend to realize that there are other qualities that attract you while other aspects that

used to attract may not be appealing at all.

Make a list of the qualities that attracted you from other people – Write down the people you remember you have been attracted to during your life. It could be past relationships, family members, celebrities among others. Next to each name, list down all the things you remember liking about that person. Knowing what characteristics you like in a person would prepare you better in searching for that ideal partner.

Make a list of what you need – With a trusting friend or relative, have him or her list down your personality qualities as honestly as possible. Then, list the qualities opposite yours. From these “opposite” qualities, circle those

that you think would make you a better person. For instance, the one you need could be your source of strength and motivation to complement your lack of drive.



42 Great Ways to Meet New People

Finding a date basically starts with meeting new and interesting people, and in doing so you have to get out and make yourself available to new acquaintances. It's highly unlikely that you would find a hot date while sitting on your couch watching TV or playing video games. Problem is, meeting new people is a battle between confidence and shyness. If you really want to start meeting some new people, try making an effort to go out often.

Aside from going out of the house, here are eight more ways in meeting up with new people, and possibly a new date.



Go to a place that interests you –

If you enjoy reading, try visiting the local library. If you are into physical sports, consider a sporting goods store. If you like art, then going to a museum is for you. In doing so, you are most likely see people with the same interest as yours. If you found a hot prospect—like a reader planning to borrow a book that you've read or when someone is having a hard time choosing the right running store—be bold and approach them. Use

your knowledge of the interest as your conversation icebreaker.

Join a volunteer group for a cause that you support – You would meet many people who feel passionately about the same cause and would instantly have something to talk about. Aside from which, these cause-oriented groups often organize several projects and joining different committees that would allow you to not only help out the group but also meet a variety of new people in the process.

Join a local recreational sports league – Most major cities have leagues available where you can sign up as an individual and fill in on a team that is short a player. Even if the sport is not co-ed, just remember that your teammates may have sisters or female cousins.

Attend religious services – The service itself may be an hour long and does not make you interact with people, but religious groups often participate in a variety of other activities and are usually form committees for these. Signing up for one of these committees affords you the chance of meeting new members of the congregation on an individual basis.

Be involved in local politics – While it may be a touchy subject since many people may have extremely different opinions from yours, you are also likely to meet many people who share opinions similar to yours.

Going to a bar alone – Nightclubs and bars have always been a great place to meet new people, but going there alone—without some friend who would distract from your intentions—may make you meet more people than you would expect.

Attending a wedding or a party – Just because you don't have a date doesn't mean you have to pass up on these events. Consider this as going in a bar, only that you know a lot of people there, and they may bring along friend who would be introduced to you.

Attending a sporting event – Aside from finding people with similar interests, having the same favorite sport team gives you an opportunity to celebrate together with your team's ups and downs.



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Suggestions for a Creative Date

Here are some creative ideas to get your dates started and spice your relationship as well:



A night under the stars – Try taking your date to a planetarium and view the constellations from a telescope or watch the stars whirl beneath the dome? Or you could take your date to somewhere private, like your garden or a beach, then lay out a blanket and candles, and enjoy an evening together watching the stars in a real sky.

Amusement park – Bring out the child within your partner by treating him or her to cotton candy, rides on the Ferris wheel, and fun shooting games.

Mini-golf – Playing a “mutation” of the gentleman's game is silly, fun, and exciting at the same time exciting. The relaxed pace of the game encourages conversation and lots of laughing.

Comedy club – Liven things up with an evening of stand-up comedy at a local club. This is a great suggestion for a first date as you can tell a lot about a person by what material amuses him or her and what material seems corny or offensive. Take note, if you don't want to be picked on by the comedian, try sitting a few rows away from the front.

Zoos and aquariums – Animals appeal to people's sense of romance, as well as a sense of humor. This is also a good suggestion for a first date as observing the antics of animals has a way of breaking the ice.

Skating at a local rink – Follow this up with some hot chocolate and fun conversation in a cozy café.

Zen Dating – Relax with your date by taking him or her to a meditation or light-working session at the local Buddhist temple. Relax afterwards with a good meal in an Indian restaurant.

Psychic sessions – Visit your local psychic together to have your palms and tarot cards read. You can even get a past-life reading to see if you have known each other in a past incarnation.

Art tour – Spend a day together visiting local art galleries and museums. Make sure you visit the gift shop of the museum to buy your date a token that expresses your appreciation for him or her.

Mazes and labyrinths – If your city has a maze, see if you and your date can get lost together inside it. Walking a labyrinth together is not only said to be good for the soul, but it will help you define your goals together.

Cooking class – Sign the both of you for a cooking class and have fun feeding each other's delicious tidbits.

Feng Shui date – Visit your local Chinatown and hunt for lucky charms, wind chimes, and small statues to bring the two of you good health, wealth, and happiness. Finish your shopping excursion with a meal for two at a Chinese restaurant.

Dancing lessons – Enroll the two of you in dancing lessons and try intimate ballroom dances like tango and rhumba. This is especially nice for seniors on a first date who wish to break the ice.

Play in the snow – If it is snowy outside, take advantage of the weather and build an ice sculpture or snowman together. You can also ride on a toboggan together and slide downhill—holding each other, of course. Finish the day with steamy hot chocolate or apple cider in front of the fireplace.

Love letters – Buy special paper and pens. Make a date by writing love

letters in front of each other. Once done, exchange the letters and read them out loud. Torrid romance almost always ensues right after this one.

King or queen for a day – Assign a date where you will treat your lover as a king or a queen for that day. Your date will not have to lift a finger while you meet every demand and errand he or she commands. This package should include a foot rub as well as serving your date's favorite foods.

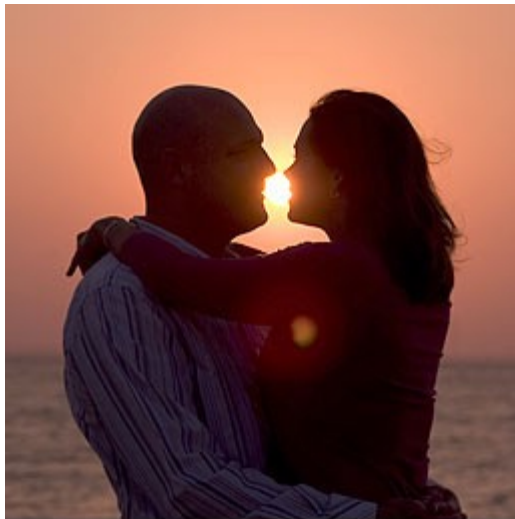
Sunrise date – Surprise your date by calling him or her early in the morning and asking if he or she want to meet to watch the sunrise with you. Drive to a beach or some other beautiful location and simply watch the sun rise to the horizon. Afterwards, share brunch at a restaurant.



44

Date Night Tips for Married Couples

Dating is not exclusive to single people. In fact, dating your spouse is a great way to succeed in keeping your marriage together and experience true love. Date nights can work magic in your marriage by doing the following suggestions.



Have a date outside of the house

– Both spouses should not do any house chores towards date night. Home would only remind them of the practical and logistical matters. Besides, it isn't a date if you take care of your children at the same time.

Do activities that would make you face each other

– No movies, concerts, basketball games, or other entertainment activities that require you face in the same

direction. Make yourself to be the entertainment through activities like a face-to-face dinner, playing tennis, etc. However, if you plan on going to the movies, make sure to complement it with a couple of hours talking over dinner.

Don't invite anyone else – Date night is for you and your spouse. This includes not participating in any social event.

Schedule at least a couple of hours for date night – Date nights are not like brief lunch dates you once had with your spouse. It should take the whole evening.

Do it consistently – Probably the hardest part of date night is consistent inspiration. You may initiate date night this week, but what about next week and the week after that? Try finding a babysitter who is committed to

work the same hours you spend on your date night every week.

Keep the connection – If you go to the mall and read a magazine while your spouse tries on clothes, then it is not a date. However, if you help your spouse pick out an outfit and have fun offering your opinion, you would connect.

Get creative – Experiment and find fun things to do together. Try going to the local amusement park, or bring a board game to a coffee house, or have a picnic in the park. Whatever you do, keep the focus on each other.

45 Party Date Ideas

If dating one-on-one makes you feel bored, then try raising the ante by party dating. It is a great way to meet new people, meet new singles, and find new friends. All you have to do is take your friends along—or try going on solo—and go clubbing while establishing your social network among fellow party revelers. Party dating is safe because such parties are in public places, there is always a crowd, and you are not on a risky blind date.

Here are some cool and creative suggestions on having fun with your party date.



Browse around – Singles party abound in your local area just at any given day, especially during holidays. Check out the party scheds through the Internet or through local newspapers.

Wear what's in for clubbing – Remember that interacting with other singles in a club require first impressions, and what you wear in a dance hall is not exactly what you wear on the street. Club wear can vary from sexy to

deconstructed clothing, depending on your mood and your personality. Check out clubbing magazines or watch dance music videos for some inspiration.

Try wearing a costume – Costumes are not limited to Halloween. You can put on a cool get-up in the club and be someone that you fantasize about, like a flight stewardess or an angel. Being the only one in costume, that makes you stand out among the crowd and more people would notice you,

and possibly get to know you. If you're going out with friends, try wearing identical costumes.

Dancing skills are not that important – Since most clubs and parties are crowded, you won't get to move much. What matters is that you know how to move to the beat of the music.

Have a few drinks – Take a few shots of alcohol just to loosen you up, but still sober enough to carry a conversation with a hot prospect.

Be friends with all – Don't mind if another girl dances with a guy you find cute, or when someone you don't like says some sleazy one-liners. You don't want to ruin your party mood just because of them. If you want to reject someone, be polite about it.

Don't take recreational drugs – People may say cool things about E or other substances, but better judgment would make you avoid them.

Never go out with a stranger – Even if you get to know some hot guy, that doesn't mean you trust him enough to go somewhere else. Nothing beats asking for his phone number and calling him several days after, then go out on a one-on-one date that's more fun than ever.

46 Speed Dating Advantages

There is a new way of dating, and you could get to know a lot of different singles in the process. It's called Speed Dating, a new mating sport that is being played in bars, clubs, and community centers in North America and Europe.

If you get invited to join a speed dating event and you don't have an idea what it is all about, then you have come to the right place.



Dating and playing at the same time – Speed Dating can be described as a cross between a job interview, a blind date, and a game of musical chairs. Participants get four to eight minutes, depending on where you are playing the game, to meet scores of different potential partners. With speed dating, you can meet as many as 25 people or even more.

A hybrid of online and offline dating – You get to meet a number of strangers within the safety of a friendly and merry environment that is policed by the organizers. At the end of the night you can ask a partner for a date, but a date only takes place if the other party is in agreement.

Does not put you into embarrassment when rejected – In most speed dating games, most communication is written or concealed from the potential dates. A big plus is that it spares singles the face-to-face embarrassment of turning someone down.

Ideal for busy people – Speed dating probably best suits busy careerists who would benefit from meeting as many people as they can within a short

period of time. This includes busy individuals such as lawyers or performers who have had no time for pursuing romance simply because they have spent a decade or so focusing on education and then launching a business. Speed dating also suits health professionals and individuals who work off-hours, such as waitresses, shift-workers, and health professionals. Speed dating is ideal for those who always find themselves working the traditional date nights such as Friday and Saturday night.

Ideal for those who look for serious relationships – It is understood that these functions are for individuals who are looking for a long-term connection. If you are sick of the immaturity or addictions that come hand-in-hand with people you meet in bars and clubs then this might be a more efficient way to meet someone who is not intent on wasting your time with their emotional problems.

What you see is what you get – This also will appeal to those who have become frustrated with the anonymity and long-distance aspects of online dating. There is no false advertising such as lying about one's age or weight allowed.

Lets you see if the two of you click – The problem with blind dates and personals is that they do not satisfy a very crucial requirement needed in order for two people to hit it off and see each other again: physical attraction and chemistry. Speed dating allows you to meet in person and see if the two of you create an instant attraction towards each other. You are not required to waste time that you would meeting someone on a blind date.



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Speed Dating Procedures

Like in any other game, speed dating has its own rules that you should follow. To begin with, the event is usually advertised and singles that want to participate gather at a café or bar. Each player is given a nametag (either containing your real name or a screen name) and a scorecard.



Each date is timed – A timer that allows you to spend a fixed amount of minutes (ranging from four to eight) with each companion rules the game. When your minutes are over, a bell is rung, signifying that all players should shift to the next seat to meet the next person.

Discussion is fairly open – Usually you are allowed to discuss anything with the potential partner except your real name (if applicable), your job, and where

you work.

Mark each date on the scorecard – Following each introduction, participants mark on their scorecard whether or not they would be interested in having a real date with the other person. Make sure you don't let your date see your scores.

After the game – Once the speed dating ends, the organizers check the scorecards and match up which partners have mutual interest in each other. In some versions of speed dating, only the women are given the phone number; while in others, both the woman and the man are given the number to follow up on for a date.

48 Speed Dating Tips

Speed Dating can be a great and easy way to meet available people in your area. However, because this procedure is relatively new, it requires a little extra attention to detail. We have compiled some great tips to help you get the most from your evening.



Choose your speed dating event wisely – It is okay to turn down speed dating events that are too publicly advertised or take place in a bar that is known for its wild antics. More often than not, this type of heavily-promoted speed dating venture puts you at risk of having an audience gawk at you while meeting potential partners and that could be very uncomfortable. Always check out the venue before you attend an event to make sure that you are not

part of a public spectacle. Safest venues for speed dating include those being held in a church or community venue.

Set some expectations – Speed dating may be a great way of meeting many different people, but that doesn't mean you'd be having a string of dates after this. Just let the event (and the attraction) take its course.

Dress well – Even guys should heed to this. Speed dating is all about first impressions, and the well-groomed and fashionable tend to get the more positive scores.

Let them know you are interested – If you like your date, use your flirting techniques. Give your date some eye contact and occasional friendly touching. Use your date's name often.

Prepare your questions beforehand – Have a number of stock questions ready. It may take only a few minutes, but it's better than saying nothing.

Avoid telling lies – It might seem like a good idea at the time, but holding on to the lie that you are a brain surgeon or a ballerina would backfire if you meet again.

Avoid swearing excessively – You also be turned off on a sight of your date saying bad words, so should you be avoid using expletives in your conversation.

Avoid talking overtly on controversial topics – Just like in a normal date, do not talk about politics and religion in your speed dating. Not only it might result in unnecessary conflict, it would be highly unlikely that you date would be interested anyway.

Be careful with what you eat – Your date would probably not enjoy seeing you gorge on noodles. Stick to small, non-spicy food that you can share with your date.

Avoid getting too drunk – Sure you need a shot of alcohol or two to erase the tension in you, but drinking too much is not flattering on a person, multiply that with the number of speed dating attendees.

Always fill out the scorecard after each rotation – Whether you like your date or not, write your marks on the card before meeting the next person. There is nothing worse than getting to the end of the night and pondering about what is the name of that special guy you just met.

Don't let your guard down – Observe basic safety guidelines when meeting matches. Make sure that you are meeting in a public place, you told your friend where you are going, and don't give out your home address too easily.

Give your e-mail address on your prospects – Although it may be tempting to give out your digits, e-mail contact is safer—and more fun—to start with.

Use the break time to chat and meet – Some speed dating events allow daters to roam around the place after the event. If you feel that you made a fool out of yourself on someone you like, don't be scared to make an approach later for a second chance.

Relax – Anxiety in potential partners is one of the biggest turn off. Don't be nervous and just be yourself.



49 Top 20 Speed Dating Pick-Up Lines

Speed Dating is all about asking questions and answering them with all honesty. Instead of the cheesy “What’s your sign?”, how about trying these ten questions you can use in your speed dates that would really bring out the best in your date. In random order now...



- What are you most passionate about
- What kind of movies/ music/ TV shows do you like?
- What do you do for a living? (note that you should not divulge your company name)
- What have you learned from your past relationship?
- What do you consider your best attributes?
- What makes you laugh?
- What is the most adventurous thing you have ever done?
- What is your most memorable moment?
- What time in history would you like to be born and why?
- What’s the most reckless thing you have ever done?
- What would be your ideal holiday destination?
- What are the most important thing you look in a person?
- If you live anywhere in the world where would it be?

- Where do you see yourself in 3 years time?
- If you won the lottery how would you spend it?
- If you could grant 3 wishes, what would they be?
- What are the three things you would take with you on a deserted island?
- What song best sums you up and why?
- What do you do for fun?
- If you were to star in a movie, what kind of film would it be and who would be your co-star?

Of course, you can make your own questions for your speed date. Just remember that you are asking your date in such a way that it brings out his personality.



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The Difference Between Men & Women in a Relationship

Just like when they say “Men are from Mars, Women are from Venus,” the opposite sex are literally polar opposites when it comes to relationships, especially in thought process, sensitivity, memory, and communication.

A successful relationship is one that recognizes that difference and is able to get beyond the he said/ she said scenarios. Here are some notable variations.



Difference in solving problems –

Both sexes are capable of solving problems equally well. However, the thought process involved in coming to a resolution varies between men and women. For men, a problem is an opportunity for them to demonstrate their problem-solving skills in a quick and efficient manner. Men see having the problem solved as the ultimate goal and they believe that the best solution is the one that is the quickest as well as the most

efficient. Meanwhile, women see a problem as an opportunity to work together and reach a resolution. Women relish the chance to communicate about the problem and the act of working together to solve the problem is more important than actually solving the problem.

Difference in sensitivity – Women have a heightened sense of sensitivity relative to men, resulting to women being more prone to act on their emotions rather than on rational thought. A woman's sensitivity allows her to understand her own feelings as well as those of others better so her reactions tend to take feelings into consideration above logic. However,

men do not have the same level of sensitivity and therefore are more likely to make their decisions based on logic. This disparity can result in problems during a relationship because women assume that men intentionally tried to hurt their feelings while men may grow frustrated if he believes women made an irrational decision.

Difference in memory – Men have a memory that is stronger in situations where they can recall the details of an event by making an association with something concrete like a location or item. For instance, men are more apt to remember an event that took place in a location that they are able to visualize well. Women, on the other hand, have a memory that is stronger when they are able to associate the emotions felt with that memory to other memories where they have similar emotions. This type of memory is especially problematic because when women become angry with their partner, they are often able to recall other situations where men have angered her. Unless the difference in memory is recognized, it can become a source of frustration in a relationship.

Difference in communication style – Men tend to be more introspective about their problems and choose to deal with them internally and without discussing them with their partner. When they do decide to discuss a problem, it's usually after much thought and careful consideration. Meanwhile, women enjoy conversing about their problems with their partner and believe that doing so helps them to understand their problem better and come to a solution more easily. Women often use communication as a method for reaching a conclusion, and view the discussion as a way to figure out a solution.

Careful observance and understanding of these differences is necessary for a relationship to flourish. Understanding these principles and being willing to go beyond them would help minimize difficulties in a relationship in regards to gender differences.



51

Making Long Distance Relationships Last

Long-distance relationships share the same facts as an average relationship. It involves two people who share an interest in each other's lives, care for one another, and of course have a mutual love for each other that they hope will only continue to grow. A long distance relationship has just as much chance as succeeding as any other relationship. All it takes is to follow these steps.



Make an agreement – Set parameters on what both of you expect in the relationship and how much of a commitment you are willing to give and receive. Be clear about what you both want is extremely important to prevent future misunderstandings and mistakes.

Keep in touch daily – Long distance relationships should not follow the motto “Absence makes the heart grow fonder.” Just like

in regular relationships, constant communication is needed to keep your interests towards each other alive. If large phone bills are a concern, try sending e-mails. Pay attention to how many times a week you are staying in touch as well.

Plan your reunions – Seeing each other once in a while plays a big part in keeping your relationship exciting, plus it serves you the satisfaction of being able to see and touch each other occasionally. It gives you the opportunity to catch up on each other's lives in person and to be able to share physical and intimate activities together, which will fulfill both of your needs and desires.

Reaffirm your love and commitment to one another – Try not to assume

that the relationship is thriving. Listen to your partner's concerns and communicate your own before they become bigger problems.

Keep your partner informed about your life – You may live separately, but sharing information about your activities and friends is still important.

Trust each other – Trust is a major necessity if you wish to have your relationship from a distance. Without trust and honesty, the relationship is in for danger, just as it would be in any other relationships. Suspicion over your partner would only break the relationship down.

Keep the relationship a high priority – Avoid canceling reunions or putting off phone calls.

Set a limit of your time apart – There will come a time when both of you will have to start planning a serious future. It can only happen when you are living in the same area.



52 10 Nice Things You Can Do for Her

Demonstrate your love for the special woman in your life in a number of small deeds. For starters, flowers and candy on special occasions are always nice, but you can also surprise a woman by offering smaller gestures on a daily basis. She would appreciate your thoughtfulness and understand that you are trying to show her how much she means to you. Here are some good examples.



Ask her how her day was –

Women enjoy talking about their personal issues and expressing an interest in her career or other areas will be greatly appreciated. Listening carefully to her would let her know that you are fascinated in her thoughts and care about her feelings.

Cook for her – Most women are the primary cooks in the relationship and giving her a night off from her usual kitchen duties is

always a welcomed gesture. Don't worry if you don't know how to cook, it's really not that hard. There are many cook books and Internet sites that offer a wide variety of recipes.

Remember and celebrate a small occasion – It's nice to celebrate on big occasions but if you remember the anniversary of another special day, the woman in your life would be completely caught by surprise. For instance, celebrate the anniversary of the day you brought home your new puppy with a trip to a dog park.

Give her compliments – Women tend to expect compliments when they

put a lot of effort into their appearance, but letting her know that you think she is beautiful while she's running errands demonstrates that you see her inner beauty shining through all times. Compliments don't always have to be about physical characteristics. You could compliment her on her career accomplishments, for example.

Handing over the remote control – You may not want to sit through another episode of a home decorating show, but allowing the woman in your life to indulge in this without complaining about her choice would show her that you are not belittling her interests.

Get to know her family and friends – Your woman values their relationships and she would be pleased about the fact that you are taking interest and getting to know the other special people in her life.

Write her a love letter – Send your love letter through mail. Sure she sees you almost every day and may even exchange e-mails and phone call on a daily basis, but a love letter is something that she can save in a special place and would be cherished.. Expressing your love in a letter is a special way to tell a woman that you care deeply about her.

Plan a trip – A vacation is always nice, but when you take the initiative and plan out all the details ahead of time, it shows that you want her to have the enjoyable experience of the trip. And at the same time, you are willing to take care of all the planning.

Surprise her at work – Show up for a lunch date. Your woman would love to be surprised and your lunch date would give her the opportunity to get out of the office for a little while and enjoy some time with you. Many women skip lunch at work straight through it, but giving her the opportunity to break away from her desk for even a half hour would give her a welcomed chance to relax a little bit.

Open the car door for her – Women enjoy being independent, but small chivalrous gestures are always appreciated. If you normally rush to the driver's side of the car and hop in, stop once in a while to open her door first. It shows that you want to protect and care for her and would make her feel well-loved.



53 10 Nice Things You Can Do for Him

There are amazing nice things that you can do for the man in your life to let him know how much he means to you. This is all about concerning for his personality and hobbies to demonstrate that you care about him. Surprise your man with these thoughtful and tailored gestures.



Have his car professionally detailed – Many men take pride in their car and enjoy spreading their time to make sure it looks and runs its best. You can let him know that you understand his fascination with his car by making the arrangements to have the car detailed. If he will be out of town for a few days, try making the arrangements so that it will be a surprise for him when he returns. If you are unable to do this in secret, go ahead and let him know

about your plans.

Complete a chore that he does in the house – If he usually takes care of mowing the lawn, plan to come home from work early one day to mow the lawn before he gets home. He will not only be excited to not having to take care of this chore but will also be excited that you recognize the effort he puts forth into completing this chore.

Purchasing a gadget – Many men enjoy all types of gadgets and figuring out one that he is interested in and purchasing it for him will be a very welcomed gift. It will also show him that you were paying attention while he was talking about this gadget and you understand how much it means to him.

Meeting him at work – Surprising the man in your life is another nice thing you can do for him. Take him out to lunch and spend some extra time with each other. The element of surprise will let him know that you are thinking of him. Also, having a break in his day where he can relax and enjoy your company will make the rest of the day seem to go by much more quickly for him.

Take control of plans for a date – Men are usually the ones who are in charge of planning and paying for dates so he will be grateful for you making date arrangements for a night. Carefully plan out a fun date filled with activities that he will enjoy and don't rely on him to take care of any details, even in paying for the date. The man in your life will feel pampered for the evening and will enjoy having the stress of date planning off his shoulders.

Pick up a magazine or book of his interest – Doing so would let him know that you understand his interest and that you want him to have some time to enjoy thinking about his favorite hobby.

Learn about his favorite sport – He may enjoy spending his weekends watching his favorite sports teams and, if you are not normally a fan of this sport, you will surprise him by taking an active interest. Try doing some research on your own to learn a little more about his favorite sport and team and the next time he is watching a game, sit with him and ask pertinent questions. He would be astonished at your knowledge and eager to teach you more.

Buy him flowers – Women receive flowers for special occasions and sometimes for no reason at all. However, men don't often receive flowers so showing up with a bouquet for him will be a welcomed surprise. He would appreciate the novelty of the gift and be delighted with the gesture.

Purchase tickets to see his favorite band in concert – While his type of music may not be your first choice, it's something he enjoys so give him a chance to indulge himself. He would be excited to share his music with you and will be glad that you are interested in hearing the music with him.

Learn to barbecue – Many men enjoy barbecued foods, and they would also appreciate the opportunity to indulge in them without having to do any of the work. Preparing a barbecue would let him know that you realize it's a meal he enjoys and that you appreciate the effort he usually puts forward to prepare his meal.



54 Questions to Ask Before Marriage

Relationship experts report that too many couples fail to ask each other critical questions before marrying. Here are a few key ones that couples should consider asking:



- Have we discussed whether or not to have children, and if the answer is yes, who is going to be the primary care giver?
- Do we have a clear idea of each other's financial obligations and goals, and do our ideas about spending and saving mesh?
- Have we discussed our expectations for how the household will be maintained, and are we in agreement on who will manage the chores?
- Have we fully disclosed our health histories, both physical and mental?
- Is my partner affectionate to the degree that I expect?

- Can we comfortably and openly discuss our sexual needs, preferences and fears?
- Will there be a television in the bedroom?
- Do we truly listen to each other and fairly consider one another's ideas and complaints?
- Have we reached a clear understanding of each other's spiritual beliefs and needs, and have we discussed when and how our children will be exposed to religious/moral education?
- Do we like and respect each other's friends?
- Do we value and respect each other's parents, and is either of us concerned about whether the parents will interfere with the relationship?
- What does my family do that annoys you?
- Are there some things that you and I are NOT prepared to give up in the marriage?
- If one of us were to be offered a career opportunity in a location far from the other's family, are we prepared to move?
- Do each of us feel fully confident in the other's commitment to the marriage and believe that the bond can survive whatever challenges we may face?



55

Heating Up the Romance: Date Night Tips

Tired of the same routine? Have you forgotten the last time you were with your spouse alone? Thinking of spicing up the romance?

It looks like the perfect time for you and the hubby to have a romantic getaway together. Even with the kids underfoot and your jobs and chores threatening to overtake you, there is still time for a romantic night with just you and your husband. Your marriage doesn't have to take a backseat to your daily responsibilities.

A happy marriage requires some time together. Just because you are married doesn't mean that the romance has to fizzle. Here are some tips to make date night magical, even if it is only for one night a week.



Plan your date. The rules for dating still count. Having a plan for your date will make it a success. If you are going on a picnic plan on where you will leave your kids. Make dinner reservations at your restaurant.

Create the mood. If you have babies and can't leave the house, there are still ways to create that romantic setting. Set up your dinner in front of the fireplace. Set some candles in your bedroom and

have dinner there.

Get out of the house. Let's face having your date night at home doesn't make it much of a date. Being at home will remind you of the kids and other matters when you should be concentrating on your spouse.

No entertainment that requires you to face the same direction. Talking and being together is the main purpose of date night. You are each other's entertainment for the evening. Just be together. If you are going to watch a movie or a play make sure you talk to each other over dinner about it.

Don't bring the entire family. Why go out at all if you're just bringing the kids along? Date night is just for you and your spouse. Don't attend anything social.

Schedule an entire night. Tell your babysitter or your oldest child that you'll be gone an entire evening.

Dress the part. It might help the mood if you dress up for date night. You'll be able to surprise your hubby and you'll feel good about getting out of your sweats for an evening.

Play your song. This may sound overly cheesy but request the band to play your song. If your husband doesn't remember it anymore, why don't you remind him?

Eliminate any distractions. Don't bring your cell phones. Don't even think of turning on the television or answering the door.

Be creative. Instead of doing the usual dinner out why not try something new? Go boating or go to the local fair. Take a nature hike. Just focus on each other.

Date night can help transform your marriage but only if you are both in the spirit of it. Try to connect with your spouse. Make date night a weekly ritual. Date night might lead to more interesting things later on.



56 How to Improve Your Love Relationship

What's the key to successful relationships? A couple relationships may be the most important in your life. It is often the main relationship in people's lives; it is the basis of a family and this is the place where most of us learn about love, commitment, communication, negotiation and compromise.



Quality time - Without quality time, your relationship will not survive. Try to have one evening out per week, just the two of you. If you have children this is more difficult to arrange – but it's not impossible. And do try when you have this 'date' to avoid talking about your offspring or your work.

Security - A good relationship is built on compromise and a great deal of give and take on both sides.

Independence - Keep your dependence in balance. Tell and show your partner how much you need him, but don't strangle them, because you will make your partner feel trapped.

Communication – Women should explain, early in your relationship, exactly how to give you a fail-safe orgasm. Same thing for men, you should explain early in your relationship what do you prefer and how would you like your partner do it.

Support - Encourage your partner to listen to you, by showing appreciation when it does. Remember that most men aren't mentally programmed for conversation in the way women are. They need more silence and internal time.

Do not control - When conflict occurs, you should open to learning about yourself and your partner and discover the deeper issues of the conflict. Don't try to win, or at least not lose, through some form of controlling behavior. When you try to control you create even more conflict.

Take care of yourself - It's very sad that couples often stop making an effort with how they look. A small thing can transform a routine into more of an occasion.



57

Reawakening Your Passion

Relationships tend to lose passion as it goes on, and you may need to make a conscious effort to re-ignite the spark in your bond and reawaken the passion for each other. It may take elaborate plans and gestures, and sometimes it may be small, seemingly insignificant things that can help you ignite your passion anew.



Plan a romantic getaway – A trip to a spa or a romantic destination can help put the passion back in your relationship. This type of trip gives the couple an opportunity to step away from their everyday lives and spend some time focusing on romance.

Treat your partner with respect – Sometimes people get in the habit of taking their partner for granted while they continue to treat complete strangers and casual

acquaintances with respect. Make an effort to impress your partner to help revive the passion.

Do something new and adventurous – Try an activity that you have never done before like skydiving or surfing. Participating in an adventurous sport can make you feel more alive, transcending into your relationship.

Hold hands – This simple act draws you and your partner closer together. Most couple hold hands all the time early in their relationship, but as time goes by they begin to do so less and less often. Grab your partner's hand and hold on while you run errands can make your partner feel desired again.

Plan date nights – Spend some time getting dressed-up and plan a night out on the town. Putting this level of effort into a dinner date makes it feel

much more special and romantic, plus it gives you a chance to let your partner know that you are still interested in spending time with them. No matter how busy your week is, plan to have at least one night a week where the two of you connect in a special way, even if it's just some quiet time at home after the kids go to bed or even a family game night with the kids.

Take care in you own appearance – If you feel good about yourself, you will be more appealing to your partner. Spend a few extra minutes getting ready to go out and really pamper yourself. This will give you a confidence boost in your relationship.

Compliment your partner – Noticing when your partner puts extra effort into their appearance lets them know that you still find them desirable and attractive.

Plan trips you would like to take – Spend an afternoon thinking of trips you would like to take together and make a list of all the places you want to go and all the things you want to do.

Spend some quiet time together everyday – Plan on having at least a few minutes alone with your partner each day to help put the spark back into your relationship. Take time to reconnect with your partner.

Take a bath together – This is a very sensual activity that makes you both feel pampered and gives you the opportunity to reconnect on a physical level. Beyond that it can also give you a chance to relax and unwind after a hard day of work and sometimes it's the stresses of everyday life that are putting a damper on passion.

A relationship that is losing its passion doesn't mean that it is over. All it takes is to reawaken the passion, as long as love exists.



58 Turning Sexless Marriage Into Passionate Union

Lack of intimacy is quickly overtaking financial burdens as the main reason why a majority of married couples are having their separate ways. The absence of sex among couples does not only diminish the companionship between husband and wife, but in a way it degrades an important aspect of marriage.

Let us not jump into conclusion that your husband or wife is probably cheating on someone else that is why your spouse is losing sexual interest in you. Most sexless marriages exist because it is just that: the couple—even though they love each other so much—no longer have sex with each other.

What should couples do to turn around this marriage into the passionate phase like when you were in the honeymoon period? We hope these suggestions would return the spark in your marriage.



Communication is the key – If you want your sexual relationship to be on a roll, take time to communicate with one another. Tell—and listen—to each other about your expectations, fears, desires, and concerns about your intimacy with your spouse. Remember to keep your communication honest.

Determine your spouse's sexual style and fuse it with your own –

Ask your husband or wife about what he wants whenever you are having sex. Does your spouse view sex as a bond between two spirits, two minds, and two souls; or does he/ she see it

as an avenue of experimentation? Whatever it is, tell your spouse how you like your sex as well. Try fusing each others likes when being intimate.

Try a different method of sexual style – Another suggestion is to try altering your sexual styles. If you tend to wait for your spouse to make the first move, why not let yourself do the initiative? Your partner would be as nervous as you are while doing this, so be patient and approach this practice as validating, accepting, and supporting yourself in the relationship with your partner.

Bring out the best in yourself when it comes to sex – We are not talking about sexual performance. Bring forth the best in your personality and reach out to the best in your partner, both in and out of the bedroom. Don't let your scared, angry, or lazy side ruin your marriage.

Sustain that emotional contact even out of bed – Some couples convert marriage into companionship after many years of being together. This sometimes makes sex an awkward moment for both of you. Try to be intimate with her even outside the bedroom. Stare at your spouse lustfully like you used to, or hold your partner by the shoulders (or by the waist) while he or she is working at home.

Try hugging your partner until you are comfortable with each other – Try giving your partner a hug, keeping yourselves in balance and your bodies close to each other. Close your eyes, feel relaxed, and don't forget to breathe. Feelings would surface in this simple hug: how you feel about your spouse, about the relationship, and about yourself. There would be resistances and hesitations, but don't give in to them. Try this tip several times a week and observe the improvement between the two of you.

Make eye contact in bed – Lie on your side in the bed, facing your partner. Put your heads on each other's pillows, keeping ample distance so you won't be looking at a Cyclops. Relax and look at each other's eyes. If you feel the urge to touch your partner, do so on the face or on the hand. Don't rush into the genitals or buttocks until both of you can reach a relaxed connection. Try running this moment of touching into a moment of further intimacy like foreplay and eventually intercourse. This is not to arouse each other, rather to establish a spirited collaborative alliance with each other.



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Improving Your Sex Drive

Kicking your sex life to a higher notch not only would do wonders to your partner, but also improves your health. As they say, a healthy body makes a healthy sex drive. Here are some great tips that you should follow.



Consider circulation-enhancing dishes – Foods that are high in Omega-3 fatty acids like mackerel, salmon, and wild salmon, make your nervous system function better, which in turn contributes to good circulation. Another good food to improve circulation is chilies, which also stimulates the nervous system. A healthy blood flow means that your genital area receives fresh blood that improve sexual ability and pleasure.

Go for granola – Improved circulation also means greater erectile response. To accomplish that, go for foods rich in L-Arginine like granola, oatmeal, peanuts, cashews, walnuts, dairy, green vegetables, root vegetables, garlic, ginseng, soybeans, chickpeas, and seeds. L-Arginine is helpful for improving sexual functions in men. Although there weren't studies yet connecting L-Arginine and women, remember that erectile response is not exclusive to guys as they have erections too in their clitoris and the tissue surrounding the vulva.

Try soy – Soy binds estrogen receptors, which helps the vaginal area remain lubricated and combats symptoms of menopause. It is also beneficial to the prostate, a crucial male sex organ. However, it's important to note that women who have a history of breast cancer should not eat large amounts of soy because it increases the risk of reoccurrence.

Reduce weight – Foods that promote weight loss also has libido-boosting potential. Obese men tend to have erectile dysfunction and low testosterone. Reducing weight, in turn, results in an increase of testosterone, and thus an increase in sexual function.

Have the right amount of fat – Too much is bad for you, as well as too little fat because you need it to produce your hormones. Cholesterol is metabolized in the liver and you get your testosterone and estrogen, which you need for your sex drive. Monounsaturated and polyunsaturated fats are the “good kind” of fats that your body needs. Olive oil, salmon, and nuts are optimal sources.

Avoiding stress – Medical and hormonal problems are major contributors to sexual dysfunction and low libido, as well as too much stress, relationship difficulties, and psychological issue. Antidepressants like Prozac can negatively affect sex drive as well.

Do some cardio endurance – Shoot for 3 to 4 days of cardio exercise like running, walking, swimming.

Muscular endurance – Conditioning your body can be a plus for longer lasting sex. For endurance, you will need to lift lighter weights for more repetitions.

Muscular strength – Your muscles will be contracting no matter what sexual position you are in, so it pays to shape to avoid nasty leg or foot cramps. To achieve this, lift heavier weights for few repetitions.

Flexibility – This can enhance anyone's sex life by making it a bit easier to get in your favorite position with a minimum amount of fuss. Try a little Yoga or some stretches to get you in the mood.



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Romantic Weekends for Two

Sometimes, taking your partner to a weekend getaway is just what both of you need to rekindle your romantic flame and make a new connection. Making this weekend travel a romantic adventure can further enhance the benefits of the getaway. Try finding an activity that new to both of you and you would be able to bond while tackling new challenges and adventures.



Explore new locations – Take your partner to an exotic location either here or abroad. It could either be a white-sand beach of the Caribbean or a majestic mountain park in another state. Venturing into places that you would visit for the first time allows a couple to create an opportunity to learn and rediscover together.

Take a backpacking trip – Spend a few nights in isolation in the wilderness without distractions like

TV or telephone, and let each other talk and catch up on the relationship. Backpacking allows you to work together as a couple, like preparing meals using simple equipment. Besides, having only each other to occupy each other's time is an excellent weekend romantic adventure idea.

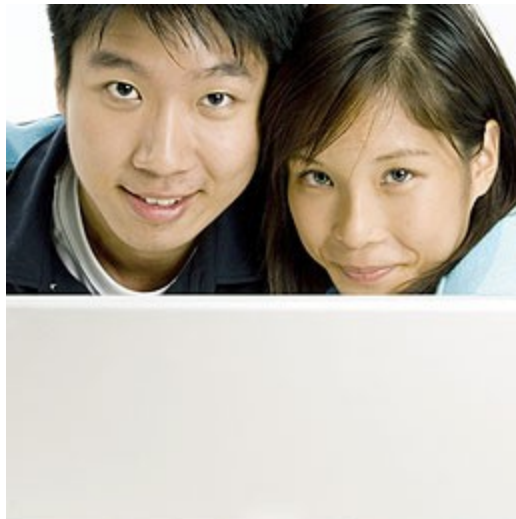
Doing something new – You could find a new activity that both of you would enjoy. If you haven't tried bungee jumping, then try doing do. The excitement of engaging in a new activity couple with the closeness that you gain from spending time together is the recipe for a successful weekend romantic rendezvous.



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When Do Teens Start Dating

When are teens ready to date? At some point in adolescence most teens begin to date. This is an important and personal decision. In the eye of a teenager, dating is a field full of flowering opportunities.



Best age to begin dating - There is no best age for teens to begin dating. Every person will be ready for a dating relationship at a different time. Different families may have certain rules about dating, too.

Before to start a relationship - You should first, get to know a person by talking on the phone or at school before you go out for the first time. Relationships should start with good communication,

honesty, and respect.

When you decide to start a relationship - it should be because you care about someone and not because you feel like you have to start dating. A dating relationship is a special chance to get to know someone, and share your thoughts and feelings with each other.

Have a healthy relationship - Healthy relationships are about feeling good about who you are and feeling safe with another person. The most important part of any healthy relationship between two people is being able to talk and listen to one another. You can share your feelings with the other person and trust that they will be there to listen and support you.

Don't feel uncomfortable - You should never feel pressured to do something that you don't want to do. The other person should always

respect your right to say no to anything that makes you feel uncomfortable. It is important that you are honest with each other about what you will and will not do.



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Teen Ready for a Date

As a young person, dating has unique challenges. Here are some good teenage dating tips to get you started.



Practice your dating skills - You are practicing to find the right guy or the right girl. Accept that your first date will not necessarily work. If you mess up stand back and ask yourself why it went wrong. Just try to interacting successfully with the opposite sex.

Date someone make you feel good about yourself - If you do not feel good when you with someone else there is no point in being with them. You need to feel

appreciated and wanted as a person and make your partner feel the same. Flattery will get you everywhere, tell your date that you appreciate the fact they have made themselves look good to go out with you.

Don't Move Too Fast – As your parents have told you becoming physically intimate in any way will inevitably lead to complications. If and when the relationship ends, the hurt feelings and betrayal will feel much deeper and you may regret what you've done. It can also be awkward to find things to say after an intimate encounter, unless you're already very close emotionally, which takes time.

Dressing for Your Date - Girls, you should be attractive and comfortable. Over-dressing or uncovering too much will give the wrong impression. You want the young man taking you out to treat you with respect, not be immediately thinking about your breasts. Remember, the most attractive asset you have is your personality, not your body.

During the date - Be prepared to listening. Everything you need to know is being told to you both verbally and non-verbally so by listening and watching for body signals you will know how things are going.

Keep all your ability - Maybe you're shy and think alcohol will make you cool. Or think a good time with your date means drinking. Avoid to drink too much alcohol because alcohol robs you of your ability to be interesting and to make smart decisions.

After the Date - After your date, don't use overkill to make sure he/she is interested. If you start calling every day or several times a day you will sound like you're desperate and not attractive or intriguing.



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Safe Dating Tips for Teens



First date together – You should go out with another couple or go in a group.

Don't be isolate - Stay in places where other people are near enough to hear you and to be of help. Parking in a remote spot isn't a good idea at any age.

Know your limits - Before you go on a date, think through your own limits regarding sexual contact. It's easier to stick to principles you've determined when you're calm and

alone.

Express your wishes - Be wary when your relationship seems to be evolving with one person taking control or acting aggressively- this same pattern could occur in a sexual situation.

Be clear - Be very clear in communicating what you feel, beyond just saying "No." It's important to be up front and tell the person you are dating your expectations, such as discussing abstaining from sexual intercourse before you find yourself in a sexual situation. If a person you are dating wants to go further sexually than you are willing, insist that the date and/or the relationship is over. If he/she won't leave, leave your date.

Warning signs - Being manipulated, verbally put down, pushed or slapped and kept isolated from other relationships are all signs of an abusive relationship.



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Teens: How to Know if a Girl Really Likes Me

How can you tell if a girl likes you or not? There are few little signs that girls often give off that can help you to judge how well you're doing. The following are the most obvious and telling.



She'll engage in elevated levels of direct eye contact when talking with you. She'll look more directly into your eyes and hold it a little longer than normal.

She laughs at anything you say.

Her crossed leg is pointed towards you or if that same leg is rocking back and forth towards you.

She raises or lowers the volume of her voice to match yours.

She rubs her chin or touches her cheek. This indicates that she's thinking about you and her relating in some way...

She winks at you while talking to you or winks at you from a distance.

She exposes the palms of her hand facing you.

She starts sitting straight up and her muscles appear to be firm.

She puts her fingernail between her teeth.

She laughs with you.

She touches your arm, shoulder, or hand while talking to you.

Plays with her jewelry, especially with stroking and pulling motions.

Big smiles with upper and lower teeth showing with a relaxed face.



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Teens: How to Know if a Guy Really Likes Me

Do you know if he likes you? The following actions are considered to be real message indicators.



He blushes and sweats because you intimidate him.

He stares at you.

He does things to deliberately gain your attention.

He stutters when he speaks to you.

His pupils dilate when you are up close and you see them.

He waits for you. He looks out for you.

He laughs at your jokes and like listen to you.

He teases you because he wants you to remember and notice him.

He listens to you and actually remembers little details.

He notices slight changes in your appearance.

He seems sad when you ignore him.

He seems jealous when you are with another guy.

His friends all know you when you don't know them.

He smiles back when you smile at him.

He often stares at you and when you catch him, he does that cute head turn, very fast.

He performs sweet acts for you. He defends and protects you. He tolerates you being mean to him.



66 Tips for Teens for Creative Dating



Make a picnic - Pack a basket of your favorite foods, pick a great spot and have a picnic.

Go see a movie - Inviting someone to a movie is always interesting. One good way to make it a little interesting is to let your date choose the film, or put a bunch of movie names in a hat and pick one at random when you get together.

Plan sportive activity - Take advantage of the time of year and

enjoy a seasonal activity together. For example, rollerblade on a summer afternoon or ice skating on a winter night can make for a great date!

Drive to the beach - Take a drive down to the beach for the day. No matter what the time of year, a walk in the sand is always a refreshing change.

Be volunteer in a community service – If it is a project that you are both interested you could do together. Lending a helping hand to a good cause is always a satisfying way to spend an afternoon or evening.

Head to the city for a day - From seeing a matinee to shopping or viewing a great art exhibit, you should select what you are interested.

Make a great plan – You could get tickets to a game and cheer for your favorite team or go to an amusement park for the day.



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How to Plan a Prom Night

Prom is a night for graduating seniors to celebrate their twelve plus years of school. It is one of the last few times that your class will get together and have a good time.



Be organized - Have a checklist of everything you need to get done for prom including your dress, activities before and after and who you are going with.

Buy your prom tickets early - Tickets do sometimes sell out for larger high schools, and prices tend to increase as the date of the dance.

Rent or buy an outfit – Men you should decide if you rent a tux and girl, if you purchase a prom dress. Shop around to gauge the best prices for rental or purchase, and make sure you have plenty of time for any required alterations.

Ask a date - Consider a classmate you've had your eye on, or simply a special friend. Prom should be enjoyed with someone you care about, so choose your date accordingly.

Plan your pre-dance dinner – Plan a dinner if needed well ahead of time. Prom night is a popular night for local restaurants, so reserve a table for you and your date at least a month prior to the event.

Reserve transportation - whether it be via limousine, party bus or use of your parents' car. Call local sedan/limo services as well as charter bus services to find the best rates. Consider sharing a limousine with two or three other couples. This will allow for a decadent atmosphere without

forcing you to spend an exorbitant amount of money.

Buy camera - Buy a bunch of one time use cameras and pass them around to your friends. Set a goal to use every last picture before the night is through. Hopefully, you will want to remember this night forever.

Purchase a boutonniere or corsage for your date - Call local florists to order the arrangement based on your date's color scheme; boutonnieres and corsages should be picked up no sooner than one day prior to the dance, but you can order them ahead of time.

Be smart - Prom is a wonderful way to celebrate with your class but please don't make choices on prom night that you will regret later. Don't drink or use drugs as both impair your judgment, can hurt you and are illegal. You want this to be a night you can remember in a good way not a bad one.



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How to Meet Your Girlfriend/Boyfriend's Parents

It might seem like a huge mountain to be climbing: how do you impress your sweetheart parents? It comes down to few things which you can improve upon in order to get their approval.



Dress to impress - Going to meet your girlfriend or boyfriend parents, you need to be presentable. Take a good shower, place your hair neatly, wash your hands before you shake hands, and make sure you have good breath. Wear some clothes that look neat and that flatter you. Don't show up wearing torn jeans and sporting some mean tattoos. Girls, make sure to don't dress to sexy.

Be confident - When you meet them for the first time, give them a firm handshake. When it's firm, it shows you mean you feel confident.

Make good conversation - One of the most important parts of meeting parents is the conversation. Talk about what you like, use good anecdotes and appropriate jokes. Remember, to listen carefully during the conversation to know what parents say. Be ready to answer to their questions. There comes a time in every first meeting where you will be assaulted with questions. It is very important to answer most of these questions in the affirmative.

Show good manners - It's important to show good manners. Saying sir and ma'am will get you a long way, and opening doors and pulling chairs out for people is a great way to make a lasting positive first impression.

Offering to pay – Man, if you can afford it you could offer for dinner or

lunch is a great way to look generous and it shows that you do not stop at anything to take care of their daughter and that you will meet her needs. Of course if you can't afford something like a big dinner for a large family, then don't worry.