

Online Dating Survival

HONESTY – Everyone is aware that people may misrepresent themselves on-line. Remedy:

- Use services which require pictures.
 - Ask them to send you several pictures through snail mail (to a different address or P.O. Box).
- DON'T disclose:**
- phone number
 - address
 - *actual* email address (use Hotmail or other free email service)

Also, watch out that your personal signature lines on those services do not include the personal information you are trying to guard.

How do you know they're legit?

- WhoisHe.com/WhoisShe.com and CheckMate.com. On-line services to do background checks.

THE BIG MEETING

- Let someone know where you are and whom you are with.
- Meet in a public place.
- Carry your cell or pager and have someone page you at a certain time. Tell your friend if you don't answer, they should worry.
- Take your own car or cab.
- If things get uncomfortable, leave (even if it's through the back door).



The Survival Guide for Getting a Date



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Where do I begin?

Relationships begin with you, because you are half of any relationship you join. Don't count on a relationship to "cure" a poor self-image. Nobody will like you if you don't like yourself.

- Make an inventory of your best, most attractive qualities and affirm them to yourself often.
- Avoid unrealistic standards and all-or-nothing thinking: "If I don't make an A on every test, I'm a total failure."
- Challenge yourself to accept and absorb compliments: a simple "thank you" raises self-esteem; negations, such as, "You like this outfit? I think it makes me look dumpy," lower self-esteem.

Remember to...

- **Smile:** It shows you're friendly.
- **OPEN YOUR POSTURE:** Uncross your arms and legs; you'll look more relaxed.
- **Posture:** Lean toward the person, or move closer to show you're attentive to what he or she is saying.
- **Touch:** A hand on another person's arm may be a welcome gesture (make sure the other person is open to this, that you don't touch too much, and you stop if the person says no.)
- **Eye Contact:** This shows that you don't want to miss what's being said.
- **Nod:** A nod communicates that you understand what's being said and you're interested in keeping the conversation going.
- **Dress up:** Put your best foot forward, clean up wear nice clothes, you will feel better.

How to Find Your Next Date

No matter how stunningly gorgeous you may be, passively waiting for others to throw themselves at your feet doesn't work well, and it doesn't allow you to be very choosy. Here are some common-sense approaches:

- The best way to meet people is to put yourself in places where there are likely to be other people who share your interests and values: classes, ticket lines at sporting or cultural events, cashier lines at stores and restaurants, and seminars. And join an organization! Check with the Office of Student Life for information on groups based on religion, athletics, academics, political/special interests, ethnicity/culture, and service or charity.
- Once you're with people, initiate a conversation by: asking a question, commenting on the situation, asking for or offering an opinion, expressing some interest, showing some concern, or offering or requesting help.
- Once you've engaged someone in conversation, let him or her know you're listening and interested. Make eye contact, adopt an open posture, reflect the feelings you hear, paraphrase what he or she is saying, and ask for clarification if you don't understand.
- And, again, remember: no risks, no gains. Don't be discouraged if you and the other person don't "click" at first and every time. Don't expect overnight success.

Guidelines to Pick-up Lines

A line does not have to come in the first few words. Sometimes a *well placed* line during a first encounter can work better than an opener.

Friendly

- Lines that let person know that you want to get to know them, not sexual or sexist; the key is in what you ask for
- "Do you have room in your life for a new friend?"
- "Would you like some conversation?"

Seductive

- Demonstrates sexual or romantic interest; be sure to know ahead of time the comment will be well received before it is delivered; it should not disgust or offend
- "I've been watching you from across the room and saying to myself, 'I deserve a man like that!'"
- "I've been looking for someone to concentrate all my attention on, and with you it would be easy."

OFFBEAT

- An ice breaker out of left field
- "Do you think we'll ever convert to the metric system?"
- "I'm looking for an opening line. Do you have any suggestions?"
- "I'm taking a poll about where women like to go on dates."

Humorous

- "Say didn't I meet you at the party I gave when I won the lottery?"
- "So what's a nice girl like you doing in an elevator like this?"