

DIVORCE



AND ONLINE DATING

Sandy Metcalf



A common sense approach to getting back into the dating world from dating to relationship

DIVORCE AND ONLINE DATING

The legal stuff~

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Preface~

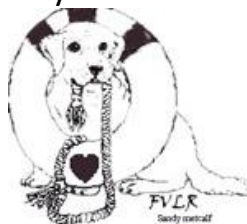


Hi my name is Sandy

I am a 51 year old retired show Labrador breeder



current active rescuer



(of which a portion of the

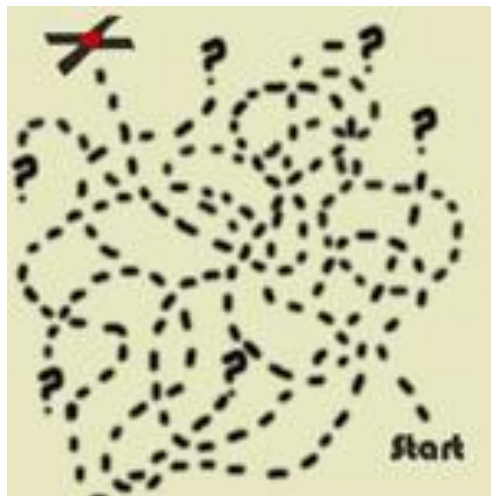
proceeds of this book will go), writer, artist, and mom, a lover of real estate and old homes. I live in Southern Oregon and I am also divorced something I NEVER thought I would be.

When I kept finding myself being asked questions online from so many people about why they cannot find a date 🥀 what are they doing wrong, why can't they meet anyone?

Can I help them with their profile, resize their pictures TELL them what they are doing wrong? And questions like that.

I decided I would put it all down from date sites to life changes, from feelings to modifications that some of you will, and others could make to yourself and life that may make you more secure in pursuing a mate.

This book is not being written with the casual dater or sexual partner searcher in mind. It is strongly aimed at the people I have met the most of. It is for the hundreds of divorced men and woman who have contacted me, since my own divorce over 6 years ago now, which wish to remarry. But many are everything from too scared to take that chance to have no clue how to date when most have not since their 20's some 20-30 years ago.



And many are lost.

So I decided to compile what I have found out and more, into this book. I chose to offer it online as that is where we are. I also could make it a more reasonable cost and help people quickly, not them have to wait for a book. And I LOVE, E books myself. 🥰

Chapter 1~

The long and winding road



It all started when I found myself divorced after a long time marriage that the internet was a good place for someone who had not dated in over 21 years, to go.

I have found post divorce that not all sites are the same not all people are looking for love and not all people are looking for lust. And not many people online have a clue.

I first got on a site that is long gone, gobbled up by match.com, but it allowed me to meet some people who have stayed long time online friends and get my feet wet into the dating site world as well.

See Divorce is a process of healing and that follows set rules I have found both with my own self and what I have observed since my divorce. When your marriage ends especially if a long time one, it makes no difference if you wanted it or your spouse did. Unless you were gravely mistreated, you will morn the loss.

I thought when I first found my world turning upside down I would write a different kind of divorce book when I was ready, as gotta do something with all I have learned in the process. And I had found no book on the subject that was not boring and dry. And none of the real feelings watching your world fall apart causes. The loss, the confusion the shock, that you suffer that can prevent you from taking care of yourself, now.

The overwhelming need for a support system to talk to, cry to, be allowed to grieve and realize you are not stupid. You are not mourning whom you are divorcing or is leaving you, but whom you loved and WHAT, you are losing. That is healthy it is not a conflicting emotion of you still love them and are in denial. No, as it is not about now, it is about yesterday and what you thought it would bring you to today and it did not. And that is sad 😞 and has to be dealt with in order to be forgiven of both you the mate, and the marriage you are saying goodbye to. You

need this to let go so you can move on. Since my divorce I have found many stuck in the in between of going on and afraid to, can't go back there is only forward or you stay put.

Once you have sorted yourself out had your good cry, worked through any anger and attended a support group available in every city or online

http://www.meetinghousemaker.com/sg_choose_state/divorce-support-groups/3/

<http://www.divorcesource.com/info/surviving/support.shtml>,

<http://dailystrength.org/landing?com=158>. Put on by churches

<http://christiandivorceservices.com/default.aspx> and

temples <http://www.jfscinti.org/jfsnews.asp> in your town, you do not have to be a member or even that denomination to join. Or located a support system through family and friends and dealt with your feelings as nothing will bring your dating to a halt faster than unsolved issues, anger, mistrust, guilt or fear. You are then ready to think of you and have some fun!

Now it is time as I stated above to get back into the swing of things and if you have let yourself go think about getting yourself back especially, if you are a female your 40's up. Guys have a level of body forgiveness that is bestowed on them from my sex and in my age range that is not a mutual consideration. In other words if you are overweight do not take care of yourself, the odds of finding good dates and Mr. Right, will be harder than your toned up sisters. That does not mean you need to be a fashion model just act like you are single and even us girls that spent the 80's and 90's as a Mrs, we do remember the difference in the single us and married us. So start seeing yourself as a single woman.

If you are a guy and you have shaggy facial hair, and or poorly cut or rarely cut hair- clean it up. If you are graying that can be nice, but full gray and you look old, not distinguished- dye your hair (same goes with the gals gray is not usually a youthful looking asset ladies). Show off yourself to the best you can if you have ran to fat as well though, as I said we ladies are less critical. But you should be thinking about the single you that wants to be married again, as much as we should. The better us we provide the more it will widen the field of people that will wish to date you. And you will feel great about yourself 😊 !!!!!

Bottom line is present the best you and do it for YOU not anyone else. I am just touching on these subjects throughout my date site review. I will go into each one in depth in their own section when I finish this first part. I am a writer that likes to both tease and sprinkle little tidbits throughout my work that keep people thinking as well as laughing a little. And I get off on tangents, but have found that my writing style talking to you like I have you in my living room chatting, works best if I do not edit it all nice, clean and sanitary. I want you to get a feel for who I am and so you are more likely to get a feel of what you need to do to make yourself happier with whom you see in the mirror and what you want to get both out of this book and out of your life.

What I did following my divorce besides buy a BMW



convertible

(my husband would never let me have a convertible

while married and did not like I got one after the divorce, too bad hehehe)! I threw out my mom and wife cloths except for some much loved sweats and I went shopping and bought things for me, the first time in a long while. I got back into yoga which I had done years ago and got me a Tony Little Gazelle. I was in luck I had not went to rack and ruin and looked younger than the mid 40's I was, but felt very old and tired inside and not to mention a lot apprehensive about getting back on that ol' horse. I did not then nor now like to date, you get married so you do not have to date.

Chapter 2~

Where does a nice girl find a nice guy?



French-Vanilla Labradors



So since my kennel

and business

grew

up online and I already used it to place puppies, make show contacts and meet people for

Rescue, I decided it would be a good place to meet single people. And I started with that now, long dead first site kiss.com I spent a lot of time just chatting with nice guys and enjoying the attention I had not had in many years. At first when I decided to actually date it was quite strange and I felt completely out of my element though the date was nice the guy and I were not a romantic match and it was more a testing of the waters for me than anything else



YEA I DID IT!!!! !!

How I date is different than how most people do online and not a way I recommend for you ladies and do not try unless you do your homework, do a background check and know whom you are going out with. But if you live alone I still would not recommend it for you. But I live with my sons I can read people and I have been making puppy matches as a show breeder and animal rescuer for years I know how to screen. And I spend the time needed to feel that we should go out. Sometimes I spend months to decide as I do not date often and I never date strangers. I am always, picked up at my home.

I use Net Detective <http://www.netdetective.net/> and People Search <http://www.peoplelookup.com/> to check out anyone whom I am considering dating online. If you decide you would want a date to come to your home. Please also verify his home phone which is a must have if he is coming to your address. Check out the address he gives you it will tell you if he has a criminal record, or is married in a lot of cases, but not all. I have had guy's offer social security numbers and I have always been able to check out them. If someone will give you a SS# they are probably not playing games stepping out on a spouse or looking for a victim. But always listen to your gut and let any guy you may want to date just talk in email as everyone will unfold who they are if you give them a chance. Do not rush, patience is a virtue is said for a reason. My dilemma is not in the quality of dates it is I still have not found the right guy in the ones I have dated.



Do not date anyone who provides information that cannot be verified or the information (i.e. address, phone, place of work etc.) is not the same he provided you, as you find in the check you run on him. I always tell potential dates I run a background on them and allow them to do me as well. That offers up a nice sense of trust and security. The only guys who have been angered by that were married or lying.

You of course can save yourself the effort if you just meet them out in a neutral place for the first date. But I was raised a gentleman picks up a date so this works for me. But if you decide to go the safest route, remember anyone can play nice in public and meet one time a hundred times you either are safe to get into their car or not- I highly recommend a background check even if you meet out, before you actually get in their car or alone with them.

I also recommend if you date to mate and are serious about a potential partner not just a date. That you get to know the person and that you match in must haves before you ever meet. For instance a guy who would not be comfortable with



dogs in the house treated as family on the bed etc would not match with me anymore than someone who wanted to live in a big city loft when I am a suburbs or country girl, would. So if you really are mate shopping only put in your basket things you would want to buy.

That being said I followed my post divorce dating cycle with the next phase. The first step in healing and the process after the divorce is getting back into the social world and as I said getting your feet wet. You are dating for the platonic fun and excitement not looking for anything and not expecting it so you can be looser with your must haves as at this point in the transition, more than likely this phase will not even render you long time friends. Because if like I did at that time post divorce, you date guys/gals who were not the marrying kind but are out just to play. And my play was of the tame high school dating kind- some people it is not.

And if you decide that you wish to not only wet feet during this time, but also sow some left



over wild oats.

Please be careful and make sure you are using protection that you talk with potential partners and that you do not make decisions you could pay for, for the rest of your life later on. And also be very wary of forming any romantic relationship as rebound can look like love and most first romantic relationships that take place close to divorce do not last 5 years.

As I was saying the next phase post divorce is the actual dating, but only casually and not serious. Only now you are dating people more your type, the kind you would be willing to look at serious dating if you were to the big D (DATING) word. And right now you only will admit to the little d (dating) in other words not looking to get involved, but if you were, this is your type.

I then joined a site called Americansingles.com <http://americansingles.com/> and followed shortly by match.com. <http://www.match.com/> Now I was on two sites. I met many people off both sites and found them to be very good for a wide range of guys in my area and more to my taste than most of the other sites I have joined since then. And at 34.99, match.com was a reasonable cost and even better was their 3 month rate of 59.99. And Americansingles rate of 29.99, or 59.99 for 3 months was also a decent price. But while I met a lot of people on Americansingles, match was a far better site for ease and in the people I met. As Americansingles had a lot of people out of state and country that even though I listed my must have many people tried to make contact with me who were neither in my type, or in my area radius. Also match.com's searches are easily tailored and you can get pretty choosy over your type and area. match.com gets a rating of 8 out of 10 while I would give Americansingles a 6

The next site I found was matchdoctor <http://www.matchdoctor.com/> this is a free site and seems a complete waste of your time, for Oregon anyway. There are a few local people, but no one I would date and you are bombarded by emails from people out of this country. But you get what you pay for. I rate this 1, at least for Portland. If you wanted to check it out in other states filter out for your preference (i.e. married, drugs, smoking, radius etc.) so they go to junk. The price is right for a trial. Also they have added useless quizzes and forums by members that some are fun, most are a waste of time, but the site has expanded on what it offers however I still rank it at 1. I only even give it 1 because I have seen far worse.

The next place I discovered was Craig's list in my area. <http://www.craigslist.org> it is a nice site because it is also free. And, as a writer I can write up any post I like there. You do not maintain a page like a real date site as this is more a message board. So you can change how you approach meeting people and while I made some good friends, found a lot of help in Labrador Rescue and used it for other means- the caliber of men in my area there for the most part is low to what I am looking for in a mate. A lot of people are playing games and outright lying, so even if you choose to look into the site and find a few decent people to either respond to or you decide to post, who respond to you- if you go this route, Ladies anyway PLEASE really check them out. As there have been missing and murdered girls that met guys on Craig's in other states.

Craig's list in San Diego where I am from is completely different to Oregon's in who post, but it is still a free forum and there are some rough characters on all Craig's list I have checked NY (awful) FL (some OK) CA (SD and SAN FRAN) as I said some nice people on there. Most upstanding site of Craig's I have found has been San Diego. And been off and on ours here in Portland Oregon for 4 years and have dated only a few guys and most though have been nice were just not the guy I am looking for. My standards are high as should yours be if you are looking for a life partner.

Craig's is good if you like the open format of writing an ad if you are good with words or know where to borrow some also learn the codes there. A sample is Single (SF) or DF (divorced female) DM (divorced male) DPM (divorced Professional male) NS (non smoker) LTR (Long Term Relationship) CE (Casual Encounter) NSR (No Strings Relationship) HWP (height weight proportionate) Average figure, nice figure more to love BBW (big beautiful woman).

Curvy is a nice word, but ladies if you are not fat, only use it if you also add something like weight or a picture showing you are not fat because too many guys think curvy means fat online and it can also just mean built. Or list size or weight, and age you are and are looking to meet. Now pick words like what you want in a guy or girl the more specific you are the more you should get a response from a person like you posted for right? Wrong. For the ladies anyway some guys send out canned form letters by the dozen and do not read anything posted.

For the guys they tell me a lot of post are put up by X rated sites scammers and people overseas. Some even by MEN! So screen well and weed through the crabgrass to find your garden of possibilities.

I will include a few sample posts I put on Craig's in the past. Sorry guys while I can help you write a post and have helped many guys do just that. The ones here are mine so from a gal's perspective. And ladies feel free to borrow any part, anywhere but Portland Oregon.

A short post:

Still looking for you.....

You, are clean cut articulate, informed, success oriented, do not smoke.

A touchy feely silly romantic type; you are single or divorced and sincerely wanting to meet someone special and dating to accomplish that goal. And I am posting here to meet you, are you here?

I am sweet, educated, attractive, neither too thin nor too fat. If you wish to know more please write as I have been waiting to meet you for too long now.

Pix4Pix

An inspiring post:

Are you a cut above the rest?

I am, and I am looking for someone as passionate and committed as I am. Someone I want to grow old with. Someone so I never have to look again. I want to meet the last person I ever want to date.

I am bright, sweet, attractive, a decent figure, and still looking for my one special guy. A guy willing to take the time to get to know me and is aware that courtship is something refined and unhurried and that a relationship takes time, and takes a friendship that grows to romance

I want a guy who is a guy, and knows what that means. From cowboy to CEO he knows who he is. He is healthy; single is 5'9" up clean shaven and has all his hair. He is set in the person God made him, comfortable in his own skin, and carries the same confidence I myself do.

He loves his country and in spite of the Nay Sayers thinks we will be just fine. He knows we live in a land of abundance and sees only possibilities in other's future fears. He makes no apologies for being Conservative in a Liberal town. He is not a heavy drinker and does not touch any drugs or tobacco. He loves God, animals and he loves people. He loves himself, and he will love me.

He is the type that can step up and take care of any difficult situation with the determination of a charging bull! And yet tenderly cradle a child, or pick up the smallest creature with the same gentleness that he touches me.

He always does the right thing, not the easiest. He is fiercely loyal and meaner than Hell if you try and mess with his family. Yet level headed and calm when dealing with adversaries, a slight smile as they go off on a rant, and he knows he has the upper hand by just standing his ground, but no need to shout! His quiet strength speaks louder than any raised words.

He can take care of himself, and his own, but is not above reaching out. He shows his softer side to those he loves and his vulnerable self to me.

What he gets in return is a partner that can match him where needed, lets him lead when wise and can get in his face without question should he be wrong, but will support him always. Someone, who will love all the parts that make up him, and he understands what it means to a guy, to be a guy.

I have no desire to change him as we are nearly a tailor made fit. And our small differences complement each other. And where he is harder I am softer. Where he is rock solid I am his port in the storm. I offer the world to the right guy and ask for the moon in return. And together we will create our universe.

Interested? Send me pix, and tell me about yourself and where you have been all my life.

A sweet post:

Happy Silly Serious.....

Love to make things cuddle and hug. I love to laugh over a silly movie and wish someone was there with me to laugh too. I am insatiable in my passions in life of which there are many and I am always learning more and adding to my repertoire of knowledge.

I am fun and sassy not shy but attracted to it. I like an upstanding type guy and someone who can enfold me in his arms and I get lost in the safety there.

I love vanilla cream and rainbow sherbet DR Pepper Coke Zero mixed, and pink lemonade. "I omitted personal details about me here"

I am single and so are you. I am more looking for someone who wants to stay in than go out that likes DVDs better than out on the town and is a homebody type like I am, with a secret wish for far away places we may see some day sigh....

See yourself here please send me an email.

Heartfelt:

Please, please find me already!

I have posted many times here in the past as well. I have met wonderful people, though very few have I dated off this site, but did make some great friends and I am still waiting for you to find me as I am still not finding you, be it online or off.

Me:

I am "details omitted" I like my figure I can turn heads, but I only want to attract you and prefer casual in my every day look.

I do not date a lot, but I am still actively looking for you.

Some more words that describe me- attractive intelligent affectionate sensual sassy serious lighthearted outgoing committed driven in my goals and loyal.

I am a person who gets things done. So you can count on me, as I can on you.

I am a dog person but an animal lover

I am a Conservative Republican who loves my country.

I am very patriotic!

My ex was Air Force and Air Guard for "details omitted"

I am someone who sees the good in things.

I do not get mad easily.

But you can make me cry, as I can be hurt. So if I trust you with my heart remember that.

I am mostly always happy. I laugh a lot!

I do not drink, do not like the taste

I never did drugs

I am also a Non smoker

I am a good girl, always been so.

I have never betrayed a person in my life

I love God and he me, but I not religious

I Love C&W music, BBQs and seafood and just sitting with a sketch pad or laptop

I love Labradors

I have a passion for real estate and vintage homes, the old west history, ancient Egypt Pompeii and dinosaurs

I am a commissioned artist and a published author with a drive and need to create.

I also bake A LOT for people and for animals' fundraisers you name it and can make anything.

I like learning and deep discussions on a multitude of subjects. I am insatiable in my desire to know more, and find the answers.

And so much more than that, but that gives you an idea.

You:

More Conservative than Liberal, divorced/single/widowed.

A nonsmoker, and non to light drinker. Must, love dogs because mine are family. Have a full head of hair, not over long. I do not like most facial hair or body art, for arts sake, but you have a story you are a fireman something that touches your heart to why? That is OK. And no piercings, biker types or bad boys.

Must be marriage minded, but understand courtship is slow and refined.

40's up to mid 50's works best, but I am visual so while I like stocky to a little chunky on a guy just fine I am not attracted to obese and want you to wear your age well, also to be healthy as I am.

Looking for a killer smile and great nature. I prefer taller 5'10"+ but 5'8" up for you I would consider

I am a woman who still believes in romance and is waiting to fall in love again :)

The passionate side of me is for just one. My heart is just for one but.....

Now to my heart- Let me tell you what I gave one guy for over 20 years. We still slept in the spoon position all those years. We never raised our voices to each other. And I loved him with everything I was up until the end.

No he did not die instead his love for me did.

I was married 21 yrs and will be divorced "details omitted". It was a good marriage.

Me for You:

What I offer the last guy I want be with, is the same, home cooked meals to die for and baking that I could make a living on if I chose.

I do sew on buttons and I pamper and love like I want back. I will hug you and make you feel so secure in what we have.

I can help you rebuild an engine, remodel a house write a proposal and yes that tie does go with that shirt for your big meeting, and plan a life. I bring a superior intelligence and talent to any relationship and together we can achieve anything.

I offer a soft pace to rest your head a sanctuary from the world. I do not use foul language or scream and yell. I speak my mind and want you to as well I will share my deepest thoughts and desires with only you.

I will never tell you what you can have, do, or think and you will not me either.

I bring passion unbridled to a mate and love most have never known.

I will help you gather up the trash and rake the yard and you will help me fold the big blankets and sheets. You will reach the high things for me. I will adore you for it.

I offer kindness joy and laughter as without those nothing will matter.

I will laugh when you tell silly corny jokes, not because I have to, but because I think you are so

cute when you do.

I will have your back

I will be your sounding board not judge and I will be your staunches supporter and cheerleader. I will not just tell you how great you are I will tell others. And I will not just say you can do anything I will believe you can.

I will trust you with my heart and I will give you the confidence to do the same with yours with me.

I will never make you doubt me, play games with your feelings nor break my vows. I will never knowing hurt you.

I may not wish to go camping or to a sporting event with you, but I will not stop you from going with your friends. Or make you feel guilty because you wanted to. And I will go sometimes just because it makes you happy.

I will rub your back to sleep as you will mine and will cuddle with you even when you are freezing cold to touch as two warm up quicker than one.

I will give you the biggest and best of whatever I have. You can always have the last piece of pie.

I will make you homemade soup when you are sick and check on you as you sleep. I will rub your head, and stand in the doorway listening to your breathing to make sure everything is all right.

I will kiss you in so many ways from how I kiss a child to I will still knock you off your feet 10-20 years after our first kiss.

I will still be there when you get old and gray.

So in a nutshell I am both business minded and a silly romantic.

I will give you my entire being and I will ask for yours in return, but what you will find when we meet though it has been so very hard to find each other, you will never have to look again.

But it all starts with that first hello dating and friendship, and the getting to know in email then having fun exploring the possibilities.

Until then I wait for you..

Funny:

I thought I met the perfect guy :) we chatted and we wrote. We shared each other's dreams aspirations, and our hopes. Passed a slew of pictures- we traded all our must haves. He loved I like dogs, I loved he was a such a great dad. I thought we'd go somewhere quick, I thought we would be great! I wondered with each email how soon we could date.

Do not get me wrong I love the potential courtship drawn out and long, and the sharing in emails I'm happy to carry on. As well as calls to the cell because only with chatting can you really tell. But when you get to that juncture in the get to know then comes the point for a guy to actually want to show. Instead of making excuses over work and time by back pedaling on when it right and making up his mind.

So I thought I had met a perfect guy and you know who you are. Instead of someone who would only go just so very far. True you have to screen and really get to know and make sure that you'll have fun when you choose to go. But once the days roll by into weeks and still conversation is all he seeks and he is content to sit and chat, how can you go anywhere with someone like that?

It's time to get your buns in gear after you reach that stage, to either put the damn book down or turn that dog gone page!

So I, have decided that it is time for me to close this book and put it right away with a little regret of what could have been today, but I must re-bait my velvet hook and end this unfinished song as I can only get stuck in chapter one, or two for so long. I want to know how the story ends, and the sequel begins. Not just get bogged down in the draft stage by writer's block, over someone who claims to be smitten, but won't do more than talk the talk. And he refuses to let the story play out to see how the future is to be written.

Exasperated I am gonna hit delete and do a complete rewrite! Does anyone else care to start with that first chapter in the get to know, tonight?

End the post....

I started posting on Craig's when I was in between the little d and big D word. And I have met some famous people there as well. I have met some people you would never think you would

meet online. But as of this time, though I am well past the big D and to the point of actually mate shopping, I have not met any lifetime mate material there, so think may be possible, but will take work. Rating Craig's is hard as not a real date site, but a public forum so I would say the scale is not reflective of the site, take a look and see what you think if you like, and decide for yourself.

In between that 4 years of posting off and on, on Craig's I like a lot of America discovered eHarmony <http://www.eharmony.com/>. I spent the endless amount of time filling out questions and disagreeing with the age range the lack of pictures of the people there and the pictures of people I would not date and others just by description I would not consider. And worse that site only matched me with two people I even considered dating in 2 years. The first did not tell me he was married. I did a lot less checking on people on that site back then. Also I thought eH was doing it for us, as at 50.00 a month and most the time for nothing as they rarely sent matches and as I said when they did it was a joke. I felt they had to do something to earn their money. No they did nothing. So even though I had talked a great deal of time to the person on the phone it was not until we went out and though we did have a nice time, he cried through the entire dinner about his wife leaving him and divorcing him and he still loved her so much. I tried hard to console him, and could not. Married is not allowed on eH, but it gets better.

The next person I considered on eH by his profile did not have pictures and he did not know how to post them. So I gave him my home address and he mailed me pictures- of him standing with his marijuana plants. Come to find out he was growing medical marijuana for use on some chronic past injury and he sent me, a non smoker who has never done an illegal drug in her life and hates them and stated that clearly on my profile- pictures of him with his 5 plants and he thought I would date him. I mailed him his pictures back.

And just when you think that can't be topped on eH. They had a free weekend one February. So in an effort to recoup 2 years of fees I went and opened the matches that asked for contact. I gave my personal email to people who wrote me there as if you do not pay you cannot see pictures even on "free" weekends. For them to send me pictures and write to me off the eHarmony site. Well one guy sent me a picture with his letter and like I always do anyone that writes me, I traced out his email (I check the myspace site as well when I do initial checks) I thought his picture looked like he was in a school yard when he sent it, but it was not, it was a prison yard. And on his myspace page he tells what happened.

I was concerned over his wording that he had not done this and that in 20 years in his letter, and I read on his myspace page why. He had just been released for murder. He had been incarcerated since 1987 He was open on his myspace page (not in the email I did not answer, he sent me) but no where on my eHarmony page did I put I was looking for an ex-con. Let alone a murderer. After I had contacted eH they said they had looked into my complaint and

they were going to remove him and I told them I was not sure they could as he had served his time and no where does it say in the rules you cannot be an ex-con. However I was not happy being matched with him at all. Me, who has never even had a traffic ticket. So those touchy feely TV ads are not the norm for all people who use that site they neither screen nor exclude. And after spending hundreds of dollars on what you think is a different way to find a partner you actually in my area anyway, encounter the same people you find on all sites that you passed up already, for a lot less money; or worse.

So I say stay clear of eHarmony save yourself the trouble and the cost. I rate them 0 and would go lower if I could.

*** Update** with reprint of this book in 2011. I have to change the above though the horror story of eH is still there- what could not be foreseen was I would also find him there or more to the point he found me. I no longer went to the site even on free weekends- I just gave up on that place even when a friend found her now husband and it was such a perfect match. I just did not see possible for me.

But he found me when he joined and since I had cheated (hey I paid enough for natta- I had put my contact info on my page there) and he traced me out and contacted me- that was a year and a half ago now and it was and is like WOW! I have never met anyone who was so very much like me and I felt as if I had always known him and that we were always together from day one we met.

So I came to the conclusion that people lie on eH is why they get matched with you- and well at least for me, one did not. So you have to be honest in who you are and so does the person looking for you in order to have it work.

I will not change my rating as I am unsure how to rank a site that can be so bad can cost so much \$\$\$\$\$\$ I mean I paid a lot, and yet can lead to a love I gave up on finding I can't say again because I did not love my ex-husband as deeply. I thought I did, I thought I knew what being in love was for 20 years- but no I only had a taste of being in love I never really felt like this before and never did my ex bring me the joy and closeness and over all we just fit feeling as I have found now. So I will leave it to you if you choose to use this site.

The following sites I joined back when I was dating and are from the original printing of this book in 2008.

Now back to rating sites.

A friend after years of using the now defunct ICQ and then going to MSN messenger <http://get.live.com/messenger/overview> told me about Yahoo chat

<http://messenger.yahoo.com/> I had long ago left their search engine <http://search.yahoo.com/> for Google <http://www.google.com/>. But did not know about Yahoo IM. So though my son the computer guy was pulling out his hair over the use of it, as he claims yahoo is fraught with viruses, I looked into it and found yahoopersonals <http://dating.personals.yahoo.com/>. I joined.

I have to say about yahoo at first it was great you could do a member search for anyone with a yahoo email address so anytime a guy would contact me and use yahoo email I could see if he had a date page on the personals. And check his information there against what he was telling me. Also it was really easy to do a user search by user name. Not so anymore. They added a new more detailed like eH or match.com did with Chemistry. All of them are lame and not worth the extra bucks.

But yahoopersonals added a higher level called yahoopersonals Premiere that gives you mostly what you used to get from the original site for more money. So I no longer like yahoo. But did meet some nice guys there and had some pretty decent dates. Just now because of the money games they are playing no longer use it. I rate that site over all a 3. The cost went up from 19.99 that it had been for years to 24.95 or 49.95 for 3 months and Premiere is 32.95 and 82.95 for 3 months for what used to be part of the original site and cost.

I then joined a site called Singlesnet <http://www.singlesnet.com/> I do not like this site as you cannot do tailored searches only by user name or by zip. The people in my area there are the same as on other date sites and I have dated people on that site just never from that site. Also their cost of 24.99 a month or 59.99 for 3 months is high for what they offer- the only thing that was nice were you can both answer and write members that have paid. Most sites some you may be able to answer members, but you cannot make first contact if you are non paying. For that reason alone I include it and I rate it a 2.

The next site I joined is a bit tricky as I like the site, but have never met anyone I wanted to date there, though know many people I have dated on there I met elsewhere. It may just be my area. This site is called Plenty of fish <http://www.plentyoffish.com/>. This site is monitored by the owners who really care about the people and the content. They wanted to provide a truly free site that offers quality and convenience at no cost. They have succeeded. I just have not met anyone there I wish to date, but the price is right if you wish to check it out and want a full service clean site that is free. I rate POF a 5.

I tried a few more sites one Udate went to the UK <http://www.udate.com/> when kiss.com went to match and then was gobbled up. And Friend finder <http://friendfinder.com/> as well as a few more, none I dated from, a few I paid for- all were a waste and I see no reason to review them here. None are the adult type nor am I wishing to review more than I consider wholesome family date sites, however be aware all date sites have people out to hook up (I

hate that word) and they do not care what type of site they are on. They are your players, pros and married, and people out to find one night, not lifetimes. So as I said screen well and until you are comfortable on site, keep your email private.

The above ratings, experiences and overall opinions for the aforementioned date sites are mine and mine alone. I do not claim to know everyone's experiences nor solicited other's opinions or ratings. You may feel different you may have a better or worse outcome should you wish to investigate any of the sites or ideas herein this book :)

Chapter 3~


Divorce Oh NO' I am now a statistic :(



OK we are gonna regress some here and start at the beginning where I should have started, but I just wrote as the thoughts flowed and let it be.

The D word and I do not mean date. I mean before we think about dating I mean D.I.V.O.R.C.E.- Divorce. That can mean a lot to some, everything from celebration to great loss.

If you are one that had a divorce party good for you I hope it helped. If you have not heard of a divorce party I recommend one, whether it was a joyous got rid of the SOB or punch in the

gut- got blindsided like I did  occasion or somewhere in the middle. They are great for closure and helping you move on with laughter! You can have your own party or contact a party planer available in most major towns.

If you want to have your own here are some suggestions....

More than likely this would be something for the gals over the fellas, but a guy can have one too. I am just gonna write this though with the ladies in mind.

Putting the party together working with the hostess to make the theme and party what the divorcee wants can be done as I said by a party planner a close friend a relative. And the divorcee can be a part of the process or you make it a surprise! Or she can plan and do her own.

Whoever does the party they need to make sure all the items are ordered



The flowers



Balloons

whatever, invitations



sent out, head count

made of people coming so you can plan. Then on the day all the food is out cake made- you can order a cake made or one of the friends/family or even the divorcee do it herself an make your own. I love the cake split down the middle into two halves and the groom and bride on opposite sides facing away from each other on the two halves idea



But, I have seen ones with bloody battles and more. Let your imagination run wild! Your cake is only limited by the talent of your baker. Get the place ready for the party on the day and time you want it and you are set.

The cost for the party like a wedding depends on the event and would be governed by the party.

Every day someone else gets divorced and is *gunnin'* for bear!!!! And just no way to have closure and others well they need the party to move on let go and help heal. WE all do better when we deal with things and a divorce party is a marker of something that is important and

can be everything from a drunken slumber party with male strippers to a Wake with a black and somber theme. Whatever works for the recipient is acceptable.



Some ideas:

Scissors, candles, a means in which to burn for your picture cutting and burning ceremony.

CUT HIM OUT AND PHOTO BURNING CERMONY



GATHER ALL PICTURES OF YOU AND HIM AND GET YOUSELF A SHARP PAIR OF SISORS. NOW START CUTTING. YOU MAY ALSO WANT TO GET A FEW PAIRS ONE FOR EACH OF YOUR GUEST.

GET SOME RIBON TIE BOWS ON THE SISORS PASS THEM AROUND AND HAVE YOUR FRIENDS HELP. NOW GET TO CUTTING UP THOSE PICTURES

NEXT GET A LARGE METAL OR GLASS BOLW AND A BOOK OF MATCHES AND BURN THOSE BABIES! YOU WILL FEEL SO MUCH BETTER! AND IT WILL BE FUN!



Small boxes to put all the items (your wedding set) you want to lock away and not see again he gave you.



Put the marriage license/love letters in the blender (fun for all) Trash talk your ex or better yet- let your guest do it :)



TRASH N BASH!

THIS ONE IS PRETTY EASY YOU AND YOUR FRIENDS ARE GONNA SIT AROUND AND RIP YOUR EX TO SHREDS- FEEL FREE TO IMPROVISE HERE AFTER ALL IT IS A PARTY!



A FEW THEMES:

You can always add more

"Tears and Jeers!"

TEARS



&

JEERS!!!!!!



YOU WILL CRY AND YOU YOU WILL FIND REASONS

TWO POKE FUN AT YOUR EX AND YOU WILL

FILL EVERY EMOTION ON THE SCALE

SO

GO AHEAD CRY AND LAUGH!!!



The sun will come out tomorrow!!!!



You WILL date again



Complete makeover



Slumber party"



Brainstorm some more ideas on themes with family and friends....

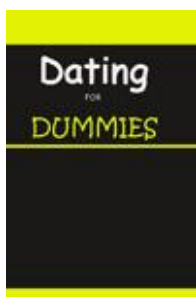
TO DO LIST :

Decorate car - just divorced. (Go out with the girls in it)!

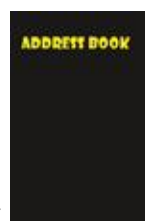


GIFT IDEAS:

"Dating for dummies"



little black book

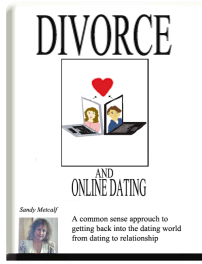


for her to, hopefully fill with

gorgeous available guys.



My book :)



Personal adult toys



A membership for a date site



Chocolate (LOTS of chocolate)"



You need to design some drinks with catchy names to reflect your mood.



Come up with some games, or you can find them online as well.

<http://thatguygame.com/>

Basically this is for a woman scorned what would she want to do to get even and let go? And a woman broke up who has, to let go. That is the far ends of both emotions and most fall somewhere in the middle. But it is a much sought after release to a time that is hard, is trying and is both an end and a beginning. Not for everyone, but if it is something you would like to try go for it!

I do recommend that if you have a lot of issues to deal with, you go the divorce support group and healing route before the party. But there is no right or wrong ways in which to deal with divorce and the path back to a productive single life. And you a healthy complete person.

I just wrote this in the way that seemed most fun! But divorce as well as the start, is an end and for some a painful one. So I understand having lived the latter, over the joy that some people look upon in divorce. I was one quite taken by surprise and sucker punched!



VERY nearly destroyed, also until the very end very much still in love. So I know of what I speak when I bring up the subject of loss sadness and hurt. But matters not we all have to let go and forgive in order to go on with our lives.



What you need to do is approach the end of a marriage with this is a time to rebuild a single me and learn to forgive as well as let go.

I am going to assume that you got a good lawyer and looked out for yourself and your interest (unlike I did, and we will address briefly in protecting yourself later on, as though this IS a Dating after divorce book it is so important you know your legal rights). And this is now post divorce and the after math. But right at the beginning of the healing process, before the ready to date time in this part of this book.

OK some things that will speed you along.....



Do not wear your wedding rings, because who you loved was either not who you thought, or they are not him/her anymore- the one you loved is gone almost like they died, because in a way they do. WHY would you want to wear a ring he/she gave you? If you have small kids so what, you are not married anymore, many mom's with school age children especially now, are single moms. NO Shame there! Let it go put it away.



I recommend you do like I did in the end get a little box (as mentioned in the divorce party idea) and put all that stuff and things they gave you in there- BOX IT! And then leave it be. Most likely because you loved them once, some people do not sell their sets and that is fine if you do not part with it, but take it out of your life from now on.

Do you know I have talked to many people that have been divorced for years and they still wear their rings especially woman. They are alone. WHY? Because, no guy can compete with that, same as with a widowers or widows.

Only one couple do I know that he slid his ring behind her dead husband's his vows were something like he loved (meaning her passed away spouse) in a way and brought you to a place that is so good and pure and I only hope I can cherish you in the same manner. I am proud to take up the reigns for him and that you allow me into your heart as we both will love you forever. He understood her love for her first husband had NOTHING to do with her love for him; they are still married over 10 years now. But most people are not so secure as he is. And I myself think it is healthier to just let go the symbols, keep the memories tucked in your heart. But offer a new love, or potential one- an empty ring finger. I do not judge her though, I never lost a mate to death. But divorce is different you gotta shelve the rings. No guy wants to slide his ring behind an ex's no matter how great he is. No gal wants you wearing another woman's divorced, or dead, gold band while you proclaim your love to her. You want to remarry one day lose the rings within the first year, or as soon as you start dating.

You also have to get used to sleeping alone, it will take a long time before you take over the bed I still sleep on my side, but my Lab she stretches out on his old side and snores so loud



it is almost like he is still there hehehe!

However I did not have a dog again until 2005. I closed my kennel sold our home moved up here as he asked to try and save a marriage he did not want to save I gave up EVERYTHING I had and had worked so hard to achieve- my dogs show all over the world. I gave it all up, everything I had for everything I thought I wanted and in the end after he cheated I did not want anymore anyway.

When I was married, the first time he had to go away on business the week before, I bought a cassette recorder and I taped him breathing while he slept, he never knew. I literally needed

his breathing to sleep. For years I played that tape when he was away. After my divorce I was going through things and found the cassette recording, I DID NOT play it once. I did not want to start something I could not stop. I had to grow up a lot and let go of many things I thought I would always have after my marriage ended.



You take it one day at a time,

you set up little goals and each day you



reach them.

You will also learn what took me a lifetime to learn and that is the old I fell in love at first sight and believed that the fairy tale of he completes me was what love was about and was what I felt. I met I fell I was complete. And my life was wonderful for 20 yrs! The thing is when it takes another person to be whole and they go away for whatever reason you are broken in half. You cannot live that way. YOU have to be an entire person all by yourself. You have to love just you before you ask anyone else, to love you. You have to be happy without someone else or you just have half a person to bring to another when you fall again. And that is not enough, you need to be solid secure complete all alone, and you will draw that to you as well.

So post divorce I re-thought love and I will never need anyone to breathe again and am complete on my own. You be as well that is the best way to be ready to love someone else and have them love you.

Never post in a profile or tell anyone in a letter you are lonely. No one wants anyone who is needy. You may garner sympathy, but never a mate from sounding pitiful no matter if you be a male or female.

And remember you cannot run from the hurt of divorce. I will tell you what I did, I cried like I have never in my life before or since. I felt as if I was dying from the inside out. I went onto my sons arms and I hid I did that for two weeks. Then I picked myself up and dusted myself off and said I will not die I will show him I will show me how strong I am and I refused to allow myself to give him the control of how I would feel about him, or anything again. He would not make me mistrust the male sex or make them pay for his behavior, cause me to run from love or life or not have everything I deserved he just did not have the power. You cannot choose how you feel about someone, or if they love you anymore or not, but you can choose how you act on it or how it is going to affect you. YOU allow them to hurt or use or control you and YOU are the

only one that can stop it.

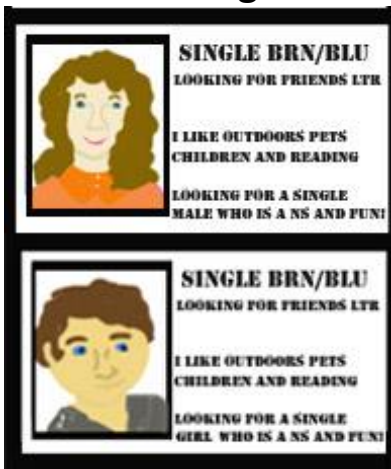
You gotta let yourself begin to heal. As a writer my thing was write and write and write some more to get the hurt out, but talking also is good as I said a support group is so valuable because they are there where you are every step of the way. You cannot skip the steps of healing in the process of divorce.

I have spoken to so many people from online, to off from work to my divorce class my family insisted I attend after my divorce in 2001 as I was too cheery and they were afraid I would break, everyone waited for me to, as I puppy dog adored my ex from the moment we met until the day he broke vows. But I told/tell everyone, YOU allow anyone the ability to hurt you, you give them that power. I simply took it away. I could have chosen to be miserable and unhappy or not, I chose not. When you do that you start to have your life back

When you get to that point you are ready to start dating.

Chapter 4~

OH God I am gonna d.a.t.e.



Usually there is 1-2 year post divorce process before you start looking for a serious relationship. Some do sooner and it is a rebound and does not last, some do and it does, but odds are slim for their longevity. Others may take a long time to avoid old mistakes. It goes on and on. But it comes down to what you need what you want. That is the most strange thing about divorce only you to consider only you to think about and please. You only have you to answer to for what you, decide to do.

Then in about 2 years if you have not gotten into a serious relationship in that phase, you actively start looking for a partner with serious long term potential.

Ladies first.

As I touched on earlier in this book there are set steps to dating post divorce. The first is you get ready to get back into the game and find how things if they have, have changed. How will it be to go out with someone who is not your husband, and my oh my that is terrifying!

How will I meet him and where?



As I started this book with- I like online dating , you can custom choose type and person you would like to date also take the time needed to decide if you want to date them and email allows you to become accustomed to chatting with a person on a male female level who is not your husband. You get to be playful and explore who you are getting to know as well, as online is safe and you can stop it at any time if you are not ready to meet.

But you will probably want to meet one of these guys eventually so you should always start with the idea you may, and so always be honest and share honest recent pictures. Lies and half truths are not cute or very good for meeting a potential date even a casual one, even just a friendly one before you are to the point of the actual dating phase. Just no one wants to think you are something you are not. No games it gives online dating a bad taste in people's mouths and this medium is so good when used right as just one more tool to achieve our goals no matter what they be, and fakes, scammers and game players hurt that to no end. So keep it real!

For the guys. Process is the same, but a lot of you will try to fulfill unfulfilled fantasies and sow rusty or never sown wild oats and get everything the fringed bitch held back. Or make up for many years of lost intimacy if your wife was like so many I have heard about, though have yet to meet an ex wife who lays claim to that type of barren marriage, as most of us would not stay in such an arrangement either. But men seem to remember things different than woman I have found. Some of you guys will succeed through adult date sites or bars (do be careful as someone who can be anyone's should not be anyone you want to be with you, and always use protection). Some of you will just complain to me that we girls are too picky and not real because we are not interested in someone who is an aging party guy. Go figure, now why would that not be appealing?

I am gonna assume most of you have worked through the recapturing of your youth and manhood and are where the girls reading this book are, back to missing being a "we" and looking for your "she" now.

Well the advice I gave to the ladies is the same as to you, it is unisex. We may heal along slightly different lines and we may use different means to get there, but we basically follow the same process in the post divorce recovery.

And for both the he's and she's. When you write to anyone whether you make first contact or they do. No talk about your penis, bust, bra or shoe size (as far as shoe size ladies, you would be surprised of all the strange people there are in this world). No stats, other than in the simplest terms I am a size 10 I weigh 130 pounds, I am a 12/14 woman's regular, 140 walk every day, you can say good figure and still sound like a nice girl. 6' tall built like a linebacker, stocky working on it, but carry it well. Six pack (do not show, ok to say) workout at the gym twice a week things like that and still sound like a good guy.

Where we have body hair and where we do not and what we do with it is not for an open discussion with a stranger. Unless you are or want a player casual sex seeker. If that is the case go for it! But be safe. And I have no idea why you are reading this book, it is NOT for you. I am not trying to show you how to be picked up or hookup (that awful word again) by the opposite sex for a cheap booty call! I am laying the groundwork I have myself lived, back to emotional health post divorce and eventual partnering with a potential mate.

No boast about your powers of love, your "I just want to please my partner first" type of emails as that makes guys sound like players and us ladies like whores for sale. We should not want to exchange very personal information in the early emails and really not ever to anyone you are not involved with. A nice tasteful letter describing you (with pictures) and some of the things you like as well as answering their questions is what you should be expecting and sharing with each other.

If someone ask you questions you do not feel comfortable answering, do not. In fact if someone asked me is I was tested for STDs (sexual diseases) or my bra size in their emails to me I would pass on them. But up to you if you want to continue. However if you give them what may seem like no big deal answers and say, hey heck I am a C cup what is the harm? The harm is he has put you in a class. And it is not one you wish to be in. A person who does not show you respect in his letters is not looking for a friend, a relationship a life partner, a spouse. He is looking to get laid! Sadly they do not sprout horns so you can tell who they are.



And guys while you may think it makes you sound giving to tell us I never worry about myself until I have taken care of you, or I am a go all night type of guy. Be aware woman see things different than guys what you think makes you sound like a keeper just grosses us out



hearing that from a stranger. WE all want to be sexually compatible with a partner and WE all want a caring giving lover. BUT we DO NOT want it to be information in your emails to us when we do not know you. Like other personal things you will discover about each other if you get to that point, some things are worth waiting to find out.

Also not everyone's peeve, but it helps if you actually can spell I hear you, instead of I here you. Or me too, instead of me to. That is small little errors in grammar. But very simple words. And it is all about first impressions here.

When you get "I liked you page lots adn tnk we shore has thangs tthat match". What are you to think? That is not gonna REV my engine! How about you?

So when you send a first letter or answer one use spell-check if your email program does not have it, use an online dictionary. And try and make your letters legible.

We are not taking a test, and no we do not need to grade. But just like slipping in that pix they caught you stuffing your face at Thanksgiving girls, where you look like an awful pig! Or guys with yet another fish and 10 days of beard growth and you look as dirty and smelly as you probably are, do not actually portray the real you. So why would you want to share that with someone you just met? You want your emails to reflect who you are as well.

I cannot tell you how many college professionals have written me and cannot spell college

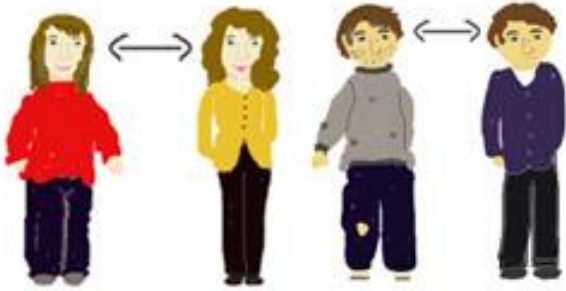


or many other words. Now is he having a bad spelling day, or rushing, or tired or a blithering idiot lying about his degree? I do not know, but I do know someone who claims to have a PHD and says he is dotor of pilosfey (Actual letter actual spelling, more than once throughout the letter) I wonder about him and who I am "really" talking to. So try and spell at

least simple words correctly, you will stand out above those that do not put the effort into their correspondence.

Chapter 5~

A New me



Remember in the last chapter I talked about pictures well we will get back to that, first I want to address your body type your figure, your physic.

Most Americans are overweight it is a sad fact, but true. All the Mc Super Size and 64 oz Big Gulps have caught up with us. Do you know a woman's average is now a size 14 and 150 pounds for a 5'4" woman in the USA? And men carry 15-20 pounds in excess weight easily as the norm? If you fall into that, you have to decide if you like you and will be happy with someone who will accept that as well. Then stay as you are. If you want better than you are now, then you have to be better than you are now. Dating online is NO different than any dating you attract the same type you would in the real world and a lot of the first attraction is physical.

So I am gonna offer up some quick change ideas that should work long term they are not quick fixes we did not gain weight quickly we cannot expect to lose it quickly. Losing weight by the fad diets and latest trends. If you stick to it you will lose weight and then most likely gain it all back and more because no one can live on a diet. I am not gonna tell you to diet I am gonna tell you to look at food in a new way. First disregard everything you heard about some foods being bad unless you have a health problem or allergy no food is bad, and all food is bad, if abused. You can kill yourself if you eat too many bananas or eat a cupcake and be just fine.

I want you to eat when you are hungry not just want food, but are hungry. And stop when you are full. If you eat slowly you will know when you are full and you will eat less so chew your food well and slowly. Enjoy what you eat. And listen to your body do not look at what is on your plate as a guide- feel what your body is telling you. If unsure stop wait a minute put your fork down, are you still hungry? If so eat. If not stop!

If you are hungry 10 minutes later EAT!

Eat breakfast slim people eat breakfast. Not eating breakfast or starving yourself all day makes your body sluggish and you are apt to over eat later also eating breakfast will speed up your metabolism. Skipping breakfast does not help you lose weight, anymore than waiting all day to eat does.

Do not make forbidden foods as those are what you will crave. A snack is just that not a meal. If you want a cookie eat a cookie for the taste the enjoyment of a cookie. But if you are hungry do not fill up on a bag of cookies. Eat real food stop when you are full. Snacks are not meant to fill you up only satisfy your want. Do not eat for comfort boredom or try to eat your problems away. Eat only if you are hungry and eat as often and as much as it takes to make you not hungry and no more. But also no less so you deprive yourself of nothing. A body deprived will go into starvation mode and when your body thinks it is starving is slows its metabolic rate and stores fat so you do not die.

When you snack enjoy your snack take your time and do not feel guiltily you can eat anything you want. But you only want a couple of cookies not an entire bag because if you are hungry you will eat food and then you will stop when you are not hungry also eating slowly and enjoying what you eat.

Drink plenty of water it will not only help in managing what you eat and when, it will make your skin look great! We do not drink enough water in this country and most of us when we think we are hungry are actually thirsty so drink first.

Next I want you to move. Do something fun walk the dog, walk yourself get out. If you get any exercise equipment or join a gym USE it and not as a coat rack. Or as a place I will, go when I.... But never do more than pay for it. Me, my choice besides the yoga is I just love my Tony Little Gazelle <http://www.tonylittle.com/products.aspx> (I got mine on a Kmart site for 89.99 free S&H when the Gazelle was 219.99 everywhere else, it pays to do searches online) I have a Freestyle and not only is it fun! But you burn a lot of calories and you see results in tone rather quickly. It is also easy and most people who use it stay with it well past when other equipment has, become a place to throw cloths on and gather dust.

But more you move more you can eat and also more calories you will burn and better you will feel.

Ok now you want to take some new pictures of the new you.



Either get a good digital camera, and use your timer, or have a friend take them. Or go to a nice portrait studio and have a professional take some very nice pictures of you. Make sure if you take your own, they are sized properly for most emails 300X300 JPG is a nice size not 2500X3000 as most digital cameras will put out huge picture if you go that route use an Adobe photo editor to resize if you have a Windows based PC it is part of your setup program if you have MAC use your picture software editor but RESIZE large



photos no one wants you to send pictures like this because that is all that downloads because of space. So resize. For the professional type photos take to some place like Kinkos and have them scanned they will show you how to resize and save to disk. If you already own your own scanner you know how to resize and save :) NO CELL PHONE or WEB CAM pictures!!!!!! TRUST ME there :)

Girls pretty yourself up guys' haircut shave and as I said before touch up that gray and everyone smile!

Girls as I said above nice picture, no belly shots even if it is flat as a pancake. No cleavage. Unless you want guys looking for a roll in the hay and that is it, to write you. No short shorts, short skirts or bathing suits. Full figure pix are fine, a tasteful dress or pants. But also a cute close up face picture as well. Not too much makeup not too little.

Guy's jeans are fine in a picture I love them with running shoes myself, but clean new and nice. A nice shirt as well button down or polo no tee shirts in first pictures you send or put online. No holes no dirty fresh from work pictures even if you dig ditches for a living. Nice close up smiling pictures no hats no sun glasses NO bare chest!



And both of you NO nude pictures
playmate, not life mate shopping!

at all sent or posted unless you are

I am not telling anyone to change how they dress just change what you use as your calling card to hello.

In order to get to the date part you need to first have an attraction. Then an interest to get to know and then you date. Pictures are our first contact online you need to have nice ones that show you at your best not worst.

As when we are looking for a mate we have to act like we are, just like we did when we looked the first time.

Play up the best, tone down the rest. Minimize what is not as shiny and new and always present what you WANT to stand out and you would like someone to see about you first. You want to play down the years if they do not show well on you. By changing that to your advantage by calling attention to what is, the best about you.

You want someone to fall for the you inside, we all do. But in order to get to that point you gotta get them talking to you. That starts with them liking what you look like. No matter what you heard about it is not, or think is unfair, or feel is shallow or what. We will decide on looks online or off first in the people we do not know, but have seen, about if we want to get closer to that person or not. It is just a fact and the human animal is a visual creature. It is not all we are, but it is a big part in most of us in searching for a mate and you only get one chance to send that first picture. Make it the best you have to offer.

Chapter 6~

Mirror Mirror on the wall!



Now that you have the new you and you have been working hard on improving everything from the inside it is time to go out and think about the outside. As I touched on earlier- that it is important you show off the best you, you can. Whether or not you dropped some weight, joined a gym or changed any of your lifestyle behaviors, all that is important is you like the person you see in the mirror inside and outside. So time to guss yourself up some now. For those pictures I mentioned in the last chapter Girls if you do not know how to use makeup you can find tips for your shape of face <http://ezinearticles.com/?Makeup-Artists-Secrets:-Face-Shape-Makeup-Tips&id=167309> <http://searchwarp.com/swa64485.htm> your coloring http://www.ehow.com/how_2223005_right-makeup-colors-skin-tone.html http://www.ehow.com/how_2126119_choose-makeup-compliment-skin-tone.html age

http://beauty.suite101.com/article.cfm/makeup_mistakes_that_age_you etc. online <http://www.mothenature.com/Library/bookshelf/Books/44/97.cfm> or by going to a department store beauty consultant- it's FREE!

Remember those nice blues and green eye shadows that brought out your eyes in your 20's are only going to make you look older in your 40's. As we age we need to go to more earthy colors and soften our look. So even if you think you know makeup it might be time to take stock of 20-30 year old makeup habits. Also with all the new lighter makeups you can remove years, I like the mineral types myself and have used these two- <http://www.bareminerals.com/> <http://www.sheercover.com/> you can smooth out color imperfections and soften your look with a foundation and color that looks like you have no makeup on. Kinda like us girls from the 70's used to try to achieve. Spend 5 hours with our Cover Girl makeup to try and look like we had none on. But the difference in the new types is no 5 hours and no weighty feel on your skin and the effect is so much more natural. But however you go, think about updating your look.

Now to the closet. If you are like me as I said I had mom and kennel (for working with the dogs) cloths and a few things for "HIS" business functions. Look at what you have take inventory of how old it is when you last wore it and if you want to again. Also if it is something you want to have make a statement on who you are and how the world sees you. Would you want to wear it to work, on a date? Remember what we wear gives an impression right or wrong to the world on whom we are. So think about adding at least one nice little black dress a few skirts and a couple of pairs of heels update your colors some and look at what is around you. You do not have to be a carbon copy of anyone you see, but you can use what you see on TV, on the street, in catalogs, magazines and the workplace as a guide to what you may like to add to your own wardrobe.

Guys. As I stated before clean up that hair lose that old tired facial hair if you have any and start looking more like you did when you were courting your ex wife and on the market because if that is your goal you have A LOT of competition. So stand out! When you go shopping you may want to take a female friend if you are like my ex he had no color sense. In fact like many guys he thought green with green was fine and of course you just look like everything from a string bean to an oversized stalk of celery. When I was dating my ex he picked me up in what was called a safari shirt (big in the 70's and 80's) only it was not kaki in color like most were, it was white and my ex was one of the few guys I met in my life who owned white Levi cords and yep' he wore them together. He thought he looked nice. Years



later I told him he looked like the Good Humor Man. So "NO" guys, whole colors of the same shades do not work. Not even black unless you are Johnny Cash.

I want you to add a few pairs of Dockers if you do not already own some decent ones in dark blue, dark green, tan, gray, earthly colors. And maybe black or charcoal. Also some nice new pairs of jeans I prefer 501s, but whatever works for you. Some nice Polos to compliment your pants. Also a couple of shirts that have traces of the color in the pants to interchange with each pair of pants. And a nice pair of running shoes and a nice pair of casual shoes.

It is always easier to dress guys as I am a mom of sons and I always dressed my ex. And like most woman I let me be last on the list, So, I can recommend suits, shirts, ties and the like. Girls are very good for that. Also the choices for a guy are less numerous so pretty easy nice pants decent shirts. Add a few button down that also go well with both the Dockers and the jeans. I would suggest one blue one black of jeans. Also a casual leather jacket is good as is a nice sports coat.

The important thing is to feel comfortable, while still looking like you are not someone's spouse, or worse someone's discarded ex. You want the opposite sex to look at you and think available, and even more so- show interest. NOT think taken, or worse not wanted.

Both guys and gals are gonna come up against a lot of people in our age range starting over. And just like when I stage a home to sell (place furniture and accessories in such a way to get buyers to feel like they wish to live there) or tell people where to spend the money to get the best bang for their buck when they want to sell and how to have curb appeal can't, sell a home without getting them inside. Or how to stand out against the competition in the real estate word. You, also need to get that for sale sign up and be advertising what you are selling. Or it is gonna be another property the buyers are gonna look at and pass you right on by. Do not let that happen. Put the best you out there and get ready to join the world of being single and all the wonderful times that wait if you just step up, and then step out.

Chapter 7~

Ready set go!



So now you look great! You went out and spruced up your closet with some new duds bought a nice digital camera and took some fantastic pictures of yourself or had them done. You are looking good feeling good and ready to join a date site, well at least look at a few and read some profiles both gals in your area and age range and guys that meet what you like, by what they sound and look like, and how they express themselves.

You may or may not just stalk and lurk for a bit, or you may want to get right in there and write up a profile and fill out a bunch of information on yourself on the site you choose to



Hi I am looking to find new friends and people to go out and have fun with

5' 2" 125 brn/blu
None smoker
Social drinker

join. Like in emailing someone- keep it real keep it honest. But do not be shy in sharing a little bit about who you are and what you are looking for. The more your profile interest someone the more likely they are to respond, so don't be vague.

A killer headline gets noticed. I like No Men were Harmed During this Search and Looking for a Woman with Dangerous Curves! As both those get attention- I know, I wrote the one for the guys myself. And the one for the gals caught my, attention before. Looking for a Partner in Crime and Passion! And I would Love to Send You My Heart If You Would Just Tell Me Your Address. Is good if you are past casual dating and mate shopping. Be creative and have fun!

Also fill out all the questions or at least most of them so people have details to go on, and post a picture. You may not want to plaster your face online if you post on craig'slist.org, as being an open forum it is more laidback. But if you join a real date site with a page and screen name and you want to get the most interest post at least one recent picture. The stigma of online dating as losers and social outcast has been replaced with busy executives former beauty queens to TV Anchors and famous Hollywood actors there is NOTHING wrong or anything that you need to hide about using this medium in which to date from.

I really would start with a free site like plentyoffish.com to begin with and see how you like the online dating. But it is up to you. Do what works best feels right in your area and for what you are looking for. But do say what you are looking for. Most date sites have options you can choose friends, dating, romance, marriage, intimate encounter. If you choose your preferences there is no guarantee if you say pick friends you will not get guys or gals looking for dating, or if you pick dating or romance that intimate encounters will not hassle you. You do not have to answer any letter you do not wish to. You do not have to respond to anyone at all even if they do seem to match you. But you do not like their pictures or??? Who you date is up to you and you do not have to explain or apologize for how you date or whom you want to date, to anyone.

Since we are in level one of the post divorce dating we will assume that you have not dated anyone since your husband/wife and that you are not looking to really date, more the dreaded get back out there and maybe make some friends stage. Share some things you both like etc. And if you are anything like me you will have a hard time and be going duh when you try and think of what your interest and likes are. I just did what my husband wanted and sons were into. Besides my dogs which post-divorce were gone I had no clue who I was let alone all the things I liked to do when people would say what do you like to do? I HATED that question. So you may want to spend some time comparing music, reading up on the local fares and decide what peaks your interest you may also find or know something that floats your boat, but you have yet to try, or see. But meet a person who says that is his/her thing by all means let them introduce you to it when you are ready to go out.

Also when I was in the friends only stage, girls I always paid my share it was only fair. But many guys will pay if you do not speak up and some will even if you do. I only had a couple refuse, but even as old fashioned as I am I just felt it was right for me. And when I was casual dating I would offer not insist and if I dated someone off and on in a casual way we traded off. But again you need to do what feels right to you. But you should have some kinda game plan before you decide to go out with anyone. And guys some of you are happy to be offered, but will not take it and others do not like Dutch and will not hear of it. And some think we always should pay our way even in serious dating. You yourself have to decide as well.

OK you picked a site filled out a page wrote a bit about you Will address the gals first. Because you are new, most likely not writing to the guys. But they WILL write you. So you will get to decide if you open communication to any or not. Guys you will more than likely send out first contacts as well as get letters from girls who have been on the site for awhile and see a new face. For both of you beware of the canned form letters. Look for references to what you say on your page and people that took the time to actually do more than browse the pictures. When you find a person you like either by them writing you, or you them. Now is the time to take it slowly in talking and deciding is this a person you would like to meet?

At this stage you do not have to invest the deep probing background check as meeting up at an art gallery or? Can be a pleasant afternoon and lead to nothing more, or the friendship can blossom and you decide you have met a life buddy. Only time will tell. But do spend a little time finding out first who the person is.

Your first outing since it is a no pressure no possible romance type thing should be easy and jitters down to a minimum. If you are nervous say so it will break the ice make you laugh and tension will lift he may say he is sweating and feels like high school. She may say me too. It shows we are all human and this is never easy with new people. It should be as we all are people who can function quite well at work with strangers most are moms and dads and interact with people all the time most of us were married for years so meeting a man or

woman should not be any big deal, but some how it gets made into one, so a little laughter and lightheartedness goes a long way.

What to wear? Girls same as in the pictures you will share- dress like a tramp you will be treated as such no short short anything no cleavage no skin tight no 6" heels. Guys nothing torn or dirty no sweats (yes I have seen it) no tee shirts, running shoes are fine. Both of you have clean fresh smelling cloths. Something causal and comfortable is a good start. But how you dress will make a statement of who you are.

Not too much perfume or clone and no heavy makeup.


Flowers and gifts. This gets tricky as I have had flowers on first dates and even teddy bears something I collect. I think it's sweet, but some women may not. This is like paying the check it should be kinda talked about in a general way before you date. Same as things like opening doors and pulling out chairs. I LOVE IT! As I said I am old fashioned. Some gals DO NOT!

I had one woman tell me he opened the car door when I got in, opened the damn door to the place and looked at me like I was nuts when I got to his chair before he could and pulled it out for him to sit down see how he liked being treated like a helpless child!!!!

Now I do not understand her anger, I actually felt sorry for the guy. But different strokes for different folks and they obviously were not dating the right person. She assumed because she had a Masters in Business and was a head of a Marketing firm that he was belittling her as person and not seeing the powerful successful career woman she was. When though I did not speak with him I assume he was not thinking of her at the office or her latest deal she closed, but offering her respect and courtesy as a woman.

As I said for some this is a trigger to anger or at the least no second date. Though even if you talk it out before hand, and know she can open her own doors. I have to say I do not think a romantic and non romantic can last if it is the male who is and the female who is not. Now it can last the other way around as most us gals had to live without the White Knight we dreamed about in girlhood or read about in romance novels our entire married life.

When I examine this scenario, it brings to mind my son and his first time in love. She berated him for bringing flowers to her on Valentines Day (their FIST together) it was such a stupid holiday and she hated silly sentiment.

Crushed him  ! He is a touchy feely loving romantic and she was not. He had to walk on eggshells on what he could do and could not do to show his feelings for her. They did not last, in spite of the fact he still loves her.

Chapter 8~

The big D time to really Date



Once you have started talking to people online maybe met a few people out, grown in confidence had a few nice lunches coffees or trips to museums and the like. You should be ready to start to actually date. At first as I said in the beginning of this book the small d and then the big will be the course you will follow leading up to mate shopping. The only difference in the three stages of dating is in the level of people and intensively in which you are putting into it.

Also as you move up the ladder to a life mate. You will invest a lot more time in whom you date. So you can cover many bases by putting up a lot of date profiles on many sites, hit local forums in your city or town like Craig's list a few times a month with new post or to check them out and see if new people interest you there.

You can move off line with the new dating confidence you have acquired to parks, and community events. Join clubs and groups that share the same values and hobbies as yourself. It matters not how you go about the dating just that you are.

Online by this time you have learned to express yourself, you know the type of person you want to date and whom you don't. You have learned or are still learning to screen and make good choices in the people you meet. And you are more comfortable with being single. I do not see a reason to hand hold you through the more advancement down your dating path. I have given you the basics.

Up to you what you do with them now. Common sense a perseverance that is unyielding and a willingness to look at dating and mate shopping as you would in any venue you wish to get

really good at. You practice, you practice, and you practice! You read up, you watch you listen you practice some more. That is the only way you will find love.

I will offer you up some advice as you go up in your goals in the dating game. At first letters where you make first contact can be no more than notes if you wish, but as you narrow down whom you are looking for and what you want as you shorten your list your goal in contacting someone is you felt a match so it is important to now make more of an effort in that first letter.

And should you connect, let each other open up and really share in the succeeding letters so you can see do you really match and is this a person I could think about a relationship with. Put out the important things, and see where you feel a fit and where you are willing to compromise. Have fun in this part as well. And if you think it is a go then time to date.

Good luck and may all your dreams come true you find the gold at the end of that rainbow



Additional:
Chapter 9~
Covering you Ass!



This chapter is not related to online dating nor will I offer you legal advise as I am not a lawyer nor do I know the laws in all states. But BEFORE the divorce or within 3-5 years for most states (as at that time you have waved all rights) you need to read up on the ones in yours .

This chapter is about self protection. You need to get a good lawyer
<http://www.childcustodycoach.com/directory.php>

Interview a couple, if it feels right go with one . Check out their references if they are insulted or will not supply any I would not use them. Look online for the laws in your state pertaining to you KNOW your rights male and female <http://www.americanlawyerreferral.com/>. A divorcing partner often plays games and tells lies. DO NOT rely on them for advise or to guide you. Also some partners like mine will play nice until it is too late to contest the settlement (even when there was no settlement) you accepted by, in my case anyway not doing anything. As I said KNOW YOUR RIGHTS and how long you have to enforce them.

I made the mistake myself of being in too much shock to see through lies and half truths of my then husband. I relied on him to keep his word and I never stepped foot in a lawyer's office nor a courtroom. I hid my head in the sand and am still paying for it. I found out my rights and my options too late. Don't you.

Divorce is not only a very trying time it can be a time of forgetting to have your best interest in mind as well. As emotions are running in high gear. Therefore, it is important you hire an attorney who is someone you can trust to represent your best interest and you feel comfortable with.

You can use the link I provided here as one for research (or find your own online) to look up a lawyer in your state. Or, ask friends or family who have, been divorced if they wish to recommend their lawyer, and how happy they were with the service. It is very important that you ask the lawyer a lot of questions (make a list before you go see them) in order to determine if this is a lawyer you feel will work for you and understands what you need.

You also must be 100% honest about your situation, even if you or your spouse are not reflected in a very favorable light. Also if you or you spouse will be contesting certain aspects of the divorce, the attorney needs to know that.

Make a list of what you are looking for in an attorney. Do you prefer a man or woman? Young and hungry, older with many years under their belts? Do you want someone who will try and settle your case or someone who will fight for your interest? Would you prefer a lawyer who charges by you by the hour or has a flat fee? Find out if you will be charged for phone calls and faxes to and from the lawyer?

Some lawyers offer free initial consultations. As I said you may want to meet with a few lawyers just to get a feel how different lawyers would approach your case. Remember that just because a lawyer might offer a free consultation does not mean the fee they will charge for future services will be inexpensive. Find out what the cost are. Also ask what the fee covers are you to be expected to pay for things like copying, mailings and postage on top of the standard fee? Ask how strong they feel your case is, and how do they feel the judge will rule? How often will they be in contact with you? How quickly are phone calls returned?

Look around the office when you are there. Does the office seem professional clean? Is it disorganized? Is it overly busy? Do you feel you will receive the attention your case will require. Is the office staff friendly and helpful?

Ask any attorney you speak to how many divorce cases they have handled and the outcomes. If you have minor children or a large amount of assets to divide and there is a potential for disagreement between you and your spouse. Ask the lawyer how they would plan to resolve distribution, custody, etc., it is extremely important to know if the lawyers have experience handling contested cases. It is also important to know how well your lawyer knows the judges in the court where your case will be filed.

As I said before, ask for professional references, and check them out. Also it is a good idea to ask for the names of past or current clients that you may call as references as well. The attorney will be able to give you this information with the clients' consent. But many lawyers are happy to provide this list and ask clients ahead of time if they would like to be included on it. Also to reiterate if a lawyer will not give you references or feels that you are insulting them

with this request- say thank you very much and move on down the road to another attorney who WILL provide you with references.

The only exception is if a family or friend referred this lawyer and you feel you do not need anymore of a recommendation than that, as far as requesting additional references. But that is entirely up to you.

Remember look out for you as NO ONE else is going to do that.

Divorce is a process like anything and has set behaviors that we all go through, if we know that at the get go we are better able to cope. One thing you have to do on the female side anyway is not feel the bad guy if you stop trusting your mate who you are getting divorced from, or him doing it to you. Both makes no difference. While you do not want to turn into warring camps you do want to realize you are no longer on the same team, he has his needs and agenda and you SHOULD have yours because as I said above no one will look out for you but you. Good luck!

Additional:

Chapter 10~

Sandy I want to share my story with you...



On the lighter side here are some of the worst and best dates people have shared with me. The following are excerpts from real emails and I do not authenticate their validity or that the person submitting them is indeed being honest and truthful. They are shared here for humorous purposes only. Some may be edited for space.

Worst :(

A friend sent my number to this guy, who apparently thought I was thinner than I am. He picked me up for the date and decided at the third traffic light to tell me he expected a thinner girl and I was too big for him and he wanted me to get out at the corner. I did.

Online dating can produce some of the worst dates ever. The last guy I went out with brought a sock puppet--a sock puppet--on our date and tried to talk to me with it. To be cute, I think. But it freaked me out. Seriously. Maybe I'm old-fashioned, but no sock puppets, please.

I met this guy online and he sends me these really hot pix and a cool pix of his bike. Agreeing to meet him for coffee seemed safe enough

The only thing I recognized was the bike. His teeth were rotten, absolutely disgusting, he looked like death warmed over. And had to be 15 years older than the pix he sent me. Not only did he gross me out, he was damn scary! The kind of scary where you think you may catch something bad by just breathing the same air scary,

I couldn't help it. nearly lost it in shock! I couldn't look at him. I flipped the pages of book I had brought in case he had not shown and glanced at him periodically, wondering how I was going to get myself out of this. He asked if I wanted to go get dinner. I mumbled something about eating already. He asked if I would like to take a walk around. HELL NO! I said no, thanks, I'm pretty comfortable right here. So he says he's going to get a cup of coffee.

I took my best chance and snatched up my book, I put my cell phone to my ear like I had just received an emergency call and literally hauled ass down the street to my car before he came back out.

Let's see, should I talk about the guy who told me his name was Steve Moore, but when the check came and he paid with his credit card, the waiter said, "Thank you Mr. Best." Or maybe the guy who asked me out and a week later when I got to the restaurant asked me if I could pay for both of us or if we could go someplace else where he had a coupon.

The date was going well dinner was good the drinks were better.

He put his card on the tray and when the waitress returned it, he signed the charge receipt and wrote on the bottom call me, and slipped his business card behind it.

This guy acted so refined and was very vain, bragged about his travels, his job, I guess I was supposed to be impressed. Took me to a 5 star restaurant

During dinner he removed his jacket and rolled up his sleeves on his dress shirt and he started eating with his hands. slurping and licking his fingers, he had duck with a really thick sauce. Then as it begin to drip licking the back of his hands. The sauce started dripping down his arms and he started licking his arms, too.

We were in the middle of the dining room! I asked him to stop and he refused, "This is costing me a lot of money he said. And he proceeded to lick his arms until he had cleaned all the sauce off. He did not care that many diners were now watching his poor manners and listening to his vulgar sounds, I thought I would die!

Never a date.... but a few good laughs

After my divorce I thought that I would never be serious about dating again. After sometime I tried different singles sites on the internet and browsed the various online personals occasionally. One I registered on and found a great ad. She had no pix, but I loved how she wrote I loved her stats I was intrigued enough to write her and ask for her number, but being a little leery I used my for online dates only blind email addy. She sent me her cell and picture. Imagine my surprise when I saw my sister's picture and cell phone number in my email box.

I went out with a guy on a blind date... met him at the restaurant and he was covered in liver spots from drinking so much. He wanted a ride home because it was raining... he had rode his bike.

In November 2001 I met my husband on Matchmaker.com. We dated for 4 1/2 months, then we got married. We stayed married for 6 years, we are now going through a divorce due to his infidelity.

Best :)

Hi my sister told me to send you my story It all began in 2005. I was on Yahoo! Just looking, because I was bored. Found a nice pix and smile and as a lark I sent an email with their free trial.

We began writing emails back and forth and I really didn't expect things to take off so quickly, if at all because I was living in another state at the time and he was here in Portland, but within a month we were talking every day online and on the phone After 3 months he came to my state to meet me. The moment we hugged each other I knew that I had just put my arms around the man I was going to marry. I moved here in 2006 We recently got married January 2007. I still cannot believe that I met my husband on a date site

I met this really nice guy on Criag's and we chatted a bit on the phone. We decided we would like to meet. I met him outside a Starbucks and he seemed a little shy but he was so cute and we both went on and on that the other was so happy that we looked like our pictures- a sad thing in the online dating game.

We talked over our Lattés and laughed for a couple of hours then decided we would grab a meal and see a movie. Because we were going to be out so late, we thought it best he follow me back to my apartment building and then just take his car. I live out by a lake and we have all kinds of ducks and animals around the place.

I dropped my car in my spot and while we were going back down the road this duck is frantic and is out in the road under the street light when she should have been asleep, with a bunch of babies running in all directions out there with her.

The guy pulled over to the side of the road and ran back. And this momma duck is going nuts babies running all over and you can hear in the storm drain under the sidewalk this faint panicked "help me" baby quacking! My date hit the ground on his belly reaching into the drain getting muddy and wet from our earlier rain, pulling the squalling duckling out. I joined him, and we were trying to gather up the babies and the still frazzled mom to the side of the road some ducklings in hand screaming and some being herded off to the side. No telling how long that baby had been stuck as it was way late for them to be out.

And what seemed like hours later, we finally got all the babies and the mom down the path to the pond at the side of the road and mom followed us as we scooped up her brood.

As I said he was dirty he was wet he was so cute out there placing babies into the safety of the reeds. We had a VERY late dinner and missed the movie. But he was and is still, one of the sweetest guys I have met online or off and though that was a year ago now and we have

stayed fast friends I will always remember our first meeting and his mad dash to rescue a baby duck! And make sure there was a happy outcome for the entire family.

I have had many nice dates from dating web sites. I had one following my marriage break up that stuck with me as he knew I was very fragile I had told him about my cheating no good ex and that I was not really keen on trust at that time and I was not really sure I would be a good date. But he kept chatting with me and I liked his pic I liked his soothing words and that he really seemed to care. His wife had died in a car accident 5 years before and he like myself was hurting only in a different way.

After 3 months Bill talked me into meeting him for lunch. He said he was very busy but with my work schedule and his best we could do was a mid day meet at his office- we would have a pic-nic on the grass.

It sounded like it may be nice it was June the weather was lovely. I had his address in hand and was there on time. He met me in the lobby with a basket and blanket. We went to the back of his building where there was a lovely grass area and a tree. Bill spread out the blanket and took my hand to help me down. He opened the basket, and I thought he would start removing sandwich stuff or things in which to eat off of. No he pulls out this little tiny white stuffed kitten that was so cute and hands it to me. I was touched.

Then just about the time I am taking in the sweet gesture of the kitty a van pulls up in the parking area in front of where we are at. This guy gets out goes to the back of the van and starts removing things a table and lots of boxes and things. By that time another guy has joined them and we watch as they setup a table and chairs and start laying tableware onto the white linen cloth they had covered the table with. I look at Bill and he smiles. And starts to get up and says may I? I give him my hand and he pulls me to my feet. He takes me over to the table pulls out my chair and I sit.

Now the guys from the van start pulling out all this great pic-nic type of food far more than two people can eat. Bill knows I do not drink and so grape juice is poured into the glasses. And after the guys have started to lay out food they start placing pots of flowers all around us and we are suddenly awash in color!

I was speechless! We had this wonderful meal. The smell of the food and flowers were unreal. The company unsurpassed the effort unimaginable and the guy stupendous! That was some lunch and though we went out a few times and remained friends. Another woman wears his ring now as it was not the right time for me to think that far ahead. But what a guy and what a wonderful first date!

I met my husband at fred meyers in the paint dept. WAIT before you go huh she is nuts, I asked for best ONLINE dates. Here is the cool part. We met at freddies, we chatted and smiled and he helped me with my paint. I went home and helped my roommate paint the wall. I thought about him and went ah well, maybe I will see him at fred meyers again. I did not know he was kicking himself for not getting my name and number :O)

Anyway I went back same time same days different times different days for weeks no cute blonde haired guy :O(

I get on craigs list and I am looking for a Siamese kitten because my cat is clawing up the place cuz she is so bored when we are at work so think get her a friend. I decide to browse the guys. Who do I see yep my sweet blonde haired paint helper.

My roommate tells me it is some kind of cosmic sign yeah how big is Beaverton :O) ???? But sign or not I sent a short sentence the paint looks lovely when dry you were right the color was perfect. He wrote back with in the hour. We chatted in IM and then the phone until dawn we both went to work sleepy and met after at freddies we never basically ever left each others side again except for work, my cat and her new not Siamese friend well I got the right guy I could settle for the type of cat, and most my stuff never went home after that, we bout moved in lock stock and barrel into his place. My roommate was happy with the extra room and space and still getting my share of the rent :O) After 6 months of that he put a diamond on my finger in the paint isle at freddies. It is not a big ring but it is big enough and we got married in 2005 our first son was born in 2006 and I am due with my second this summer.

I found this post browsing craigs for my old roommate and wanted to share our story with you :O)

One of my best online dates was I had agreed to meet this gal for coffee at a local coffee house. We chatted for a bit then decided we would walk around downtown and take in the sights. As we were walking we went by an alley behind a restaurant and this guy is out by the trash can emptying this big bag of cat food in a tray for all these cats. I stopped and watched him. My date made some comment as about all the cats and he was not helping with population control. The guy turned and went back into the restaurant and there were tons of cats coming from everywhere all ages and colors.

I started over toward them she did not immediately follow, but when I looked back over my shoulder at her she started walking. Some of the cats scattered most just kept eating and I bent down and started stroking heads and backs. I said something about I guess they were mostly tame because they were being fed. She said something that was not memorable. As I was making motors run she never even bent down nor got that close. I need to pee she said I

am going to run around and use the bathroom here, meet me out front. And she was gone. I continued to not have enough hands to pet all the cats, as more came rubbing against me and vying for both food and attention, a small little cream kitten caught my eye and I started coaxing him over with the food. He took a kibble out of my fingers and I was hooked I swooped him up into my jacket and zipped it up.

I met my date at the restaurant door as she was coming out said something about it was getting late and we should head back and we turned back the way we had come. When we got to our cars she was saying something about the cold and I unzipped my jacket and showed her my prize she stepped back and said that thing could have a disease you know and you have it in your coat. I shrugged and looked at the sleeping bundle against my chest. And said I could not save them all but I could save this little guy. She was not impressed.

I do not know if it was one of her best dates because I never saw her again, but it was for me because 3 years later I still have my bud. Didn't get the girl but hey got one Helofa cat!

In closing this book here: I keep getting asked why and what happened in my marriage, in a short synopsis I had a great marriage in many ways. But often times people hit their 40's male and female alike, though more male seem to suffer from the what if's in the relationship of a long marriage. And they see more behind than ahead.

Our aging Boy Scouts then look around and think is that it. Is that what I have for the rest of my life? And they think maybe there is something more on the other side of the fence and sadly for them, often they find the grass that seemed so lush and green through that fence that should the gate open and they get to trot over and check it out has the same terrain and dandelions, brown patches and lush spots as where they came from. But in my case I closed that gate after he wanted out.

Some will leave the gate open so our restless spouses can wander back and fourth. Some will leave it unlocked or offer a key so they can always come back.

Some will not open the gate at all and the gate is either pushed to it's breaking point and gives or the one trying to graze beyond borders ends up with wounds from the endeavor such as a cow that pushes the barbered wire to the brink to reach just one more forbidden blade of grass.

I had no desire to fence anyone in, if he did not wish to stay the gate was never shut, let alone locked. But once he strayed the gate was not only shut tight, I changed the lock. And he was in a new pasture now, that he has found like most do as I said above is mostly the same- and in many ways his is far less green not nearly as much lush patches and there are no roses and the

grass like him is badly tended. But that is the risk you take when you not only look beyond the fence you decide to venture over it.

My ex is remarried it is not even close to what he had, but we are creatures of habit and we usually venture back inside some kind of fenced off safety of familiarity and no matter how much we may think we want to wander across pastures most of us will come to rest in one area. So we should be very careful when we decide to see what is on the other side of the fence that we are sure we never wish to return to our side as, it may not be an option.

It was not in his case with me.

My parent's have been married going on 53 years and I still believe in marriage I do not make anyone pay for my ex's mistakes. I forgave and I let go. I had one guy tell me he could never love anyone again like he had never been hurt before I told him I was not suggesting he do so I was saying love someone like they are not the one that hurt you, there is a difference and when you realize that you are ready to give your heart again. I wish you all to find only ever lasting love and contentment. Happy dating everyone!



6 Bonus articles included below:

Signs he is attracted to you

Men, like women, sometimes send mixed signals - making it difficult for women to decipher them. Sometimes, they say one thing and end up meaning another thing entirely. Luckily, there are a few fixed signs of male attraction you can't possibly go wrong with.

These signs of male attraction are nothing extraordinary. A guy doesn't always profess his love or express his attraction with huge displays of affection or flowers. Just by looking at men from a good vantage point will tell you all the answers you need to know.

Signs of Male Attraction Number 1: Time is Gold.

This old adage holds true for almost any situation I know. And a man who spends most of his time with you obviously thinks you're worth it. It can be as simple as asking you out or just accompanying you to the copier machine. If he talks to you more than he talks to anyone else, then he is undoubtedly interested (even if he doesn't know it yet).

Signs of Male Attraction Number 2: Meet the Parents. Meet the Friends.

When a man introduces you to his parents, you know that has to mean something big. Not necessarily marriage, of course, but it does mean something.

And if he introduces you to his friends, this also means you're not just a random girl he has his eyes on. You are being introduced to a special circle of people he trusts and treasures.

Signs of Male Attraction Number 3: The Look of Love.

Eyes are the windows to a person's soul. And what you see in those eyes can be one of the reliable signs of male attraction.

When you look into a man's eyes and see a certain gleam or look, you will be able to tell instantly whether he is attracted to you or not. You might question yourself about it, but you will know on instinct what it really means.

These signs of male attraction are present in all types of men. You only need to open your eyes and clear yourself of self-doubt. Sometimes, men might not even realize that they're giving off these signals. So, it's going to be up to you to help move things a little.

Want to attract the opposite sex like bees to honey?

Also sometimes women are clueless and of course curious if the guy is interested or not.

There are guys who made their intentions obvious but there are guys who are playing safe and making friendship an excuse to hide their feelings. If you know how to read men, you will not be left clueless and you will know if a guy is attracted to you or not.

There are usually tell tale signs to know if a guy is attracted to you and trying to get near you to have the chance to ask you out. These signs will help you know if a guy is into you or not:

He talks about you through mutual friends. You will get news from mutual friends that he is asking things about you and want to know more about you. This gesture might be intentional in his part to let you know that he is interested and want to go out with you.

His body language. One of the signs to know if a guy is attracted to you is through his body language. Does he always want to establish eye contact or looks at you as if you are the only person in the room or in the crowd? Does he always find a way to be near you, lean to you or be seated next to you? To know if a guy is attracted to you, pay attention to his gestures or body language.

He appears out of nowhere. Did you notice that he appears unexpectedly on the same place and on the same time where you are alone or having time for yourself? Did you bumped on him more than once on the place that you don't expect him? These are signs that he is asking around about your whereabouts and trying to catch you alone and looking for a chance to talk to you and know you more. You will know if a guy is attracted to you if you noticed that he appears out of nowhere more than once.

He listens to you. When he has the chance to talk to you he takes it and he LISTENS to what you say. You will know if a guy is attracted to you if he listens attentively and remembers every word you said. He is very interested and even asks you more about yourself, your likes, dislikes and other personal questions.

He tries to impress you. He acts differently from other guys who are just plain friends. You will know if a guy is attracted to you if he tries to impress you and shower you with gifts. He brags about his hobbies, work, wealth, skills, etc. He is doing all of these things to impress you and win your heart.

Seven Signs she is interested in you

It is often difficult to know for sure when a woman is interested in more than just friendship and many people can easily confuse a sympathetic touch or word as a sign of something more. Making assumptions that lead to embarrassing situations can create insecurities that are not welcomed by most suitors. How then can a person tell when a woman is interested in them? It isn't easy and certainly many women act in different ways to show outward signs of interest; to know for certain often requires taking that risky step and simply asking the lady out on a date; however there are a few signals that can often be interpreted as signs of interest. Though a person should never assume anything about a woman's actions, these signals can help to eliminate any obvious signs of disinterest.

As with many things in life, knowing whether a woman is interested or not often amounts to playing percentages and can be ultimately a gamble. Though no one should ever allow themselves to feel too badly over rejection (it's often got little to do with you personally,) assessing the risk before taking the plunge can prevent a great deal of heartache.

- **Touching:** Just as there are many types of women, there are also many types of touches, with even more types of meanings. Too often is it assumed that when a woman touches a person she might find attractive that she IS in fact attracted; this is often not the case. Touch can mean a variety of different things including physical interest, but it can also simply be a sign of support or comfort. Knowing the difference between a comforting pat and a seductive caress is more often than not common sense, however in some cases people will look for any sign as permission to take action. Be careful to watch the rest of her body language, tone of voice and the nature of the conversation before jumping to any conclusions about touch.
Chance of Interest: 50%
- **Looking:** When you notice a woman looking at you, especially in a social situation, this can mean many different things. Perhaps you have something on your face, maybe something very interesting is happening...behind you, or it just might be that she does indeed like the look of you. Even if the last were true a person still cannot make assumptions about these looks being an **invitation** for action. On the other hand, if the look is accompanied by a smile and you are positive that it is intended for you, this could be a sign that she would like you to talk with her. Multiple looks can also be a very positive sign, though once again, you must be sure it is you she is looking at. Another

problem with action based only on a look is that even if a woman finds you attractive it doesn't mean she wants you to take any further action. This can be very confusing for many men as a vast majority of them often only look at women they would like a chance to get to know better. Often the solution to this problem is simply giving it a little time; multiple looks mixed with a smile might not be a certain invitation, but will often not result in harsh rejection as the woman will understand why you thought it acceptable to approach her. Use common sense and be careful not to assume that a look means anything more than taking in her surroundings.

- **Chance of Interest: 50% (Chance of Interest with Multiple Looks and/or smile: 80%)**
- **Calling You:** If a woman has taken the trouble to get your phone number, say from a friend or some other outside source that did not include your offering it to her this often indicates that she is interested in pursuing some type of relationship with you. What kind of relationship she is after is not always so easily determined; it is after all possible that she enjoys speaking with you, but has no interest in a romantic relationship. Often, if the latter is the case, the woman will flirt or flat out tell you of her feelings to avoid any confusion; in some cases though it would be expected for you to make the next move as she has already taken the first step by dialing your number. Unless expressly stated that she is not interested in pursuing a romantic relationship with you it is often safe to assume she is and therefore taking the next step by inviting her out on a date would not only be wise but expected. If the woman who calls you is already in a relationship you must act very carefully; no one enjoys being the cause of a breakup, (at least not the psychologically stable,) but in many cases it is not the third party's involvement that causes the problems so we will simply side step that issue. If the woman calling you is in a relationship she might still be interested in you, however until she decides to end it, pursuing anything more than friendship would be unwise; in all likelihood one or both of you will get hurt. For a person looking only to have an affair a relationship of this kind might work for a while, but most result in one or both people becoming too attached and miserable: be cautious.
- **Chance of Interest: 75%**
- **Texting/IMing/Emailing:** Though certainly emails can mean many different things the idea of these newer forms of communication is stay in contact with a person on a regular basis. Often people type in messages what they have difficulty saying over the phone or in person and for this reason one of these communication might very well mean the woman is interested in pursuing something more. Online dating offers these very forms in order to bring people together and with great success, but a good amount of common sense is still needed to interpret what exactly the messages mean. Often if this is a sign of interest it means that it is either; the woman's only form of

communication with you (i.e.: online dating) in other cases there is a strong chance that the woman is shy. In many cases text and the emotional intent behind it can be misread, which is why many people use emoticons to help make their messages clear. Without being able to know for certain from the text, the only assumption that can be made is that the woman is interested in connecting with you; because of this there is a strong chance only of her wanting some type of relationship, though what kind is uncertain. If she uses icons or words that are especially flirty in nature the chances for romantic interest are increased, but still uncertain as many woman feel able to flirt more freely through text than they would face to face.

- **Chance of Interest: 50% (Chance of Interest with Flirting Icons or Text: 85%)**
- **Staying Close:** If you happen to notice that a woman remains close to you at a social gathering; seems to always be in the same room or near the same activities, there is a very strong possibility (with some wiggle room for coincidence,) that she is interested and is attempting to get your attention without seeming to notice you. One way to determine whether or not she is for all intents and purposes, *chasing you* is to attempt to make solid eye contact. If this is accomplished and she is interested, it will often be accompanied by a smile; quick look away, or in some cases blushing. At this point if she continues to stay relatively close to you it is a pretty safe bet to take action and try to spark up a conversation. If you still need a safety net because you are not positive about her intentions you can always use a casual move to begin a conversation without being obvious: a slight bump into the woman and excusing yourself can begin a conversation or even a question about your location i.e. bathroom locations can help to kick start communication in awkward situations.
- **Chance of Interest: 70% (Chance of Interest if eye contact yields smile or blush: 90%)**
- **Imitation Infatuation:** Though a bit more difficult to navigate and certainly more lengthy to discover a woman who takes an interest in anything that you enjoy, that she did not previously have an interest in, can be a sign that she would like to get to know you better. Certain similarities, (for example at a sporting event you are both cheering for the same team,) might not mean anything at all besides your already having something in common, but a direct change in behavior or interests that match your own can mean a great deal. This situation is not always apparent and may only be noticed by people that are close to her; often people are already in the same social circles before something like this can occur. If you notice this kind of behavior from a woman there is a slight chance she is trying to make herself more desirable for you, however don't jump to any conclusions. If you are able to inquire tactfully, do so with any friends you may have in common and in some cases you might be able to use her new found interest in

order to invite her out, (which is often the goal of this behavior.)

- **Chance of Interest: 25% (Chance of Interest if change is unusual behavior: 80%)**
- **Gifts:** Once again, this kind of action usually only occurs within relationships that are already formed, though perhaps not yet romantic; however there are many small gifts that might not have a great monetary value, but can indicate a great deal. If a woman gives you a gift it can mean many things ranging from you were the first person she saw, (e.g. party favors) to she is very interested in pursuing a romantic relationship. Paying close attention to her body language when she gives you the gift can be an important sign as to what it means; if she smiles a great deal or is flushed it can mean that she is nervous because she is attracted to you; on the other hand if the gift is given in a dismissive way, little or no eye contact, you cannot confirm much interest at all.
- **Chance of Interest: 10% (Chance of Interest if she acts nervous or flirty: 95%)**

Knowing how to navigate the complicated actions of human behavior is difficult for most people and impossible for some. Always keep in mind that caution is a good way to avoid embarrassment, but that in order to precede a person must at times take risks.

Knowing how to tell if a girl likes you is a skill. You can find out if a girl likes you when she shows enough affection after you've dated a couple of times. But what happens if you want a quick way on how to tell if a girl likes you? Simple procedures can be taken to effectively make an accurate prediction.

The first approach is usually a key for continued follow-ups. If you sell yourself well in the first 10 seconds, you'll know how to tell if a girl likes you.

Liking is based on connection. If the person connected with you initially, the second and third attempts for being even liked in higher levels are usually easier tasks, because of the way you sell yourself the first time. Of course, it still depends on the mental state and emotional stability of the girl.

If you're wondering if a gothic girl would like you, and your habits correspond with the average guy, then you'll have less chances of getting along with her.

You can easily predict and know how to tell if a girl likes you by knowing what type of personal lifestyle you're having on a weekly basis. What kind of friends you have, and where you work, are simple deciding factors on being liked.

Usually if a girl likes you, she may mention some positive qualities in front of you and believe you have many admirable qualities like being funny, intelligent, or humorous. She may see you as a leader or as a great friend.

Being liked is about having a small piece of positive connection with your woman. But should you be worried and be conscious on knowing how to tell if a girl likes you?

You could answer that question when you are communicating or in the middle of a get together. One of the key suggestions will be to use your maturity and the best of your intelligence, while still keeping your childhood adventures from time to time.

It's not difficult to have the personality that makes a girl itch and want to be around you. Just being yourself and fun to be around are simple ways of being accepted and liked. It works like a charm. And don't worry too much on knowing how to tell if she likes you or not!

How to fill out a good profile

Once you have made the decision to utilize an online dating site to increase your chances of meeting that certain someone, there are three things that you can do to increase your chances when completing your profile.

When it comes to online dating, if you are serious about wanting to meet someone, then you don't want your in box to be bombarded by dozens of emails every day. In order to prevent this from the very beginning you have three things that you can do.

The first is to write out a rough draft of what you want your profile to say and then re-read it. You don't want it to sound negative, because then others who read it will think that you're a negative person. Try to avoid complaining about work, an ex etc. If you can't avoid being negative about certain subjects/topics don't include them in your profile.

Talk about your interests and things that you can be positive about. When you have a profile that is positive and upbeat, it draws people in to your profile and you have a much better chance of being contacted by someone who is interested.

The second tip is about making your profile unique. There are thousands of profiles out there and you want one that will grab someone's attention, rather than being passed over. In order to do this, be as descriptive as you can.

Don't limit yourself to generic answers that tell what you like, but provide reasons and maybe examples as well. The more descriptive and unique that your profile is the more chance you have of getting contacted by someone. When your profile reads like others and someone has already spent hours searching for a fun and intriguing profile to contact, yours is likely to be passed up as well.

But when you spend some time making your profile descriptive and unique you definitely boost your chances of someone initiating contact with you.

The final tip is on ways that you can filter out any unwanted contacts without being rude. Unless you specify what type of person you want to contact you, you will receive dozens of emails that won't interest you. To do this you may want to write a short paragraph about what

type of person you are looking for. Don't necessarily do it in a list format, because then it just seems like you are listing credentials that you are wanting.

But you can do this by talking about a scenario where it tells what are important factors like age, appearance and communication skills. You can also provide a way for them to initiate contact by saying something like, "If you feel you are someone like this, and then send me an email." That way the person knows that you want to be communicated by email initially.

Because there are literally thousands of profiles out there, it may be tough to make yours unique, but the more you strive to do this, the better your chances are of meeting someone who is truly interested.

A descriptive profile tells someone two things: one, what kind of person you are as well as that you are truly serious about meeting someone because you put so much time and thought into creating a truly unique profile.

How to Approach Women

The market is flooded with how to approach women books. The 5 signs she's ready to talk to you. The 33 ways to get her out on a date.

How many times has a really stunning women, looked straight at you? You know how it is; instinctively you know when someone is looking at you. Your eyes briefly meet...

But your eyes darted off, my cheeks reddened and you got all excited. Wow – she great! And she was looking at me!

She spent the next 5 minutes looking over at you. And you would pluck up the courage to look back, but your eyes were like opposing magnets, every time she looked at you, you just couldn't hold your gaze back at her. Finally, she gets tired of the game and moved on?

So what do you do?

Many have bought and read virtually every book they could find to do with dating and talking to women. And none of it help.

WHY because you have to change you and how you see women not from the outside by how you dress, or how cool you seem but what you are like inside.

The bottom line was it is not about HOW to talk to women. But not being afraid to. Fear of being rejected.

You do not need 101 'techniques' to meet women. You just need to get over your fears of approaching them.

You need to stop making a big deal out of this very first part of dating.

Let go your frustration, shyness or fear.

Here are 3 steps to break your fear of approaching women.

3 actions to take to help you start to eliminate your fears of approaching women.

Answer this question

1. What does it mean if a woman rejects you?

What does it mean to you?

Your answer to this question is likely to be something significant. Maybe it's saying you're not a fun /nice person, or you're boring. What does it mean for you? Note that for those who don't have a problem with rejection, it probably means nothing. Literally, ask them the same question and they say, it doesn't mean anything. Spot the difference there?

2. Fear is a signal

A signal that you're not fully prepared. If you don't know at least a few decent opening lines for a conversation that you can say easily, then you're not prepared enough – and you have every right to feel fear. Or if you know that your conversational skills aren't up to holding an exciting and engaging conversation, then maybe your fears are appropriate and are preventing you from getting hurt. What are you not fully prepared for in this situation? What's your plan to do something about it?

3. Get a basic knowledge of flirting

you can learn 100 flirting signals – if you want to do a doctorate in flirting. In the real world though, you only need to know the most important four.

Tip #1 Always Have A Smile

Tip #2 Keep Eye Contact

Tip#3 Be The Funny Guy

Tip #4 Be Real

Master them and you will be able to tell with 90% certainty whether your approach will be successful or not. If you could know with 90% certainty your approach would be successful each time, and you'd proved it to yourself for a few months, would you have the same fear approaching women any more? No. So learn the top flirting signs, practice recognizing them and use them to your advantage.

Know yourself before you date

Dating is a beautiful way to find a partner. Dating gives us an opportunity to know our prospective partner better and vice versa. With dating, we can decide if we are made for each other? If we succeed in taking a proper decision we will have a smooth life ahead that will have no pot holes on the way. Before we begin dating, should we not know ourselves better? Our personality, our strengths and weaknesses and what are we seeking from our partner?

Do you want to find someone who you can love as much as you want, or are you looking for someone who will love you to satisfy your need of being loved?

This is important to know. Some of us never got as much love as we wanted, so we look around for a partner who will make us feel satisfied and worthy of love.

Or we may wish to find a person who we can love to our hearts desire.

This is important distinction and please look in to your motives before searching for a dating partner. In either of the cases you will be looking forward to a different kind of person to succeed.

Are you confident about yourself? Do you feel threatened if you commit?

Does the thought of living with someone you know only for a small time fill you with anxiety? Many of us are not ready to commit at all. After some time of dating, such people break the relationship because they feel threatened. If you are such a person, think about your mental makeup carefully and better talk about this to your dating partner or a friend on who you have faith. Feeling threatened will always make you back out at the last moment and your efforts will always go waste without your realizing the real reason.

Are you looking for a partner who will protect you from this world? Like a little kid, do you want to go back to Mom and feel safe? If that is the case, please search for someone who wants to protect his/her beloved.

To know about yourself and to find out what you are seeking in a relationship that will make you happy is essential to find out who fits the bill for you. Please find out more about yourself before and what kind of guy are you looking for before you date.

Bonus material

6

How to have a Successful First date

So, you have a first date to go on. Are you feeling nervous yet? Don't worry if you are, because the chances are that the person you are meeting will be feeling exactly the same way.

You can't prevent your nerves completely, but you can make sure they are kept to a minimum by planning ahead in this situation. The best thing to do is not to put too much pressure on the occasion. If you think that this could be your dream date, or your life partner, then you will feel more nervous than if you thought of it as an opportunity to meet someone new. There's every chance that you will relax and enjoy the date a lot more as well!

Of course, safety is a big factor too. While the overwhelming majority of first dates go well, you should still make sure at least one person knows where you are and who you are with. Take a fully charged cell phone with you; so long as you have a signal you will always be able to phone a friend, or be traced if need be. Leave the phone ON but ringer off.

It's also a good idea to go somewhere busy for your first date. Go and see a good film together, or meet up for a drink or a meal. You could even opt for something sporty like ice skating, if you really want to break the ice! You don't have to meet up in the evening either – why not plan a relaxing lunch together on a Saturday, for example.

Wherever you decide to go though and whenever you do it, it's best to make your plans beforehand. There is nothing worse than meeting someone for the first time and then spending ages trying to figure out where you would like to go. By arranging everything first via email or a phone call, you will know what you both like – and that increases the chances of a successful first date.

Conversation is probably the biggest problem for many first dates. The dreaded silence is the worst thing that can happen, but if you prepare for it then you won't be left feeling uncomfortable.

Many people think that asking basic questions just isn't worth it, but in reality it is the best thing to do. After all, you don't really know the person you are meeting, that well so this is your chance to find out more about each other. What you say here – and what you find out – could make all the difference to whether your first date extends into a second one or not.

In short, there is an art to dating successfully, but it's not that hard to actually learn it. If you stick to the basics and make sure you always stay safe, you are sure to have a great time.