

First Date Success Guide

Online Dating Expert Help for Guys: 3 Tips Before the Date Tonight to Have a Great First Date When You Met Her at a Singles Website

Guys, there is so much pressure on you when you meet a girl for the first time who you met at one of the internet's hot singles dating sites. You've already invested a lot of time in searching profiles, messaging, getting her phone number, and asking her out. What do modern single women expect from men on a first date. Here's some helpful guidelines you can follow to take your date from ho-hum to great. Read on to discover what you can do.

First things first, check in with her the day of your first date to say hello.

During the day the two of you agreed to meet for your first date, take moment and either phone her or send her a short anticipatory message letting her know you are looking forward to meeting her this evening. When you phone her or send her a brief message during the day you demonstrate your social poise and consideration. She knows you remember you have the date planned for tonight. You display that you didn't flake out and forget that you have a date. Additionally, you subtly communicate to her that you're confident and will be there for the date tonight. You're not going to be one of those goofy no-show guys.

Second, race home after work and spiff up a bit before the first meeting date. Guys, I can tell you right now, the ladies already do this. It's part of our being female. We head home after work and made a point to freshen our personal grooming, touch up our make up, and likely changed into something a bit more romantic than our office work garb. She probably put on a skirt or dress and is looking fabulous. If you have the time, take a quick shower and take care of that "5 o'clock shadow." Do add a single splash of your best aftershave. Change your shirt, run a comb through your hair, and do a quick cleaning of your finger nails. Did you know that one of the first things women notice in person with men is their finger nails? You can quickly and powerfully impact her impression of you by cleaning your nails.

Third, get to your first date venue a little bit early. Sure, we are all facing the evening commute traffic. By aiming to arrive early, if there is an accident on the freeway, you've already allowed for it with your advanced planning. If there is extra traffic tonight, by aiming to arrive a bit earlier than your date time, you'll still be there on time. Women want to see that the man is already there when they arrive and go up to the hostess station. You can either already be seated and waiting for her. Alternatively, put her at greater social ease by waiting for her at the station. They you'll be able to greet her standing up. Approach her with a smile and your hand out out to shake her hand and be open to giving her a hug if she is comfortable with that. Let the lady determine how much physical contact she wants with you in those first moments of meeting.

By following these three great first date tips for meeting that special woman who you met online at the internet dating sites, you'll demonstrate you're a great guy and put her at ease. You'll impress her favorably and significantly increase your chances for a second date!

Online Dating Tips for Guys: Where NOT to Meet for a First Date

You're doing great. You posted a great internet dating profile at one of the online singles websites. Good for you. You made sure to get some great dating profile photographs from a professional. You successfully navigated the email exchange and asked one of the cute girls out on a First Date. She said yes! Now where are the two of you going to meet for your First Date? You don't want to blow all the time, energy, and effort you've already invested to connect with this girl by jeopardizing everything by meeting at a dreadful First Date venue that turns her off. Be careful selecting where you will meet single women for First Dates. What do you need to avoid when selecting the First Date location to meet single women from internet dating sites? Read on to discover what NOT to do and where NOT to go for that all important First Date.

In the early cyber-dating days of computer dating in the 1990s, quite often couples were meeting for the first time on what really was a blind date. The internet matchmaking sites were fixing singles up. However, in the early days of online dating, the sites didn't have the feature to upload, share, and display profile photos. So singles were taking a bit of a chance that there would be absolutely no attraction once the two of them met and saw each other.

When those first dates were blind dates, singles didn't want to commit themselves to a date that was costly or formal. The habit that was formed from the early days of internet dating was for couples to meet "somewhere easy and comfortable." By making the commitment to meet seem more low key, they were hoping to increase the likelihood of actually getting to meet each other.

But that was then and this is now.

Now singles using online dating sites are more sophisticated. Everyone is using smart phones and stylish technology. They want to meet at a venue that reflects their modern contemporary style, also.

If that is the case, where does that leave you? What characteristics and attributes must you avoid when meeting modern singles for the first date?

The restaurant should not have plastic boothies. Sitting in plastic boothies is fine for when you and your date are out with your friends getting a late night bite to eat after Prom Night. However, it sets a much too strongly casual a tone for a first date between sophisticated modern singles.

Of course, if you live a rural section of the country, and plastic boothies is the only option available to you for a first date, that is fine. You work with what you have.

You also want to avoid meeting at the local dive restaurant. These places can sometimes serve the best barbeque ribs in town. But that does not meet the sophisticated note you are trying to strike for your first date. Save the cool local dive restaurant for when the two of you are much better acquainted and have moved into the second phase of dating when you really getting to know each other.

By knowing to avoid restaurants with plastic booths and to refrain from going to the local dive on a first date, you can now focus on the right places to go with your date to make it a great date. And when you make the first date a great date, you set yourself up for dating success leading to more second dates!

Dating Advice and Tips: After 40 Dating Singles' Top 10 Online Dating Blunders

After 40 Dating Blunder #1. Gossip About Your Dates on Your Facebook Page or Tweetstream

Stop laughing. I know, you've warned your college age kids and teens not to post when they've had a few beers and not to swear and display their rich vocabulary of cuss words. And then you return from a date where she never laughed at any of your jokes or stories and where he took you to a sports game you loath. And you just added it to your tweetstream or griped about it at your facebook page.

Well guess what? The same rules of "*Your Tweetstream Is Forever*" hold for you as they do for your kids. The Library of Congress is recording Twitter. Everything you say there and at Facebook could become viewable by your dates or your prospective dates. Yes, you want it to reflect you and your sense of humor, so a little bite is ok. But in the hours before and just after a date, step away from the computer and put down your smart phone so you protect yourself from you own impulsiveness to make a snarky remark to all the world. Staying away from the temptation just protects you.

After 40 Dating Blunder #2. Complain and Criticize Your Date's Lack of Perfection in Social Networking

I am not kidding. People actually do this, both men and women in the Social Networking sites of *Facebook*, *Twitter*, and *MySpace*. The single women when they are being high maintenance about what they want their dates to have learned about them in terms of what flowers she likes and to what events she wants to attend when she has never practiced communicating that in a cute, fun, flirtatious and feminine manner with *Body Flirting*. And the single men who are in the freshly post-divorce bitter stage who complain about how "all" their peers don't take care of themselves. Just means you are in the wrong haunts and your heart still hurts.

After 40 Dating Blunder #3. Do you really want a lot more of the same kind of singles you are already dating

Are you guilty of advertising at the online dating sites for the same sort of attributes and person that you dated and married in your 20s and 30s? Do you find your description of the type of person and the relationship you're looking for is kinda generic? Does it remind you of the relationship you were just in, like your former marriage? Many of the over 40 year old singles have been married before. Some are single again as a result of being widowed like myself or from divorce. And while your former relationship may have had all the earmarks of the sort of relationship you enjoy, is that really the same kind you want to start now?

Or perhaps, are you thinking of downsizing your dwelling? Are you finished with having children and are now wrapping up their high school years? Please think about what sort of relationship you want now. Think about, imagine, and do some writing about what you crave on

a daily, weekly, monthly and periodic basis in a relationship now. No longer are you looking for a good mother or father for your children. Now you're looking for an attractive and interesting life partner and companion for YOU!

After 40 Dating Blunder #4. Subscribe for 12 months

You didn't subscribe to the exact same internet dating site for a 12-month subscription did you, thinking you'd save on the average monthly price, did you? Single women ask me online, "*When they see I'm still single 9 months later, they don't think I'm stale bread, do they?*" (or words to that effect) Well, yes, dear, they do. When they see that your profile and your photos are all still 100% the same as they have been month after month after month, part of their brain is starting to wonder, "*What's wrong with her/him that they haven't gotten into a relationship during all this time?*"

You should at least have had a few starter relationships which got past 6 dates and you two considered a relationship enough that you took your profile down, right? And should that have not been a life-partner match for you, well, when you put your profile back up, you changed things around like your *Front Main Profile Photo*, yes?

Over 40 year old singles are often both quite sophisticated and better versed in knowing what they want and what they don't want in a relationship. You have to keep your *Online Dating Profile* interesting and engaging. One part of that fascination which you are striving to create with your internet dating profile is a touch of mystery and intrigue. You want to create just enough intrigue that they find you alluring and attractive enough to make sure they get to a first date with you to meet you.

After 40 Dating Blunder #5. Post Your Dating Profile Only at the Giant Dating Sites

The big name internet dating sites are simply marvelous. They have literally multi-millions of members and can cite a number of marriages and engagements of single men and single women who have met at their sites. However, when there are so many millions of other singles, what happens is your *Prospective Date* can get into what the Social Psychologists have demonstrated is *Choice Overwhelm*. When we experience *Choice Overwhelm* of having many many choices, rather than making more selections, we actually choose fewer times. On a consumer level, we make fewer purchases. On the singles scene, that means we meet fewer people and go on fewer dates.

What can you do instead? Yes, absolutely do post a great dating profile on the super large online dating sites. However, about 8 weeks later, I recommend you also post a dating profile or two on some *niche dating sites*.

- Faith Based
- Shared Interest Based
- Interracial
- Ethnic Group Based

- Geographically Local Based
- College/University Based
- Other

After 40 Dating Blunder #6. Keep your photos the same for 12 months

Closely aligned with the problem of subscribing for 12 consecutive months is the risk of keeping your main profile photo as well as secondary supporting photo albums the same. For goodness sakes, you're not the exact same person you were 12 months ago, right? Additionally, since the After 40 Dating Singles are so sophisticated, they are looking for a life partner companion who both already has an interesting life and who will partner well with them and add to their lives to make it more enjoyable and interesting. Let your secondary photos demonstrate you participating in interesting and engaging activities. Over the course of 12 months, you should have collected several new great flattering photos of you at different and interesting distinct restaurants, hiking locations, sailing experiences, travel destinations, a variety of sporting events, as well as citing some of that in the text description in your profile. You have to keep your profile up-to-date and interesting to catch the eye and interest of the After 40 Single and their sophisticated expectations.

After 40 Dating Blunder #7. Have hyper specific criteria to get to the first date

Some of the *After 40 Singles* are still trying to protect their hearts in one way or another by keeping anyone less than "Perfect" away from them at arm's length distance. Real relationships are between real people who deal with the real relationship issues of daily life – *The Dishwasher and The Bathroom*. Married couples laugh at that description of mine, because it's true. So much of the daily life grind of marriage boils down to *The Dishwasher and The Bathroom*. And yet you find yourself grilling your perspective date in emails about their doctrinal party platform beliefs before you'll meet them for *DrinksNApps* at the local Wine Bar? Those topics really can make for fun conversations, but typically they are better suited not as a pre-screening device but for the conversational dates after the first month of courtship between singles.

After 40 Dating Blunder #8. Don't heal your heart or reflect on your part in past relationships

If you are an After 40 Dating single, whether you are divorced or widowed and are now Dating Again After.... Or you are Single Never Married, by now, you have in all likelihood been in at least a few Relationships. You have broken some hearts. And you're heart has been broken or wounded on some level as well. Before you can fully attract a new love which will be really and truly healthy for you and life-enhancing, you will need to do some reflection time. Don't worry. I am not suggesting 5 years of therapy before you date again, lol! However, do invest a weekend or two of your time to reflect on the relationship. With it ending, what was your part? Anything you have learned to do better and do differently? Not about going back and FIXING it now, but, are there things and behaviors you'd change now, going forward into a new relationship? Whether you go say this directly or not, any apologies to make? Anything to release on the resentments side which is also known as forgiveness? When you give yourself those gifts of

reflection and heart healing time, you bless yourself and you increase your ability to attract, find, and create new lasting love. Go ahead. You're worth it.

After 40 Dating Blunder #9. Expect Massive Results in 6 Weeks

Just because the online dating sites television ads and some of the written testimonials at their dating sites tell the romantic tales of the singles who found each other over the FREE WEEKEND Trial or in the first month of dating, don't set yourself up for jeopardizing success by expecting massive results ASAP. To attract, find, and create lasting love can take a few months – typically 24-36 months. When you make a concerted effort giving it a top priority in your life followed through with massive implementation of strategy and action steps, you can attract, find, and create lasting love in 24 months, definitely within 36 months. It takes at least 12 months of knowing someone and seeing each other in the different seasons and cycle of at least 1 year before you know you two have covered enough ground and built your Marriage Foundation. Love in 6 Weeks? With yourself, yes? With someone else? 6 weeks is only infatuation. Real Love that lasts take time and is well-worth it. So are you.

After 40 Dating Blunder #10. Feel Like a Dating Failure Should That Not Happen

Did your best friend get engaged from online dating in the first few months of internet dating? Are you comparing yourself to them? You are unique. You are not the same person. Your needs, desires, and gifts in a relationship are different. When you compare yourself to the folks who met and wed in a matter of weeks of being matched, you jeopardize setting yourself up to feel like a dating failure if the EXACT same thing doesn't happen to you.

What to do instead? Identify what it is that YOU want in a relationship. Go on quite a lot of dates to test that out and fine tune your WHAT I WANT story and scenario. Keep dating now for that fine-tuned relationship. Give yourself time to attract that while you continue to develop your having and enjoying a marvelous life. Before you know it, you will be magnetically attracting lasting love that fits YOU. And isn't that worth the investment of your precious time, money, and life? You betcha!

Happy Dating and Relationships,

April Braswell

Top Ten Blunders for How to Ruin a First Date for Women from a Dating Expert

Ladies, you connected with this attractive man online. He pinged you first. You checked out his profile and read his email. You two conversed and a little pre-glimmer of a spark flickered. Hmmm, “*I gotta meet him*” crossed your mind. And he asked you out. You’re feeling a little giddy getting ready for your first date to meet. Please, you’ve invested so much time, energy, and money, refrain from these massive blunders. I’m sure you’re not guilty of any of them. Well, maybe just a smidgeon. Avoid them and instead you can enjoy a great first date. Who knows? It might lead to a second and a third great date!

1. Refuse to Give Him Your Number

Yes, we women would all prefer it if the men would first ask us for our phone number while providing their’s to us. However, some men expect the woman to ask for his phone number. Or they are so used to email life and arranging the logistics for the first date meeting that it slipped their mind to ask you for your phone number. Some single women don’t want to give out even their cell phone number to a stranger online. This is the 21st century. If you are pursuing internet dating, a man is going to expect when he asks for your phone number, you will give it to him. If you don’t want to share that cell phone number, then purchase an inexpensive additional phone to use exclusively for your dating life. Being a tad hard to get is one thing. Being impossible to get a hold of is another.

2. Arrive Late

If you didn’t exchange phone numbers then when there was a pile up on the 580 or the Downtown LA interchange, how are you to communicate in advance that you’ll be late? People do understand that life happens and stuff happens. Aim to arrive a few minutes early and you will give yourself buffer time to find a parking space and settle those exhilarating little flair of nerves, and check your lipstick before strolling in on time. Arriving more than 5-10 minutes late is just plain rude. You wouldn’t want your date to do that to you, right? Well, he wants to be treated with respect and consideration, too.

3. Don’t Bother to Dress Up – It’s Just Coffee



Couple Sharing a Cup of Coffee

Some of the online dating sites in the first few years of the 21st century were encouraging singles, the single women in particular to just wear a pair of jeans and a t-shirt to feel comfortable on a first date.

And with still quite a number of single men asking you out for just a cup of coffee for the first meeting, you might be feeling, *“Hey, why bother to spiff up? It’s just a coffee date?”* Because you want to look your best and feel feminine for your sake and your self-confidence.

Sales studies show that we all feel more confident when we dress up and look our best. We feel more self-assured when we self-value. So go ahead, embrace it. Wear a cute dress or femmy skirt. Smile. Flirt. Have fun. You will feel fabulous and be your most magnetically attractive.

4. Criticize Him

When you find out what kind of car he drives, which just might be his baby or the first car he saved up for and feel proud of his financial budgeting that he owns, for goodness sake, don’t criticize it or ask in an aghast tone, *“A Toyota! How can you have bought that? Don’t you know they’re terrible right now?”* Don’t tell him the color of his sport shirt is passé. Don’t tell him he’s not ambitious enough with his career. Men crave admiration, acknowledgement, appreciation, and acceptance from women. Instead of criticizing him, find some about his manly self to admire. *“Wow, you’re so diligent and money wise to have saved up to purchase your car. You must be so proud. How long did that take you?”* He will think you are a rare gem who gets him.

5. Ask Him How Much He Earns

Yes, both single men and women cite in their internet dating profiles that they want a financially stable and secure person. However, actually asking him how much he earns on a first date is crass behavior because you two have only just met. Salary and income are highly personal topics best saved for later when you two are at a point where you are more specifically assessing entering into a relationship together. Modern men sometimes feel like single women are weighing the heft of their wallet. Of course you want a man who is both generous hearted and some means to share an enjoyable lifestyle with you. Instead of trying to be super efficient with your time to weed out the unqualified too soon, see where he takes you and where he suggests for next time.

6. Ask Him Why His Marriage/Last Relationship Failed

You might think no one would actually be so impertinent as to delve into both this highly personal and complex a question on a first date. Because the 60 minutes you two have reserved for your first meeting isn’t possibly enough time to connect, establish rapport, and then discuss relationship lessons on any meaningful kind of level. But single men tell me that many women from the online dating sites will ask them these such questions. It’s as if they are aiming to be efficient with their time. He’s waiting to see if he gets a thumbs up or thumbs down based on his response. What works instead? Get to know him. Become acquainted with him. Admire and affirm him. And you will find within a few dates, he will start to reveal something about those

past relationships. They you can appropriately and with warmth inquire, “*What happened? Didn’t she appreciate being with you?*” By doing this, you remove the frame of FAILURE from the picture and replace it with an opening for learning and creating trust and emotional safety.

7. Ask Him Why He Isn’t Already Married

Single men who are over 40 are getting lumped into this sort of “Rejects” category that the 1970s social study did to single women over 40. It feels like you’re asking him, “Hey buddy, what’s WRONG with you that you’re single and available?” It’s like we are all trying too hard to protect our hearts from potential heartbreak. Instead, take him at face value that now he is ready to consider a real relationship. If you two click, over the time of courtship, you will discover his own unique personal reasons for why he postponed marriage relationship seeking until now.

8. Bring Up Major Political or Religious Topics

Nothing like surfacing the most volatile social topics to test your date. Don’t assume just because they are an attractive and intelligent human being that you share the same opinion of the current or prior two Presidents and their policies. Even if you two are of the same faith or political party, there is much variety within it for massive disagreement. Your first date is way too soon to discuss these fire-starter topics. In many ways the range of differences do not impact your shared daily lives in marriage. Hold off on these topics until after the 4th date at least.

9. Complain About the Restaurant He Selected

You let him pick the restaurant after you got to pick the town where you two would meet. Even if your Cosmopolitan tastes unusual and your shared appetizer doesn’t arrive as described, don’t complain or criticize it. Trust me. Your date is probably already feeling terrible about it and is worried that you’re going to hold his restaurant selection against him. Instead, be a gracious date guest and find something to compliment about what he selected and in all likelihood is providing. (Many men pick up the tab for at least the first several dates.) “*Wow, the portions are so generous!*” or “*The service is so great here. Our server is so attentive!*” The restaurant could be having a bad night. Your flexibility and acceptance of what he is giving you lets him feel good about himself and save face as a man. Let him be the one to insist that this just isn’t good enough for you and for him and suggest going down the street.

10. Be a Super High Maintenance Princess Diva and Never Let the Words “Thank You” Emerge from Your Lips

Show up late, be inappropriately casually dressed for the context, criticize and complain. Bring out from your designer purse your *Suitor Qualifying Questionnaire* (OK, we all have a least a few criteria on this list, even if it is just all save in our head and not actually printed out!) and never thank him for your 2 drinks, the delicious appetizer, for meeting thoughtfully and protectively near where you live, for selecting such a wonderful restaurant, for opening the door for you, for standing for you when you left for and returned from the Ladies Room. Single men write to tell me of dreadful first dates where the woman never thanked him for anything. Maybe they were just young and not yet socially adept. Maybe they were just distracted with their jobs

that day. Ladies, if you are rusty at dating and just getting back into the swing of things, dating again after divorce, etc. at least practice sweetly smiling and thanking him 1. when he pays the tab and 2. at the end, "*For providing such a lovely evening.*" You'll get back in the gracious social habit of dishing out appreciation and gratitude often, increasing your social magnetism.

Happy Dating and Relationships,

April Braswell

Top Ten Blunders on How To Ruin a First Date for Guys from a Dating Expert

Top 10 Blunders 4 Guys for Ruining a First Date from a Dating Expert

Top Ten Blunders By Guy on How To Ruin a First Date from a Dating Expert

Top 10 Blunders By Guys for Ruining a First Date

Top 10 Ways for Guy How to Ruin a First Date...

This *Top Ten Dating Tips of First Date Blunders* is geared particularly for the *single guys*.



Singles Laughing Over Drinks

Guys, I want to have your back here and help you avoid some *massive mistakes with dating women* and *what single girls expect men to do on first dates*. Because when you have a great first date, those lead to great second dates and *getting a girlfriend*.

So here goes, drum roll please.....

Top Ten Blunders on How To Ruin a First Date for Guys from a Dating Expert

Single Guys First Date Blunders #1. Don't Have a Plan

There are two kinds of a *First Dates*.

First Date Scenario #1. You Have Met Already:

When you two have already met, perhaps at a *singles event*, a *mixer singles activity*, a *Yuppie Bar after work*, at a *Business Association Networking Event*, then you have already established

In Person Chemistry, The Ability to Carry On a Short Conversation, and The Mutual Desire to See Each Other Again. Those are really the three things to establish at a first meeting.

What Women Want: Single women are looking for a man who will pursue and lead... somewhat

Since you are already past that, *your first date* can be a bit longer and entail shared food and a shared activity. *Single women are looking for a man* who will pursue them somewhat and lead somewhat.

Yes, it's the 21st century and she may want some input, like a conversation about what she likes and enjoys. However, she does still want you to demonstrate some leadership ability. One way she is looking, expecting and really wanting you to lead is to **Have a Plan for Your Dates**.

"Hey, let's get together Thursday evening....," is how you invite a buddy to hang out with you. That is not a **Date**. She may have agreed, feeling you would make a plan and then email or phone her to present it to her. But don't think that she is going to doll up and just show up Thursday night with that kind of invitation.

If you don't have any ideas about where to go, ask her, *"What are your top 3 favorite kinds of restaurants?"* Many of us, when put on the spot, don't have just one we like.

Additionally, if you were to have asked her, *"What is your favorite type of restaurant?"* and you either do not like that kind of food or the one restaurant nearby that serves that is outside of your budget, then you're at a dead end. By asking for 3, you leave yourself room to maneuver.

OK, now time to go to *Yahoo, Yelp, and Zagat* for some feedback and ideas. Then when you either ask her out or phone to firm up the plans for the date you acquired, you will have a few options to present to her. Either, *"I want to take you N Restaurant. How do you feel about that?"* or *"I was thinking of taking you N Restaurant or M Restaurant. Which do you prefer?"* She knows you have checked the prices. Now she can safely have some input as a 21st century woman without inadvertently embarrassing you by picking some place which is outside of your price range.

First Date Scenario #2. You Have Not Yet Met Already:

With *Social Networking* sites like *Facebook, Twitter, Meetup, and Eons*, and *Internet Dating*, many *singles* are connecting with other *singles online*. You may feel like you two already know each other, however, until you actually meet face to face, you are acquainted strangers and you have not yet established the most important factor with online dating: ***In Person Chemistry***.

Since that is the case, you want your *first meeting* to be about 60 minutes and be in a sophisticated, mature setting which adults frequent. You don't need a major plan this evening. However, you do need to suggest or definitely agree upon a precise time and place. Leaving it open ended, thinking you have bookmarked her evening can lead to misunderstandings and hard feelings.

Single Guys First Date Blunders #2. Don't Get Her Phone Number

When you two have “met” via an online dating site, quite often as a guy, you can make all the arrangements for your first date meeting in emails at the dating site. You might never even ask for her phone number. This would be a mistake. What if something happens? I mean, stuff does happen. We all have lives. There might be an accident on the 101 or the 405. As a friend of mine says, “There is always an accident on the 405.” You’re delayed. She’s delayed. You aimed to be there early, but you’re going to be significantly late. Or which Hilton in the city to meet at was misunderstood. In some areas there can be multiples of the restaurant or classy hotel wine bar where you were planning to meet.

If you have her phone number, you can communicate and be considerate of her and her time. Consideration and communication are hallmarks of great relationships of all kinds. So, start practicing that *Life Success Habit* now by *asking for her phone number* in advance of the *First Date*. And, hey, because of course you’re a gentleman, go ahead and give her your phone number first so she feels safe and secure to give you hers in return.

Single Guys First Date Blunders #3. Show Up Late

Hey, things were busy at the office. The drive took longer than you’d expected. Way longer than you’d anticipated or planned. There was traffic. By the way, there’s always traffic. You took a wrong turn even with your Garmin or GPS App on your Smart Phone.

Now, a *feminine woman* is understanding. She knows stuff happens and that we are all a touch nervous on some level for the *first date meeting*. She will wait for you graciously, displaying her feminine acceptance, graciousness, and ladylike behavior.

Many single women will not wait more than 15 minutes if you’re running late.

First Date: The 15 Minute Rule

However, she has limits. Many single women will not wait more than 15 minutes for you without communication. And know that if your date was only for drinks and you are going to be significantly later than 30 minutes, she may bow out for the night unless you now offer to buy her dinner or something. And even then, very simply, she might refuse because that was not what the two of you agreed to for the First Date.

Single Guys First Date Blunders #4. Have Nothing to Say

Some introverted men are so mono-focused on their own interests and job that those are the only topics they could converse about. Additionally, many introverts, which some people, both men and women, label as “*Shy Guys*,” are having internal dialogues. Much of their processing goes on inside their heads. So they speak less than an extrovert who often processes and works through thoughts and opinions verbally.

That all said, additionally, *single guys* know that when they are in the presence of a *beautiful woman*, and trust me, your *single gal date* made an effort to gussy up and look her best, that they get into this sort of glazed over eyed mesmerized state. If she's beautiful and then she smiles at you, like deer in the headlights, the guys get transfixed and can freeze. Beautiful girls and beautiful women know this. We experience it all the time. We know if we smile and just give you a minute or two that you will snap out of it and be able to speak.

After those few minutes of *Beauty Trance*, have something to say. Ask her questions about herself. Talk about what is going well at work. Mention some challenges you're attacking in a manly fashion. Discuss some of your outdoor hobbies. Inquire which ones she enjoys and where she likes to pursue them. If you leave it all to her to carry on the conversation, even if she initially found you physically attractive, she will likely NOT want to see you again because you're making her do all the work of the date in person.

Single Guys First Date Blunders #5. Show Up Stoned

You might think this one is obvious, but sadly you'd be wrong. I cannot believe I even have to mention it, but I do. Now, if you two are meeting at a classy bar, and you have already enjoyed 1 drink while waiting for your date, because you're great and got there early, that's one thing. I'm talking stoned of the other kind. If you want her to refuse to even go out on this *first date* with you or turn on her heel when she meets you, show up with red eyes, stoned out of your mind. She will leave. Writing poetry letters of apology won't make it up to her. She requires a man treat her in a classy, mature, and considerate way.

Single Guys First Date Blunders #6. Don't Buy Her Cup of Coffee



Beautiful Single Girl Drinking Espresso Drink

While I am not a big fan of “*Let's Meet For a Cup of Coffee*” for the *first date meeting*, many still want that and folks giving advice who got married 20 years ago recommend it.

So that idea is out there. 10-15 years ago and when internet dating was in its *cyberdating infancy*, lots of *singles met at Coffee Shops*. They were ubiquitous for the **The First Date**. You would see singles coming into meet each other.

Not so much anymore because they are *now* the haunts of teenagers and married Soccer Moms. It feels like you're being chaperoned.

Still, if that's what you two arranged and agreed upon, for goodness sake, buy her her latte. Your cost for doing so is still likely to be less than \$5.00.

Trust me, she invested more than that in her looking as good as she does. But some *single guys* show that they *don't date much* when they *meet a woman for coffee* and then just leave it to her to go get her own.

What can you do differently to distinguish yourself from the schlumps?

Stand up, ask her what she'd like to drink, and go get it for her. It's the 21st century option of hunting and returning with your kill to *display for her admiration*. There are not many of those opportunities presented in modern life. *A feminine woman will graciously thank you*, take a sip, and tell you how delicious it is. Bask in your masculinity when she does so.

Single Guys First Date Blunders #7. Insist on Meeting Somewhere Halfway That She Is Unfamiliar With

This is *romance* you are aiming to cultivate, not a business *relationship* or *platonic friendship*. When you insist on meeting halfway and somewhere that she is unfamiliar with, you are subtly *putting her physical safety at risk*. She is not familiar with the surroundings. Walking to and from her car somewhere new has its risks for her. You are a perfect stranger and she can't have you walk her all the way back to her car to protect her and *display your masculine protectiveness* because you are still a stranger.



Attractive Couple Drinking Coffee Together

What works instead: When you know where she lives from her *dating profile*, suggest one or two towns a few miles from her which have a downtown area with parking and a number of restaurants to choose from. Then, whichever she is comfortable with and well-acquainted with, she can accept.

Single Guys First Date Blunders #8. Complain About Your Exwife/Exgirlfriend

Nothing like complaining on a *first date* to douse the starting embers of the flames of chemistry. Some *single men* who are *dating again after divorce* do so too soon after the divorce. They are still 100% blaming and putting the responsibility on their ex. Women do this too. That's just how we are as humans. *Dating is not therapy time*. Don't bring this up to *your date* until you two are

in a relationship where going over some of your mutual pasts is prudent. If you do this too much on a *First Date*, she might be outta there within 30 minutes.

If *she* does bring up *your divorce* which shows in *your internet dating status* that you are *divorced*, say something gracious and demure.

Gentlemen, allow me to apologize on behalf of my gender right now. I hear from a number of divorced men who are now dating again that a number of single women inquired like it was *The Inquisition on the First Date* about “*Why did your marriage fail? What did you do wrong?*” I apologize. They were aiming to be efficient. That was not romantic of them at all. Should anything like come up, “*I have reflected on it a lot and learned from it. I’m certain I’m ready to date again. However, I think it is too soon in our knowing each other to share at that level. Once we’re better acquainted, after a few dates, I’d be happy to discuss that with you.*” Or words to that effect in your tone and mannerisms, and then firmly change the subject to something light like, “*What is your favorite book you’ve read recently?*” or “*How about The Game Sunday night?*”

Single Guys First Date Blunders #9. Grouse About Your Boss and Your Job

This is so easy to fall into especially when *your date is on a work night*. You’ve just come from the office. It was a trying day. You’re boss was a jerk. You’re overworked, underpaid, and underappreciated. Collecting unemployment *almost* looks appealing. *Don’t bring it to your date!* Or she won’t want to see you again at all.

Instead? Invariably on a *first date*, you two will talk a little bit about each of your jobs and careers. Find something positive to say about it. “*In this economy, it can be trying, but I’m grateful to have a job. I’m looking at taking a class on Business at the community college to keep my skills up-to-date. Tell me more about what you do? What do you enjoy most about your job?*”

Single Guys First Date Blunders #10. Stand Her Up

Singles standing each other up is one of the *Dirty Little Secrets of Internet Dating*. It happens. Why ask why? Both single men and single women email or ask me at workshops, “*Why did she do it?*” “*Why do guys do that?*” Who knows? Was there a death in the family? Did they think it was just a bookmarked time but not a concrete date had been agreed upon? Did they realize they *just weren’t ready to date?* Who cares?

If for some reason you do stand her up and didn’t phone in advance with a dire emergency having happened, just know, she is highly likely to forgive you and *never make another date with you again*. From what I have seen, her reserving another evening for you and getting dressed up again are highly, highly unlikely. Instead, make a point to meet other singles who are available and actually interested in a relationship demonstrated by their, exchanging phone number, arranging precise time, date, and locations for the date, and who show up looking their best.

When you avoid these *First Date Ruining Blunders*, you'll have a better time, *enjoy better first dates*, and *secure more second dates*! And isn't that the whole point of going on a *First Date*?

Happy Dating and Relationships,

April Braswell

How to Select Your First Date Meal Without Gaining Weight

How You Can Select Your First Date Meal Without Putting on Weight

How You and Your Date Want to Select Your First Date Meal Without Weight Gain

How You Select Your First Date Meal Without Putting Weight On

Ways to Select Your First Date Meal Without Adding Excess Weight

With the advent of *Internet Dating* moving into the mainstream, moderns *single men and women* are going on a lot more *First Dates*. *Social networking sites* and *online dating website* usage has jet propelled their *singles social lives*. Going on all of the increased quantity of *First Dates* has lead more *singles* then to eating multiple dinner meals out each each. However, if you're eating dinner out more than 2 nights per week, you run the risk of putting on weight, *jeopardizing your attractiveness with the opposite sex*.

What are some practical strategies you can apply to *First Date menu* selection to keep the calories down and avoid putting on weight? LA's leading internet dating expert shares tips and insights to *empower singles for peak attraction* while *looking for love online* and *enjoying great First Dates!*



Couple Flirting on First Date

If you've managed to publish a *great internet dating profile* and started searching for love and your Soul Mate at the singles dating websites, congratulations to you! You're taking action to improve your chances at finding love. Using the popular internet personals ads sites is an excellence option where singles of all ages are finding their life partner.

Once you find a few prospective dates and start exchanging messages, within a few of your great conversational messages, the two of you find that you have sufficient mutual attraction and interest that you're both interested in meeting for a first date. He asks her out and for her phone number. She responds yes she'd be delighted and gives him her mobile phone number. He

phones to work out the logistics of the first date. They both dress to impress for first date success. They arrive, flirt and greet.

As the two of you are sitting down at the table where your wait person seated you, you smile, ask for a glass of water each, and then you each open the menu and start to peruse your options.

You glance your eyes over the photos of the meal options and your eyes bulge out slightly in response. Oh my goodness! The portion size of American restaurants is quite massive. If you were to actually eat the whole meal, plus perhaps share an appetizer together, you would be eating more than the calories recommended to you to consume in one whole day, let alone at the sitting for one meal.

What are you to do? Is there something you can say or do to display social poise and self-assured confidence while putting your date at ease? Indeed, you can breath exhale a sigh of relief because yes there is.

First of all, do you really need an appetizer? Maybe you don't. If you avoid the majority of selections in the appetizer menu, you'll avoid many deep fat fried starchy foods.

Instead, focus on the entire selection of the main course dishes. Pasta can be very caloric and too filling for a date. Plus the man runs the risk of getting the sauce on your tie and the lady to spill that on your dress. Better to focus on the simpler meat selections with minimal sauce. The sauce is often where there are a lot of hidden meal calories. Peruse the beef, poultry, pork, seafood, and lamb options which are served grilled.



Healthy Food Options

Green leafy salads can often be an excellent choice if you have an option to add beef, chicken, or shrimp on top of the fresh greens to round out the dish with the addition of a protein component. Watch the salad dressing selections for calorie laden dressings. Optimally request your dressing be served on the side so you can dip your fork tips into the dressing for just a taste as you enjoy mouthful of greens for dinner with your date.

Before you place your dinner order, reflect on the side dishes which come along with your main course. White rice, steak fries, and mashed potatoes offer the lowest nutritional value for your calories. Instead, look for options of cole slaw, sliced tomatoes, steamed vegetables, and brown rice featured and request those.

Lastly, when your meal does arrive, take a real look at it. Consider simply cutting your main dish in half and pushing it aside for the time being. Keep sipping your water throughout the meal. In all likelihood, with the great flirtations and conversation exchange you'll have with your new date, you'll find you are full before you even know it. At the end of the meal, just request a to-go container for the remainder of your meal. Take to the office for lunch.

By following these expert dating advice first date menu managing guidelines, as you pursue finding love online, you'll maintain the fit body you have now! And what could be more attractive than that!

Singles Dating Scene: A Bridge Too Far, Is Your Prospective Date Geographically Desirable?

Singles Dating Pulse: A Bridge Too Far, Is Your Dating Prospect Geographically Undesirably Located Near You?

Singles Dating World: A Bridge Too Far, Is Your Dating Prospect Geographically Desirable?

G.U.D. Is your internet dating prospect date geographically desirable or undesirable?



Woman Smiling at Internet Dating Email Responses

In the early days of internet dating when it was still commonly thought of as *computer dating* (a term some *online singles* still use), many *cyberlove seeking single men and women* would search for their *Soul Mate online* and toss their fishing nets to around the whole world. These *Open Love singles* would say things like, “*I’m open to love wherever it comes from.*”

Additionally, they would cite that they were “*willing to relocate for the right person.*”

While we have all heard *romantic stories of couples* having found each other who lived thousands of mile away from each other, even those who lived in different countries. The reality is, this percent of the population who meet and marry like that is a very small percent, about 1% of marriage. Not 77%.

Single Guys Ask Themselves, "What If There's Someone Better For Me Still Out There?"



Beautiful brunette

Also, it seems that more single men have a particular *single dating mental mindset* that impedes their ever popping the question, *proposing to their actual girlfriend, getting happily married, and genuinely starting married life together.* A number of single men have this mental obstacle about "*The One That Got Away.*" Really, it is "*The One Who I Never Met.*" They have an expectation that *the girl they would really want to marry is some perfect ideal woman* who they just haven't met yet.

Single women have their own variation on this *perfect spouse pipe dream.* *Single men* might approach us at the social networking sites like *Facebook* or one of the *Online Matchmaking Dating Sites* like *Match, Mingle, or Lavalife.* And they live thousands upon thousands of miles away. The connection starts with emailing at the *dating websites* and could go on for months, even more than a year or two. They start to develop a *relationship connection* which is exclusively online based. Both men and women can develop feelings for each other.

It's just I hear tale after tale of when the majority of those *online relationship singles* finally meet, if ever that 97% of the relationship was a fantasy in their mind. They really only knew their prospective love mate only a little, and their mind had filled in the rest of the picture with their ideal.

The realities of courting and dating were impossible to do conduct, of course, exclusively online.

When I was in college and we met a *cute guy*, say over *Summer Vacation*, who was also *in college* but in an entirely different state and region than where we were going to college (Massachusetts, where it seems like 87% of the country attends one of the colleges there....), we had a phrase to describe *how impossible it was to date him* in an ongoing basis.



Long Trip in Snow

We would describe him as *“He’s cute, but might as well be Omaha.”* Nothing against, Omaha, NE. Just the point here is, he lived a few hundred miles away from us. At that point in our lives, a few hundred miles might as well have been a few thousand. Hence the label, *“Might as well be Omaha.”*

Here in Southern California, singles in San Diego, Orange County, and Riverside County, will consider dating Singles in Los Angeles County. However, what part of LA county... If they live north of the 405 interchange and you live south of that, despite the number of miles that is, it’s the traffic around the interchange is just impossible. If you have to navigate that week in and week out, that Chinese Water Torture of driving attrition is just so annoying that over time, you will just decide that *“It’s a bridge too far”* for dating each other.



Couple Traveling by Bike

I also mention bridges because I used to live in the San Francisco Bay Area. When I was first widowed, I lived in San Francisco and became an active member of the San Francisco Singles Scene. And then I moved to the Mid-Peninsula. A man had just started dating me. He knew where I was moving to. There are 7 bridges in the SF Bay Area. (Here’s the Map of the [7 SF Bay Area Bridges](#) cited.) He had to cross 2 of them each way to see me. And yes he did, for awhile. But that drive of the bridge commute traffic starts to weigh and drag on you, pulling the

vitality and energy from you every week, week after week. Surely, crossing 2 bridges each way is just too much? And yes, indeed, it was. Crossing 2 Bridges each direction plus the related commuter traffic, really, *“might as well be Omaha.”*

When you are selecting the number of miles within which to search for love at the online dating websites, keep in mind the commuter traffic flow patterns, and remember that driving across 2 bridges each direction while dating makes your prospective mate lives *“a bridge too far”* from you to realistically consider courtship.

Happy Dating and Relationships,

April Braswell