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Foreword

The world of dating basics can be tricky, especially if you haven't been on a date in three years! Luckily, there are a few things you can do to speed up the dating process and make it go smoothly.



Dating Digest

The Guide To General Do's and Don'ts

Chapter 1:

Dating Basics

Synopsis

Dating isn't for everyone and there are some people who have not gone on dates in five years or more. Sometimes we wonder why we still see these people falling into serious relationships. It's because everything just falls into place. They don't have to make it happen since they aren't looking to be in a relationship. Now, if you have a relationship guide that discusses the do's and don'ts of dating - you'll have the upper hand.



The Basics

Obviously, you don't want to meet your date wearing large suspenders, dirty boots, and oil stains on your face. Your excuse might as well had been "Oh, I decided to roll in the mud before I saw you". By dressing well for your date, they will have a better judgment of you. Believe it or not but everyone judges someone, usually within the first few seconds of meeting. Anything that seems slightly out of place is easy for a person to pick up. For example, if you meet someone and you recently took off your class ring, they might think you are married. This is because they see the crease where the ring was. Even the smallest things can set them off and make someone think negatively of you.

This is why we've created a list on what to do and what not to do in the world of dating. Even subtle, innocent moves can indicate what a person is all about. Think of your date as someone who is intuitive, smart, and caring. If they have these qualities like the majority of people have - they will pick up signs that talk a lot about your habits and how you act around others. If you have a few bad habits that you want to conceal, we'll teach you how to work around them and highlight a few of your positive traits instead. You want your date to be impressed and think highly of you. If she or he is impressed, they will most likely mimic your actions, giving you the best possible date you could have. Just think of it this way - what would you do if your date never respected you during the time you spent with them? For

example, they would put their feet up on the table when eating, interrupt you all the time, and never let you talk. Everything would be about themselves instead. Clearly, you can see you are dealing with someone who is self absorbed and this is a huge sign they aren't interested in you as a person.

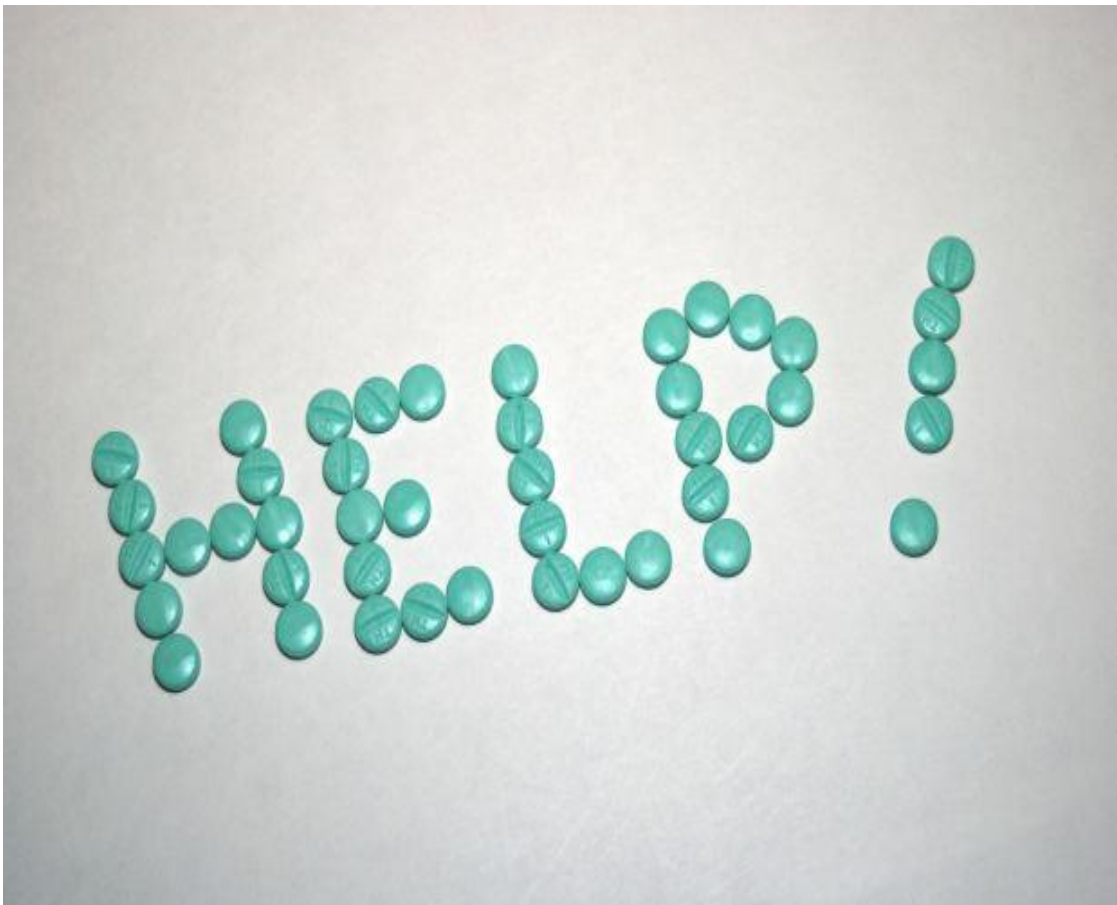


Chapter 2:

Do- Plan The Date Beforehand

Synopsis

Planning a date is relatively easy to do, if you've been in the dating game for a while. However, for someone who hasn't been on a date in a long time - they might not even know where to start. This is where we come in to help you.



Where To Start

In order to plan a date, you need to make sure your date knows the right time and place to meet you. Are you coming to their place or are they picking you up? Are the two of you just going to meet at the restaurant instead? As you can see, there are a lot of things to consider when planning for a date. The most important is being clear on the time and dates. You don't want to accidentally stand someone up and keep them waiting!

Find The Place

Finding a place you both can enjoy is fairly easy to do. Just be sure not to pick a movie theater to go to. If you don't know the person well enough, you certainly won't get to know them by sitting through a 2 hour movie without speaking to one another. Choose a place that is quiet, where the two of you can have a conversation. Refrain from going to your place or their place as this invites early intimacy which is not what we are trying to do. The goal of finding a place is to learn more about the person through means of talking, laughter, and enjoying each other's company. The best places for this are restaurants, the beach, market places, event boutiques, or even the mall. Ask the person where they like hanging out the most and you can decide from there on where you want to go. It is important to put their needs ahead of yours so this way they can be comfortable on the date. A safe setting will help them relax and share their personality with you.

Choosing The Appropriate Attire

Finding something that fits you and compliments your body at the same time will help you gain some positive attention from your date. Remember, you don't want to dress too provocative. If you are not sure what outfit you are going to wear, first look at the event you will be attending. Two of you going on a casual 3rd date that includes a hiking trip and horseback riding. For this type of date, you want to wear a comfortable pair of boots or tennis shoes. Go for an elegant, plaid shirt and a pair of jeans that aren't too tight. For a restaurant setting at night, you can wear a silk shirt with a tie and black dress pants. The ladies may want to opt for the usual cocktail dress which ends just at the knees but isn't any shorter than that.

Practice Makes Perfect

Before you go out on your date, practice smiling. You want to give your date a warm smile as this will make them feel welcoming and at ease. You'd be surprised at what a single facial expression can do. Also, be sure to practice your table manners. Never eat with your hands if you are at a fancy restaurant. Make sure you always use the proper utensils when eating. Don't bring gum and chew it or blow bubbles. These are just a few things that people do which can aggravate their date, or may even seem tacky. Also, decide on how you are going to greet your date? Some people shake hands, hug, or

give a light kiss on the cheek. Remember - only on the cheek! These are general ways people greet one another in every-day life.



Chapter 3:

Do- Pay Attention To Body Language

Synopsis

Body language is a huge key in determining if the opposite gender likes you or is remotely interested in a relationship. The way they move around you shows if they want to be with you. It is important to focus on them during a date, in order to see how they respond to some of your actions or words. Something as simple as rubbing you on the back can show what their intentions are



Watch Their Actions

Different positions can indicate a different intention but this is not always true. There are some people who don't even realize they do this in an intentional manner, so it's important not to become obsessed with their every movement. Just be sure to make light observations and take it from there. By doing this, you will know what to expect from the relationship and you can see if it is going in the direction you'd like it to.

Our body language reflects everything about us and also shows our plans for the future. If you are with a man who constantly tries to catch your eyes and hold your hand when you seem nervous, what do you think of him? Generally, a woman would know that this particular man is interested in her and is trying to make her feel comfortable, without being intruding. By his actions, he seems completely charming and sensitive towards her. On the other hand, a man who constantly pushes a woman in the wrong direction and laughs at his own sexual innuendos might only be looking for a good time. Women are quick to pick this up but if some don't know what body language to look out for, they are in trouble!

Body language is extremely important if you are trying to find out if the other person really does want to be with you. How often do they look at you? If your date always seems to look at you and then when you turn your head toward them during the act, they will look away - this is what we call "shy attraction". It doesn't mean the person isn't

interested in looking back at you but they are just too shy to hold eye contact. Some females and males develop this habit, having been this way throughout their whole life.

How do they touch you? A lingering and strong hand might indicate sexual attraction. If they tend to kiss you on the forehead or cheek only, this is a sign they want to be with you but are afraid to take it to the next step. Be aware of those who seem to confidant. The ones who are like this usually do not care if the relationship blossoms or not. They have others around them they can rely on and they are just sampling you to see if you are even worth their time. You can tell if they are doing this just by seeing how they touch you. Don't let your guard down for these types of dates.



Chapter 4:

Do – Keep The Conversation Light

Synopsis

Heavy conversation can be fun but if it is a first date, you want to keep it light. The reason why is because you don't know what they are interested in talking about and also you have no idea what they have been going through in their life.



Keep It Simple

If you start talking about politics and they are someone who never follows politics - they may become quiet or extremely cold. This is because they just don't know what to say since they don't follow the news in politics. Another situation could be that your date just recently got out of the hospital for a prostate exam. As a nurse, you tend to love making jokes outside of your work so decided to tell him a prostate joke. He might chuckle on the inside, but after you tell him that joke - the odds of another date are slim to nothing. Instead of talking about politics, religion, health issues, or family - go for general topics.

Any topic that could spark anger, depression, or boredom should be avoided. It is okay to talk about your job and tell them some of the things you do at work. However - don't talk about anything more than that. Don't speak about the hot guy that sits next to you at work or talk about other people's problems at work. If you want to know more about his family, you can always ask but we suggest leaving this discussion open for a second or third date. It may become uncomfortable if your date is currently not in touch with his family due to a dispute or someone in his family has recently died. Instead - ask him what he likes to do and where he hangs out with friends. This is a general question that anyone can answer and will allow you to open up about some of the things you do too.

Religion is never a topic that should be discussed. In fact, some marriages have different religion. The wife may be Christian while the husband is Muslim. Religion is generally a taboo subject, since everyone has their own spiritual believes. There are some that don't believe in God and will only focus on life's scientific factors. Others will fully believe in spirits that guide us along the way. Some people who end up talking about religion on a first date will often get caught up in a heated debate or discussion. This is why we don't recommend it.



Chapter 5:

Do- Be Interesting

Synopsis

Being interesting doesn't mean you need to go to the far corner of the room and stand in your head, doing cartwheels. To be interesting means to be yourself. Act the way you act when you are alone. It is fun to show your playful side, joke about certain topics, and share stories about your life. Don't stay serious or too bottled up - otherwise your date may find you "not very interesting" and will move on to the next date. Here are a few tips on how to stay interesting throughout the date.



Grab Their Attention

Here are some tips that can help you to catch their attention:

Sharing Stories

You don't have to talk a lot or be a walking news stand in order for your date to dig you. When the two of you are talking and you are reminded of an event that happened in your life, share your story! People love listening to stories because they generally feel more comfortable if they are not the one talking. This will allow you to open up to them and they will feel the same way toward you. Your date might even share something they have been through.

Ask Your Date Questions

If your date seems uncomfortable or unsure of themselves, they need an extra push of confidence. Why not ask your date questions? This is a trick to open someone to conversation and allow them to tell us more about themselves. Some people are naturally shy or quiet but this doesn't mean they are boring. You just need to give them a push in the right direction and start inquiring about their life. If there are things you want to know about them, then go for it and ask!

Give Them More Information

Tell your date details about you that no one knows. You can make a light joke of it. Just don't tell them any bad habits of yours or this may be a huge turn off. If the date is going well, you probably want to hold off on giving them any more information. However, if you think things are great so far - don't be shy to let them through the door. By learning new things about you each time both of you meet, they will feel more comfortable and feel like they have known you for a few years.



Chapter 6:

Don't- Talk About Your Ex

Synopsis

Everyone knows that talking about your ex on a date isn't classy at all. Most ex talk is generally negative and by talking about it, you'll look like someone who doesn't care about other people's feelings. On top of that, it will seem like you have no respect for other people.



Focus On Your Date

Imagine what the other guy is thinking when you call your ex a dirty word? Of course, he automatically assumes that once you enter a relationship with him and breakup - everyone will hear the news. He assumes this because of what you are doing right now which is talking about it. By talking constantly about the bad habits of your ex and how he treated you, it will just make you look worse. Your date won't have any sympathy for you since you are putting down someone they don't know in the process of this.

Talking about your ex should be a sensitive subject if you are someone who values relationships. If she/he hurt you in the past, it is best to leave it behind you and stop bringing it up. They say that people who still talk of their ex are not really over them. Most of the time, this is true. If your ex recently left you for another man, you may feel incredibly angry and can't seem to stop talking about her. If you are facing this situation, it is best to get counseling first. Talk to a professional before you go on a date or this could ruin any potential relationship.

Everyone needs to heal before they move into a relationship or even begin to consider the game of dating again. Someone who hasn't truly been healed will still bring up things of the past, such as their ex. The other person you are seeing will notice this right away and they will wonder what would happen if you ex

suddenly shows up. Will she/he drop me for their ex instead? This is a common question asked by many daters and if you need to ask this, it is best to step out of the relationship. You want your date or significant other to have plenty of time for healing. This way they'll get a good grip on life and come to like who they really are, instead of complaining about someone else.



Chapter 7:

Don't- Drink Too Much

Synopsis

The worst thing you could ever do on a date is drink too much. Sure, even though you are going to a fancy restaurant doesn't mean you should go all out. Getting one small tequila would be fine but if you opt for anything over that limit, there is a good chance there will not be a second date



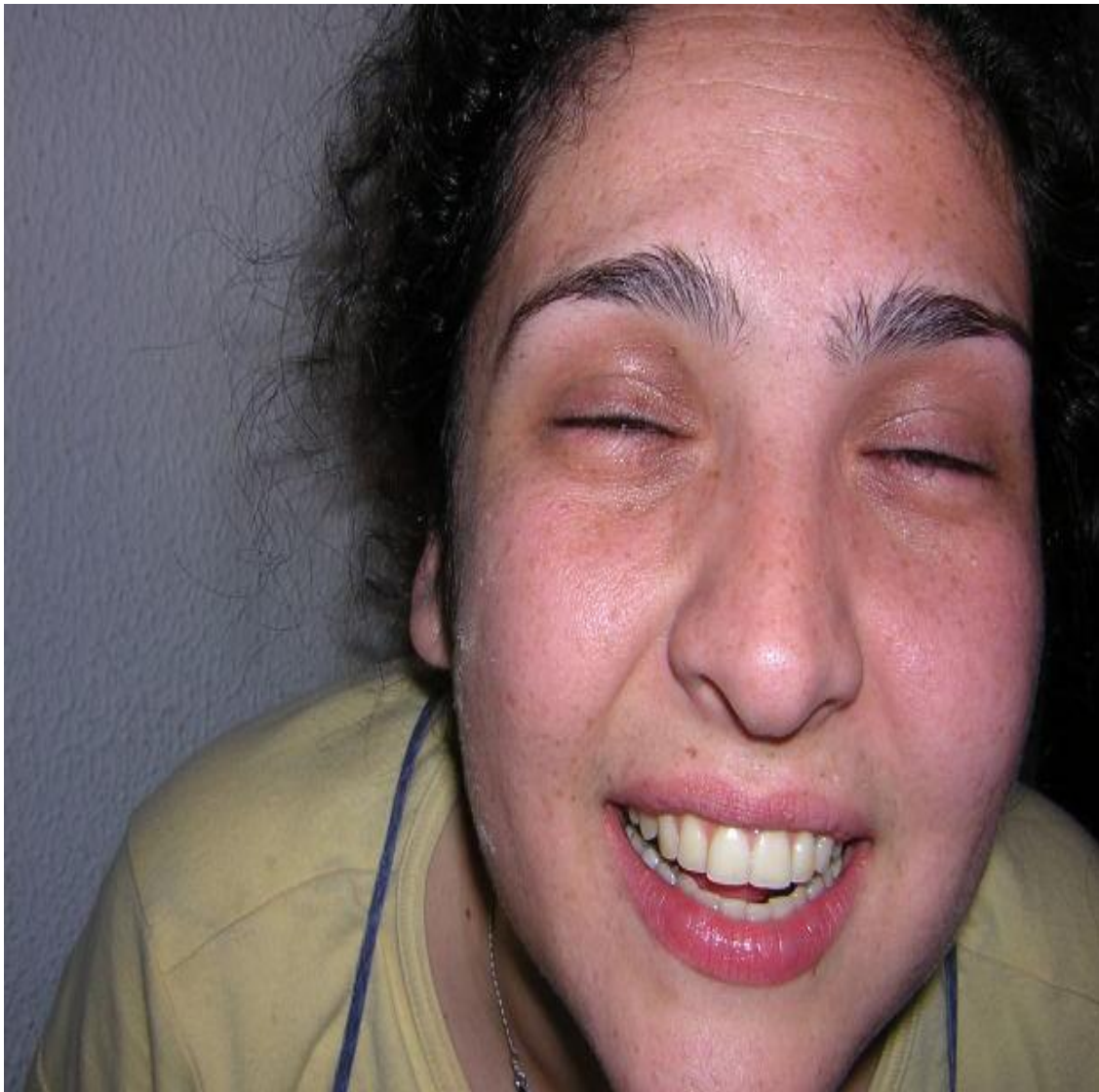
Have Control

. Even though it seems like you are having more fun when drinking, the consequences are higher. For example, if you are with your date and begin making fun of them - it may be hilarious to you but to them, it's not so funny. You might be so intoxicated that you won't remember the next morning.

Another problem with drinking too much is that it may impair your thinking process and while you might feel "in the mood" for a little intimacy, it might just go too far. Of course, we never recommend any type of intimacy on a first date. This should be followed out of respect for the other person and also for yourself. Treat your body like a temple. Don't let anyone take advantage of you. This can happen often when drinking. Some women and men will try to say "no" to intimacy while drinking and quite often, the other person misinterprets them because their actions show otherwise.

Drinking might often result in severe cases such as vomiting and not being able to walk. Don't embarrass your date by doing this. If the poor guy is trying to be a gentleman by walking you to the taxi, and still goes on a second date with you, show that you appreciate him. Also, it is important to make an apology. If you end up drinking a few beers or wine coolers, it's possible to get sick and lose function of your body. You don't want to throw up on or next to your date. This is completely embarrassing for the both of you and may end up as an awkward moment later. If the two laugh about it months after it

happened - at least you have some funny memories to look at. Most of the time, this doesn't happen though. If you are a guy and drank way too many beers, your date is probably not going to be upset with you. However, if you accidentally knock a soda into her lap on the new fur jacket - she will be livid. Some women might not yell about this but they will be cold about your actions later. Expect to receive no response to another date in the case of drinking too much.



Chapter 8:

Don't- Try To Make Unwanted Physical Advances

Synopsis

Making unwanted physical advances during a date can be uncomfortable or welcoming, depending on the type of person you are dating. Some people do not believe in intimacy before a relationship and if you are dealing with a date who is like this, it is a good idea to lay off on physical advances. We are not saying that you can't do anything physical at all. What we mean by this is that if you make a physical advance and they try to avoid it, then do not take it any further



Know The Signs

You do not want to upset your date or make them feel timid toward you. Most of you might be thinking this only entails guys, right? This is wrong. Women are as guilty as men are when it comes to making physical advances. When I first met my husband, we were just friends and I'd often make unwanted physical advances on him. I didn't understand why he would push me away. Most guys weren't like this but there are guys out there who are very different. Not until a few months after being his steady girlfriend did I find out he was a virgin. Keep in mind, he was a virgin all the way until age 25. As you can see, some men and women will wait to be with the right person. Others have high moral values and even though they've slept with other people, they are ready to take it slow.

Another reason why making unwanted sexual advances might not be such a good idea is because you might give off the wrong vibe. You don't want your date to think you are perverted or a sleeze bag. If you are an honest guy who truly likes the girl you are going out with and also want some physical attention, it's not wrong to ask for it. There is a right way to let her know this. When seeking physical attention, it is important to do it in a smooth and casual manner. Let her know she is absolutely beautiful and it's been such a long time you've been around a woman. Never say anything like how long it's been since you slept with them. In a female's mind,

this can set an alarm off that you only want to go to bed with them. They will move out of the relationship as quickly as they came in.

If your date is afraid to give you physical attention, even after the 10th date - they may have issues with intimacy. Talk to them about it and try to make them feel comfortable. By discussing these issues, the two of you will come closer to one another. Besides, after spending this much time together, you should always make an effort.



Chapter 9:

Don't- Be Afraid To End The Date Early

Synopsis

Quite often, people will do whatever they can to end the date early. This can be one of the biggest mistakes if you aren't interested in the person. Let's say you've been talking to this lady online for 7 months and you are both finally ready to meet. You experience something that is truly scary. She doesn't look anything like her pictures. This indicates she's been lying to you the whole time. If she lied to you about something as small as pictures - what else could she be hiding?



When To Leave

Obviously, you don't want to make a scene in the restaurant by arguing about it. Getting up and walking out is just plain rude to do, even if the person did lie to you about something. There are times when you are allowed to do this though, so do not be afraid to end the date early. Measure your date's lack of respect for you, their temper, and actions in the beginning of the date. Here are a few reasons you might want to end a date early:

Phone Addiction

A date who is constantly looking at their phone is not someone who is interested in you. If the text or call is that important, they may be seeing someone else they've been wanting to go back out with for awhile. If they are truly interested in you, they will either turn their phone off or put it away. However, if they need to take an important business call and politely excuse themselves - this would be fine. Sometimes we need to take calls so be sure to have a little empathy. If your date looks at their phone all the time and texts constantly, just let them know you are going home early. There is no need to tell them why you are going home - just let them know you are feeling ill. If they try to contact you later and ask, let them know the truth. You don't want them to cause a scene.

Never Letting You Talk

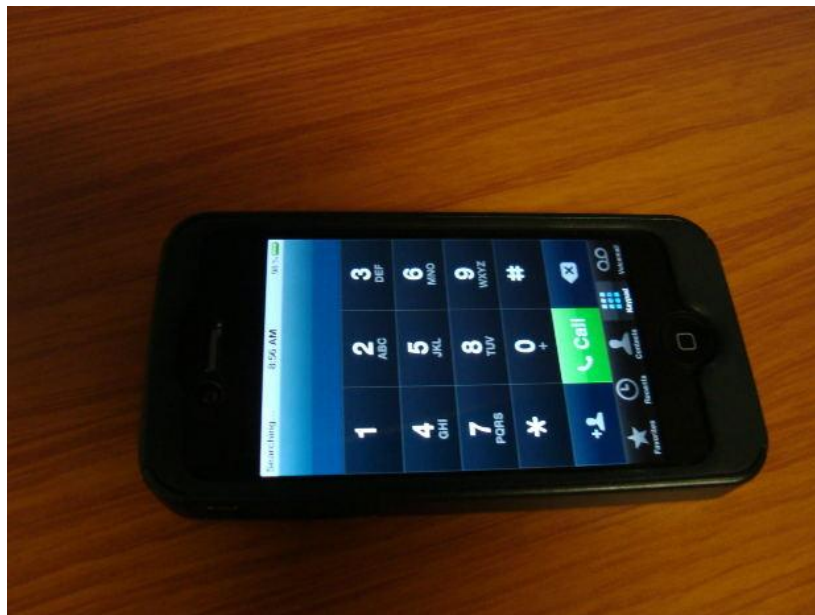
From time to time, you'll bump into those men or woman who never let you talk. They are so absorbed in themselves, that they don't care what the other person has to say. They might not even think it matters. There is a difference between extremely talkative people and those who don't let you put a word in. The people who are just talkative will also ask questions about yourself and they know how to listen too. If you see that they don't interrupt you when you are talking, you know you are in good hands. Otherwise, if they don't let you talk - it's a good idea to end the date abruptly.

Getting Strong Vibes

Are you getting a strong vibe that the person you are seeing may be married? Maybe they got a phone call with the caller I.D saying "Husband". Or you have a bad feeling that the guy you are seeing could be the next serial-killer. You see him come into the restaurant, wearing dirty clothes and just know he didn't take the time to prepare for the date. Avoid men like this because most likely he doesn't care enough to impress you with his wardrobe choice. Any type of vibe you have should be given attention. Being intuitive and aware of your surroundings is important so don't be guilty to end the date early if you are not comfortable.

Now that we have discussed the three examples of ending a date, let's discuss the right and wrong way how to do it. First of all, you should never scream, cry, or show a huge emotion when ending the date. You don't know how that person may react and if you are showing so much emotion, this will make the person uncomfortable. The departure won't be smooth either because of this.

If you are dating someone and need to leave quickly, let them know you have to go to the hospital to see a family member. An excuse is better than telling the truth. However, there are some people who will feel hurt and want to know what's wrong once they've figured out what you said isn't true. Make sure you tell them so that this way they can be more prepared for their next date. Some may be upset with you while others will be grateful that you told them and can even give them a better dating experience.

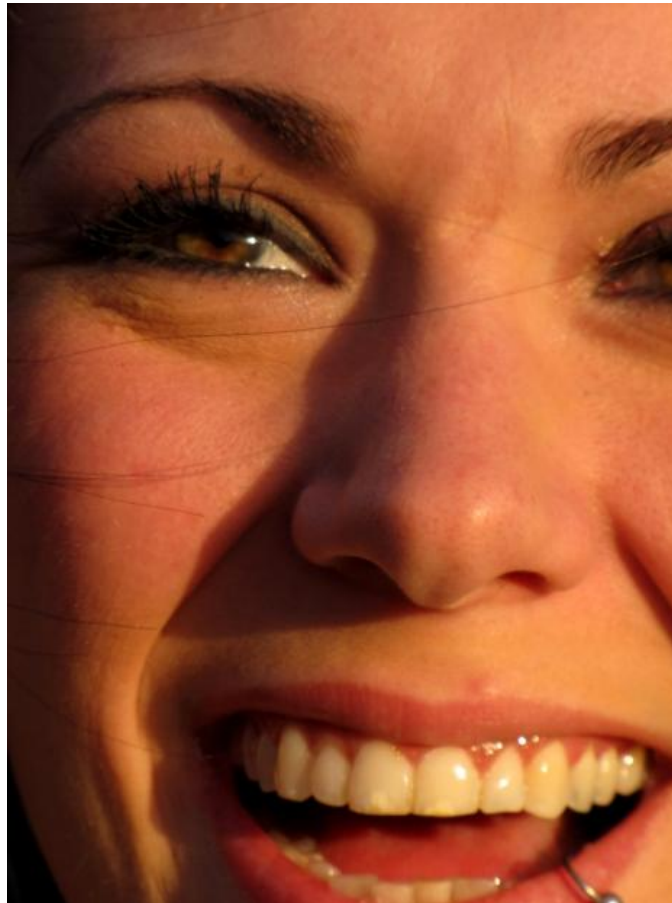


Chapter 10:

The Benefits Of A Great Date

Synopsis

There are many benefits of a great date. By dating others, you'll be able to expand your social circle, developing new relationships. If you believe your date is not compatible with you, the two of you can always be friends. This is one benefit of dating and by doing this, you will become a much happier person.



Have Fun Be Happy

Let's discuss some of the benefits of a great date:

Enjoy Time

Are you often cooped up in the house after work, slumped next to your TV? If so, you may want to explore the benefits of dating. By dating someone or other people, you can better enjoy your time. Being alone can be rewarding but we are often at our best when someone accompanies us in our daily activities. This could be going out to nice restaurant, hiking, skiing, or just sitting back with a cup of coffee. Share your time with someone else and you'll be able to enjoy life more.

Laugh More

People who stick to dating will smile and laugh more often. This is because the opposite sex often tends to try to impress us, get our attention, and make us comfortable. Why? They are merely trying to capture your heart and with all of this warm attention, we are able to laugh more. It doesn't matter if they said a cheesy joke or something that wasn't very funny in the first place. What matters is how you feel inside when they are around you. By placing yourself in a circle of positive people, you'll be able to laugh more.

Make Friends

You are never too old to make friends. Someone who doesn't have friends can become depressed easily since there is no one there to cheer them up. This is especially true for people who have lost their family members or have moved away from them. It's perfectly okay to become friends with the opposite sex after dating. They might have changed their mind about being with you or maybe their ex girlfriend has come back into their lives. If so, it is important that you give them some space before rekindling. Let them know that you know they are taken and aren't looking to break apart any relationship. All you want is a friendship to develop.

Communicate

With dating, you will effectively learn how to communicate with others. This skill will always stay with you and the more you are around friends or dates, the better your relationships will become. Also, once you meet a new person at work or through dating - the greeting process will be simply for you. By this time, you'll gain enough confidence and won't have to practice communication again. Remember that in order to achieve effective communication skills, you'll have to go on many dates. It is better to go with a few different people to see how you like and you can also begin to study the different personalities each person has.

Wrapping Up

Dating can be a way of making yourself much happier. The trick is finding someone who you are compatible with. Not all dates will be pleasant experiences, but if you go on enough dates you are sure to find the person who is meant for you. No one wants to be alone in this world, we all crave affection. Use the above tips to find the person who is meant to make you happy and put a smile on your face.

