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Are you dating an addict?

Are YOU an addict?

Addiction is when you repeatedly do something because it lights up the "bliss center" in your brain and you are not aware you are doing it outside of your conscious control.

If you are addicted to one thing, are dating partners assuming you are "weak-willed" or have an overall bad tendency to be manipulated, or addicted to many things?

Addictions are:

Smoking- The chemistry of this product creates an addictive dependency in your brain. Smokers and drinkers are more likely to have reactive judgment and engage in spontaneous sex. They usually don't think very far into the future. You will have more short-term fun with one but more long-term problems

Love- Love is a chemical process in the brain which creates an addiction to a certain person. Oxytocin is very involved in the effect.

Drinking- The chemistry of this product creates an addictive dependency in your brain. Smokers and drinkers are more likely to have reactive judgment and engage in spontaneous sex. They usually don't think very far into the future. You will have more short-term fun with one but more long-term problems

Eating- Low esteem combined with the chemistry of factory manipulation of processed food products creates an addictive dependency in your brain

Coffee- The chemistry of this product creates an addictive dependency in your brain

Looking at certain kinds of people- A large number of actors get jobs because their **facial geometry** causes others to stare at them in a transfixed manner because the brain finds that unique symmetry compelling. Many actors are not really that good, they just have the right faces that people like to stare at so studios hire them more

Trying to look like certain kinds of people- People who are socially brainwashed into thinking their worth is based on their **appearance** are unable to avoid looking theatrical in their appearance and actions

Gambling- Emotional stimuli causes a dependency on systematic novel new emotional experiences

Tattoos and body modification- The compelling need to ostracize yourself in society by creating turning your body into a statement that is only socially accepted by others who do the same thing creates a reinforcement process that thrills the brain

Dating- Emotional stimuli causes a dependency on systematic novel new emotional experiences

Business Authority Control- Business executives receive a sexual thrill from defeating perceived competitors or "enemies" and hiring escorts

Sex- Emotional stimuli causes a dependency on systematic novel new emotional experiences

Bread- Modern processed bread leaves a morphine-like residue in your brain which keeps you wanting more

Recreational Drugs- The chemistry of these products creates an addictive dependency in your brain

Economic Power- Business executives receive a sexual thrill from defeating perceived competitors or "enemies"

Attention- People who are [socially brainwashed](#) into thinking their worth is based on their appearance are unable to avoid looking theatrical in their appearance [and actions](#)

Political Power- Political executives receive a sexual thrill from defeating perceived competitors or "enemies" and controlling masses

Music Beats- Commercial music companies engineer certain repeated sounds into music that addicts your brain

Potato Chips- Modern processed chips leaves a morphine-like residue in your brain which keeps you wanting more. For more on this see: "Salt Sugar Fat: How the Food Giants Hooked Us", By Michael Moss (Author) Available on Amazon. Now you can see why there is an entire aisle in the grocery store devoted to chips, because you can't stop buying them

Cookies- Modern processed high-volume baked goods leaves a morphine-like residue in your brain which keeps you wanting more

Sugar- Modern processed sugar leaves a morphine-like residue in your brain which keeps you wanting more

and other experiences

If you are addicted to one, you are probably easily addicted to all of the rest. Once your brain buys into one addiction it is easier to sell it on others. Consumer products groups know this. If your partner smokes, they are far more likely to become an over-eater, or an alcoholic or a drug user or all of the above.

"Section 8 housing" in America is often predominantly populated by addicts who are unable to function in nine-to-five jobs because of their overwhelming addictions. They are victims of commercialization of their addictions, in many cases. Many addicts use Harley Davidson logos and products to draw other like-minded addicts (usually addicted to alcohol and meth) together in common groups. Do not get mad at them for existing, they are the results of ingested products mass marketing. Modern medical research has discovered that almost 75% of American's have mental issues and brain chemical errors. Domestic toxins are continually increasing this number every year. The good news is that eventually everyone will be insane and, so with each person being one of them nobody will notice.

Your unconscious makes you get mad, defensive, lie and cheat in order to protect your addictions. You will be programmed by your addiction to protect your addiction.

The worst part is that companies who make things like cigarettes, alcohol, potato chips and other products add

chemicals to them that they know will process in your body to become addiction triggers (Some of these companies even get subsidies from your taxes to get to do this).

The first step is to recognize the addiction. Next, know that part of it is your subconscious. Get help from friends and advisors who can look in from the outside and tell you what the "bliss center is saying to you". The biggest part is recognizing it.

In dating, don't enable, or help the other person continue, their addiction.

Stories about how addiction has ruined lives are common in our society today. Reports of the lengths addicts will go to and the dark acts they will commit to get drugs, like crack cocaine, heroin and even alcohol, abound -- serving as cautionary tales to keep others from following the same path. There are many questions about the nature of addiction. Is denial a good indicator of addiction? Are some drugs as addictive as people say? There are even questions when it comes to drug- and alcohol-use prevention tactics. In order to persuade a person not to use a substance, the pitfalls of addiction are sometimes overstated. Overexaggeration can cause feelings of distrust.

Perhaps the best approach to the prevention of substance abuse is a clear, concise understanding of the process of addiction and the effects it can have on the user. To that end, researchers have arrived at a trim and science-based view of addiction. We have learned much in the last few decades, including the idea that addiction can come not only from abusing substances, but also with behaviors like sex and eating.

Though we've come far in the study of addiction, it's still a relatively new concept. Just a few hundred years ago, and for centuries before that, the general attitude toward alcohol was that it was consumed because people wanted to consume it, not because of any internal or external necessity [source: Levine]. But as reports and confessions came in from people who felt an irresistible urge to consume alcohol and drugs (once they became more accessible), our idea about some substances changed, and we developed the concept of addiction.

It was originally believed that some substances, like alcohol and, later, opium, possessed addictive properties, meaning their contents were to blame. That idea later shifted, and addiction was believed to be part of the addict's character. Dependence on drugs and alcohol was seen as a personality flaw -- that the person couldn't behave himself. Later, addiction came to be seen as something from which a person suffered, like a disease.

Although we know that certain substances act on the brain in ways that make the individual want to use more, drug addicts and alcoholics are still widely considered by society to be depraved; after all, they chose to use drugs in the first place. And with all of the data available and medical advances achieved in identifying the different aspects of alcohol and substance abuse, science is still struggling with some key questions, like whether it's ultimately substances that are addictive or people who are addicted to substances -- or both.

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Attraction; Are you programmed to limit your choices based on face stereotypes?

Parents, peers and school societies program people to only date people (breeding) who are genetically formed with the same [facial symmetry](#) and body structure. This creates objectified relationships, based on looks and not depth, which usually end

in cheating, "who-used-who" accusations, viscous divorce lawsuits, etc.. (ie: When actors marry each other) the point is: "go outside your comfort area and avoid being driven into a bubble. Don't pick people that look like who "you think you are supposed to be seen with". What "you think" could be more social programming than actual desire. 90% of online dating is based on things you are not even conscious of and things you would find hard to believe about yourself until you see facts like [THIS \(about your face\)](#) and [THIS \(about the rest of you.\)](#).

For most, one of the very heart-breaking aspects of online dating is that most of the people you want to date won't even write you back because they looked at your picture and deleted you without even reading your profile. This is called "Eugenics": the programming of people to only want to be with those that look like they are in the same social class or social group. This is why many yuppie couples look like brother and sister or have almost the same kinds of features: Small equilateral facial positioning, straight nose, sharp aqilinear eyes, etc.. You recently read the controversy about Big Brother TV host Julie Chen having her eyes surgically modified in order to look "more yuppie" and less asian for "social acceptability".

Dating sites promote themselves using photos of stereotype-looking [symmetrically faced](#) people. Many popular actors are not very good at acting but they have hyper-symmetrical faces that people can't stop looking at, so they get lots of work. Don't buy in to the programming, read the profile before you look at the pictures, if you can possibly bring yourself to do so.

Sunny writes: *"Internet dating puts the pictures up at the top so you just click through like shopping at the store. It dehumanizes*

people and sets up a "hook-up" decision-making process. Turn off images in your browser and just read the profiles if you are not just looking for sex."

Pam says: *"Any woman who is not a teenager who has her breasts or cleavage showing in her profile picture is selling it and knows exactly what she is doing and should expect exactly what she gets online."*

Robert says: *" If there are no full-length shots in the profile and the profile says "curvy" or "average", you know what you know. Don't be surprised".*

Amberson- *" No man ever reads a profile. No online woman who asks a man trick questions to see if he read the profile is going to get anything but pushback. men are visual and online they just want to know if the other person is even going to respond, since most men never get any response from most women they pick online (because they only pick the cute ones). So don't give a man grief because he couldn't overcome 10 million years of genetic programming just for you. Men look at pictures and just pick the cute ones, women then look at those pictures and only pick the ones that look like models.. so the odds are against the guys... help them out by throwing them a bone once in awhile."*

Rasina- *"Here is a flyer that we keep seeing around the campus:*

 Picture

"Do you notice anything about the pictures? They are all the exact same facial structures. You may be a tool of the media. If you are "attractive" you often go for people (without looking for depth) who always use you and dump you as they search for other attraction (called "dating Strange") without depth. Science says that women

with "model attractive" aquiline facial features will usually fail in love unless they pick the least "model attractive" man with non-aquiline facial features that they can find because two model attractive people generally do not develop the depth or intent beyond appearance and only see the lack of the depth after the superficial comfort has worn off. Do you think the pictures above are all: A.) Hotties and Hunks OR, B.) Bimbo's and Dicks. "

Robert- *"I saw this TV series, you MUST see it if you are out there dating:*

Discovery Channel's Science of Sex Appeal- Cliff Notes:

<http://dsc.discovery.com/videos/science-of-sex-appeal/>

Here are the results of the scientific studies conducted by Discovery Channel:

The bottom line, based on over one hundred years of research by thousands of different entities: "What people think they want is wrong if they are looking for anything more than just sex" Your subconscious biological programming will ONLY steer you to "make more humans", it WILL NOT allow you to pick a relationship partner. It will make you pick someone who is cute and mostly totally wrong for you. This is why 90% of dating experiences never work out and 70% of marriages end in divorce. Online dating causes most of the people that SHOULD be together to not get picked because the main choosing process is picture-based.

** Social, media and genetic programming makes you do things you do not mean to do in the dating process. To be successful in dating you have to actually NOT go with your "intuition" or "first impressions" because science now shows us that it is a TRICK. Science now shows that reacting to pictures only, online, will only get you great sex and NEVER get you a deep or long lasting relationship.*

** Love is a chemical addiction stimulated by the release of brain chemicals that distort your perceptions about a certain person.*

** You will not pick a person whose eye separation and distance*

from nose to brow is not the same as yours unless you consciously make yourself only look at the person in profile view. You unconsciously judge attraction based on equilateral positioning of all facial elements and geometric distances between points on the face.

** Women are generally repelled by men's scent (except when they are within a day or two of ovulation)...*

** One research study illustrated that women tend to choose partners based on status or resources as a priority. Groups of women, selected at random, were shown photos of similarly dressed men of relatively equal attractiveness. Following a baseline numerical rating of attractiveness, later groups were shown the same pictures, but with an indication of social and economic status - - five- or six-figure incomes. The attractiveness ratings rose or fell significantly in direct correlation to perceived income level. Men put fins and flames on their cars and wear giant watches in order to create status-attraction to attract women.*

** When women are ovulating; their voices change to a higher pitch to attract men, their skin tone changes to attract men, their pelvic muscles tighten to create a shimmer walk, they interpret smells different and they output different kinds of attracting odors.*

** The more a man sways his shoulders in a swagger, the more women will be attracted to him. The more a woman sways her hips, the more men will be attracted to her.*

** And the science of partner selection continues with human odor as a factor. Couples can discern the special smell of their partner. Every man has a unique smell -- 'eau de man.' Research has*

demonstrated that odor affects us at a subconscious level. We can't control it. No two people smell the same or have the same 'HMC', as it is called. There is an optimum match for HMC.

** Women are generally repelled by men's scent (except when they are within a day or two of ovulation); but men, when exposed to vaginal secretions, are consistently attracted. In experiments where men inhale imperceptible low doses of artificial copulants, the attractiveness rating of women shown in pictures is higher. Copulants impair men's ability to discriminate whether a woman is attractive. The scent of copulants prevents them from thinking clearly. (Odor also helps us steer clear of relatives and has performed the evolutionary role of "incest avoidance.")*

** With chemistry-inspired flirting, lust, and love all continuously active below our level of consciousness, can we maintain attraction to one partner? Attraction has many stages, beginning with a single biochemical jolt resulting in a change reaction. Anecdotal reports indicate the 'first kiss' is highly memorable in the attraction that builds (or fails to build). The abundant testosterone in saliva increases the sex drive.*

** Men are genetically programmed at the core of their genes for tens of millions of years to sleep with as many women as possible in order to keep the species going. Just as women are programmed to want a baby like crazy as soon as they turn 18. A good college education or strict parents are not going to change this. Recent science has found a shot that can cause monogamy in men and a shot that can cause baby anxiety reduction in women.*

** Even more sex appeal chemistry influences occur through the dopamine triggered in our brains. Dopamine is the brain's pleasure*

chemical that produces a high that can be addictive, energy producing, and exhilarating. Biochemistry shows the link between dopamine and testosterone with exhilaration and lust. But dopamine is not uniquely linked to sex appeal. The thrill of sports, bungee jumping for instance, can produce a dopamine rush. What about love?

** Many of our unconscious preferences and behaviors are conditioned by our chemistry. Studies report that women find slightly feminized pictures of the same man more attractive when they are not ovulating. Married women are biologically driven to promiscuous behavior as reported by an experiment based on digital movies of the female participants dancing during a "girls' night out." The women with long term partners and on their fertility cycles were the most provocative. This was concluded from movement and appearance analyzed through pixels and an estimated percentage of skin showing. These committed women sent out more sexual signals than the available ones. In contrast, other research pinpoints the role of the chemical oxytocin in monogamy for women.*

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research pinpoints the role of the chemical oxytocin in monogamy for women.

** The science on sexual attraction claims that evolution prepares us to stay together just long enough to raise children. One study across 58 societies demonstrated a dual reproductive system going from pair bonding to straying at about the four-year mark in a relationship. The study conclusion: we are fundamentally built to stray. Does this mean that our exhilarating experience of early love is destined to be undermined by our inherent biology? Will we always fail at long-term love?*

** Men put flame decals, fins, large spoilers, giant speakers, and raised tires on their cars to draw the attention of women in order to seek to demonstrate that they have a higher ability to acquire goods and survive in the urban jungle.*

** Science claims that the chemistry of passion, lust, and love bind us together for a limited period of time. Haven't most of us figured that out at a personal level? My observation is we already know we need to build for the future before the reality storm hits. Yet many of us neglect our marriages and relationships anyway. Over focus on careers or children, and overindulging in our selfish habits through individual use of time frequently lead to rampant neglect of our partners. Science help us? Dr. Karl Letus says: "Love is like Santa Clause and Fairies. You want to believe in them but they don't actually exist. What is worse is that love is an actual sickness. Santa Clause and the Fairies can be dismissed as mere whimsy but love is a medical addiction to chemicals in the brain and also a psychological addiction to being controlled and to out-sourcing personal security services. Chocolate is used to encourage love because it caused lubrication of the neuron thought process in your head. Expensive*

gifts are sought by women, from men, in order to validate the intent and ability of the man to provide ongoing financial and physical security services. So, by now, some of you are reading this and having an anger reaction and thinking.. "oh you are spoiling it, I still believe, I still believe.." just about the same reaction you get when you tell a smoker or an alcoholic that they are addicted and destroying themselves. " This is the harshest view of Love. It is just one scientist's opinion.

** It takes just three minutes to fall in love, scientists revealed today. What the heart wants, it can establish fairly quickly, according to American psychologists who studied the behavior of 10,500 newly-introduced couples. "Some people say they're looking for one kind of person, then choose another. Others say they don't even know what they're looking for," said Robert Urban of the University of Pennsylvania. "But our data suggest that, however it happens, people know it quickly when they see it." He claimed would-be lovers generally understand their own worth on the dating market, and so are able to judge potential compatibility within moments of meeting. Psychologists analyzed the interactions between speed-dating participants, where men and women are given just three minutes to assess each other before moving on to the next person. At the end of a session each individual indicates which of the 25 or so people he or she met they would like to see again. "Although they had three minutes, most participants made their decision based on the information that they probably got in the first three seconds," Urban said. "Somewhat surprisingly, factors that you might think would be really important to people, like religion, education and income, played very little role in their choices." Psychologists have often likened relationships to transactions whereby people select mates based on the qualities their other half has to offer, such as power and money.*

Kara- " Dating sites only market their sites using the pictures of the 1% of the population that looks like models. Those people only date the other half of the 1% of the population that looks like models. The odds of you getting a date with one of them is about zero. Models generally are superficial and never have lasting relationships because they are generally flighty, thinking only of the moment and burned out on getting passed around by the model-looking people they only date.. bottom line: avoid models and dating sites".

Amy- "Everything you were told about love and passion by the media, novellas and information that is sold in the traditional world has almost nothing to do with how "chemistry" really works. It is all subconscious brain chemistry that you have almost no control over unless you go to the work of making yourself very conscious and aware. If you don't believe, or understand this, then you will, likely end up as a 'Stepford Wife' or 'Investment Banker'"

Lyle- "The single most important thing to realize is that "chemistry" is a series of bio-chemical and audio-visual reactions to the way a person looks and how they remind you of subconscious things in-person. It does not work-over the internet! It does not work over a computer! It does not work over the phone! Chemistry is not a metaphysical thing. You will not be able to decide about a person unless you meet them in person. Much of it has to do with the spacing of the eyes, nose and mouth and the shape of the eyes and nose; unfortunately. The internet is just a place to see that certain people are single. The way that media has programmed you, the type of people the media have told you are attractive and the look and feel of the people you have gathered around you will determine how the 42+ different psycho-visual, olfactory and other sensory reactions determine if you will allow yourself to be attracted to one person over another."

Aubry- *"Generally: "Chemistry" has made up your mind about whether or not they want to be with you 15 minutes after you have met them in-person. Generally, men make up their minds more quickly than women because they are sensorial reactive. Decision processing is usually dramatically out-of-sync between genders based on genetic hunter/gatherer evolutionary programming. Both genders need to adjust to find the happy medium. Most internet dates end in the first few emails because of misinterpretation. Many people are typing on their cell phone or iphone or they are at work or they are joking and you can't see it in email. Do not make prejudgments based on the first few emails, they are often wrong or unfair to the other person. A large number of people follow "the third date" rule. This means that if the two of you have not decided to be intimate by the third date you probably never will. Almost a majority of first meetings are cancelled by one of the two people just prior to meeting because people feel no commitment to a stranger. Do not be surprised if people using the service are not too motivated re: the first meeting as many have been through these out-of-the-blue cancellations already."*

Parker- *"We live in an age where advertising and media train us to be attracted to certain facial types: sorority girl looks like fraternity guy looks, biker guy looks like biker girl looks, hipster guy looks like hipster girl types. Realize that we are all being forced to be superficial by this. Try to get past this, or you will miss people who are, otherwise, perfect matches. Exchange cell phone numbers for the first meeting. Most people do not look like their pictures and many people never find each other the first time. Use a Google-voice number or get a \$27.00 phone from Walgreens if you don't want to give out your real number. Where to meet is a political consideration. People who have done a few weeks of internet dating know that 99%*

of the first meetings don't click and they will never see that person again , so they are hesitant to go too far for a first meeting . Women think men should drive to their location. Men think that they are going to have to pay for everything so the women should come to them. A good fix is to meet half-way."

Sarah- *In life you have gathered people that are very similar to you around you in order to create a controlled and comfortable insulation. In online dating you will meet the full breadth of people and they are of every type. Be prepared to broaden your horizons. If you feel the need to tell people that "you need to go slow" (A concept foreign to most men) or "are still hurt from your last relationship".. you may not be ready to date. Not only are most people on a dating site eager and willing to be in a relationship, but things move much faster online than not online. Don't hurt yourself, and others, by using a dating site for therapy. People on dating sites go fast, generally."*

Anon- *"Have you ever noticed that 95% of us seem to be chasing after the same 5%. I call them the "lucky 5%". They have no trouble meeting someone for a romantic relationship. They are blessed with physical beauty or money or status or all three. Relationships come to them rather than the other way around. Looking at things logically, if 95% of us are chasing after the same 5%, each of them has to date 19 of us simultaneously in order to keep all of us happy. And that's not going to happen. How realistic are your expectations? Take a good, long, honest look at yourself. "I've got a great personality and a heart of gold", you say. That's great, except that you live in a world in which people judge you initially by superficial things like the beauty of your face, the slimness of your body, the clothes you wear, the car you drive, and the job you hold. So if people find your exterior to be unattractive, you've got a tough road*

ahead of you. For example, if you're a 3 on a scale of 10 in terms of initial attractiveness to the opposite sex, don't expect to attract a 9 or 10. If you're a woman, forget about Tom Selleck or a millionaire. If you're a man, forget about meeting a Playboy bunny. Settle for someone nice who finds you attractive. "Does that mean I have to lower my standards?" Sadly the answer is yes. I know it's hard to give up fantasies of Prince Charming or the beauty queen. Just remember that it's even harder to go through life without romantic love. "

<http://dsc.discovery.com/videos/science-of-sex-appeal/>

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Politicians and fake daters use the following tricks to make you think they are different than they are. You will see all of these tactics in bars

[Frat House and Sororities teach you](#) how to act fake in order to manipulate others in business and society by constantly over-expressing with your face. You are taught to react to every word that the person says that is talking with dramatic over-reach in your expressions, always using a form of smile or empathy face. This will make you appear more "attractive" to others but perceptive people often see it as fake. Some frat/sorority social training classes have you sit in front of a mirror, for hours, practicing exaggerated facial reactions while listening to taped conversations.

One such tape states: "...Ok now, teeth together, big smile..highbrows raised, looking shockingly interested in the things that are being said, chin up to hide those sagging necks... and.... stare deeply into the your eyes in the mirror, pretend it is your bank teller.. they are telling you SUCH an interesting story...

concentrate...."

If you go to any beer hall near an ivy league college campus at the start of happy hour you will see everyone doing this... but by 11PM, they have let it all slide, though....

If you can get ahold of one of these tapes and practice, you can have more success in your first online coffee date meetings.

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DATING TIPS FROM ALL OVER THE WORLD:

These are all different peoples opinions. Some may conflict with others. Consider them all and use your best judgement:

"Do not send more than a few emails or talk on the phone more than

45 minutes without meeting in person. The human mind will always create a bigger-than-life image of who you think you are talking to and it will be impossible for the other person to live up to that. You will set yourself up for disappointment and your experience here will always be unproductive. The longer you wait, the more likely you are to be disappointed because the vision and the real-world don't match."

"The Internet dating process can be both exciting and heartbreaking.. You will meet tons of beautiful, sexy, sharp people that you would, at first blush, be able to visualize yourself being boy/girl-friended with, or married to. This can be very painful, though, if you have had great email and phone calls and both decided you really like each other. But the ones you like may tell you, right on the spot, that they are not attracted to you and the ones that want you strongly, you may not be attracted to. Prepare yourself and try to have no expectations, but don't deny that "chemistry" makes up to 25% of the first encounter and if there is no chemistry, it usually seems to fritter away rapidly"

"Most of the internet people will select one of the first few people they meet because they get overloaded after more people contact them. Most people, women more than men, get 30 to 200 responses and just get burned out after the first dozen meetings. The first people one meets tend to stick out in that persons mind more because the others start blending together in the density of increasing contacts, emails, phones calls and meetings. If you don't meet soon you will often be buried in the confusion that follows as the increasing volume of email contacts builds up. Most of relationships on match turn out to be with one of the first few people one meets according to the survey. If people are trying to meet quickly, they are probably trying to get in to your "emotional

window" before it closes."

" Many of the people on there are just dabblers, or looky-loo's who never intend to meet anybody in person, some of them are even marketing people for the dating service acting as "shills". Ask them to meet soon to see if they are sincere."

"People who object to long initial letters or emails are really not interested in knowing anything about the people they are contacting. They are often just looking for flings and distractions. If the people can't deal with alot of information about you then they may not be interested in a long term relationship(LTR) and could just be using the dating system for personal validation and not for creating a relationship"

"Women tend to get 10 responses for every one response men get online."

"Most people go in with the best of intentions...thinking that a great mind/intellect connection will make-up for any lacks in "chemistry"..but it has never turned out to be like that...everybody seems to, ultimately, let chemistry rule. Looks are not the whole driver but they are always a non-insignificant criteria."

"Bad breath can totally kill a date. How many losers have I been out with that would have been OK except their breath made me ill. Take 4-5 "Breath Assure" tablets at least 30 minutes before the date and eat an Altoid or some mint a few minutes before the date. Eat a little something before the date because an empty stomach can cause bad breath. Brush your teeth. See your dentist and have your teeth professionally cleaned."

"If you are cute and you try to get off of the internet service they may not take you off very quickly because you are attracting eyeballs or customers for them, you can get many free months from the service if you work it right."

"Don't do internet dating unless you are prepared to meet people and you have from 6-10PM Free every night, 30-90 minutes a day to read and respond to emails and at least half your weekend free to meet a few people. I will not work for most people unless they make a commitment to the process, feel that getting a special person is the most important priority in their lives (Over work, money, material things, etc.)and really treat the effort like a job. Most people are completely surprised by how much work is involved in this kind of dating. Many people select one of the first few people they meet just to avoid the time-drain. But, when you meet the person that you want to be with, it makes it all worth it ten times over."

"When you first notice something you don't like about the person, don't run away or write them off, you must remember that you are operating in a hyper-accelerated dating environment (Where else would you meet 20 guys in 60 days?), in the "normal world" you would be looking for all these checklist items or first a validating red-flag to write them off as a stalker/creep like you do here. The density of people can be daunting but don't let it make you too clinical in your approach."

"Most dating systems forward from an anonymous email to your personal email. Be sure and set your email system up so your emails pop up on your work desktop or on your home system to avoid coming home at night and finding a plethora of responses and replies that you don't have time to give proper attention to. That is unfair to you and to the people that are interested."

"I now want to meet as soon as possible because the "rejection intensity" seems to be less painful for both people if you have not gotten emotionally involved with lots of phone calls and emails beforehand. So it is important to meet as soon as possible to reduce the pain factor of the potential turndown. Of course, if both of you happen to be attracted, then you are done and you get a boyfriend or girlfriend."

"Don't ask a person if they like you on the date. It puts them on the spot and is too harsh to hear live and in person if they do not."

"The marketing people at each of the bigger dating services will tell you that the demographics for the service are high-income, well educated, aggressive, driven business people. This can be both good and bad. The women tend to be more sexually aggressive and the guys tend to be busier".

"Men lie more than women but they both lie. Men lie because they had bad upbringings, or they are insecure or they are afraid. Men only lie about one thing so it is actually a misnomer to say men lie. It is better to say "Men are Polyamorous". Men don't think they are doing anything wrong unless there has been a very loud and official wedding or girlfriend/boyfriend-stage in the relationship announcement. Men never think they are lying..they really don't, they just think that the relationship isn't happening. Men think that women are too slow and careful and always shopping for the right man so they always think women are not going to stick around and they always keep their options open until a women clearly commits. Women think that men move too fast so they wait for a slow one, but they rarely come. Both genders are wired different so it never really works out until one or the other lets their defenses down."

"Don't attack people who ask you for a picture and do have a picture ready to go. Having a digital picture ready to go is considered to be the number one "rule" of the web. Don't go online to date unless you already have one on your hard drive or you will just be creating a terribly frustrating experience for people you contact and most of them will be upset that you don't have a picture. The only difference in meeting people on the web or in person is that you have no visual context. Most people make their primary assessment based on appearance, even if they deny that they do, it is a natural human process to seek visual confirmation. On the same note, don't judge a book by its cover. Many "pretty" people who seek only "pretty" people often find shallowness and vanity and no substance for that very relationship they seek...try a normal looking person, you will usually be surprised."

"There are no weirdoes and no normal people on the internet. There aren't people at all, just words and text. You have to realize it is a digital environment and employ it as an initiation place and then follow-up in the real-world. The unique thing about open network communication is that it has no established social order or boundaries so people are naturally supported in their theatrical creation. The difficult aspect of this is that there is nobody to reference you as you microscopically grow bigger or into other tangents of a character without even noticing it. So; people tend to be more flexible with the facts or narrative because they feel like they are co-writing a novel with some one in real time."

"Can girls and guys be "just Friends. (Harry met Sally) Yes, if neither is physically attracted to the other. If one is and the other isn't it will almost never work. In the case of one person being attracted but

wanted to be friends, many of those people will either be in denial or embarrassed to acknowledge their attraction."

"Realize that time doesn't exist on the internet. What is a timely response or an appropriate development of social expectations will be too slow or too fast to the other person. Most internet socializing tends to move at "warp speed"...because it can."

"Whether you're searching for romance in cyberspace or at a SpeedDating event, the rules can be complicated and downright frustrating. Following are a few that real singles have used to navigate this brave new world of dating:

"Asking a woman out for a Saturday night date is a big deal. If you ask some women out for a Monday or even a Thursday evening, beware. You could have the phone receiver slammed in your ear. "A woman takes it very seriously when she is not asked out on a Saturday night," said Dawn Sidney, who met her husband at a Chicago Jewish federation event. "She has a different attitude. She thinks the guy doesn't think she's special."

"Fools shouldn't rush in. To Shawna Gooze, a human resources assistant, it doesn't matter what day of the week a guy wants to see her. What happens after the date is more important. "I went out with a very good-looking, nice guy I met at a bar, but he started e-mailing me so much after the first date, it was a turn-off," she said. "In the beginning, it's better not to rush a relationship or come on too strong."

"When you move an online romance offline, go public. When trying to find a date in cyberspace, a set of unwritten rules applies, and some online daters simply make the rules up as they go along,

according to Leslie Zimmer, who works for a Chicago-area synagogue and has tried several Jewish online dating services. Zimmer, whose online dating odyssey has most been both frustrating and humorous, followed two main rules. First, she didn't disclose personal information such as home address, telephone number or work location. Second, she met an online date at a public place such as a coffee shop or restaurant. She also chose to have a few "phone dates" with an online dater before meeting him in person. Hoping to attract a Jewish John Travolta, she began her personal ad with, "Shall we dance?" One guy responded with a cute, clever message that discussed their common interest in dancing. For their first date, they agreed to meet at local nightclub to show off some fancy footwork. "There was definitely a chemistry," she said. "We spent three hours dancing, talking and laughing. "After we danced, he just said, 'Good night.' I was dumbfounded. I happen to have a lot of moxie, so I e-mailed him. He e-mailed back that he just didn't feel any chemistry. I thought, when he finds someone with chemistry, it must be like an explosion!"

"If you're a woman seeking cyberromance, don't be afraid to initiate the first cybercontact. The anonymity of online dating makes it easier to sever a bad connection, said Michael Slater, 25, a regional sales manager for a Chicago-based corporate relocation company. In other ways, it's leveled the playing field by making it acceptable for a woman to initiate cybercontact. "I know from several friends using Jdate.com that women are e-mailing guys and asking them out," he said. "

"Seek advice from a trusted friend if you're stuck in the dating doldrums. While it's clear the Internet has changed the rules of dating, some things never change. Singles still seek advice and support from friends and family, said Slater, who is currently

attached.

"Sometimes a friend will ask me what I think of a woman's profile, and I'll say, 'You're not going to know unless you try.' They just need an extra boost to click that 'send' button," he said. "I don't want to be known as a yenta [matchmaker], but I just give my friends a push in the right direction. They've done the same for me."

"Unfortunately, there are no hard-and-fast formulas that guarantee romantic success, except maybe: Love like you've never been hurt before, and be yourself"

"Never give out more than your first name over the Internet. Never tell anyone your address."

"It is fairly safe to exchange phone numbers although you should remember that your phone number can be used to find you. You can tell a lot about a person from their voice. If a person gives you their work telephone number instead of their home telephone number, they are probably already involved."

"If you have found someone you would like to meet, always arrange to meet in a public place such as a bookstore or coffee shop."

"Unless, someone looks frightening, always acknowledge the person you came to meet and have coffee or whatever. Never leave just because you don't like a person's appearance. It just isn't nice to leave someone waiting and wondering!"

"Be honest. If you are not interested thank the person for meeting you and tell them in a nice way that you don't feel you have as much in common as you had hoped. A kind up front rejection is easier on you both."

"Always ask to see the persons drivers license. If they hesitate or don't give you their identification, they have their reason's. Get rid of them FAST! And, don't let them follow you home!"

"Call home or a friend and tell them the person's name, address and license number which is on their license."

"A man has every right to request to see a woman's drivers license as well. There are a few dingy women in this world."

"If a woman fails to ask for your ID don't date her. Find another one because the one who didn't ask will show bad judgement in other aspects of life as well!"

"In sexual matters follow the dictates of the religion of your preference. You will always be glad you did."

"Should you decide to become physically involved, never do so until you know the person well. "

"You do not know a person well until you have seen them in their normal environment and have met their friends. Practice safe sex!"

"If a person seems to have no friends or associations be very suspicious. A person will rarely abuse someone known to their friends. There is a social price to pay."

"Remember, that all you owe anyone on the first meeting, is courtesy for a very short period of time. You have a lot to gain and very little to lose by meeting new people as long as you use common sense!"

"Never love a man or woman more than you love yourself."

"You must have attitude. Attitude is everything. Think of yourself as compelling, irresistible, and captivating because that's what you are!"

"Your attitude about yourself and how you expect others to treat you comes through in everything you do. "

"Know and play to your assets, know and downplay your deficits. "

"Women are the Queen Bees. It's a woman's job to attract men. Men are the wannabes. They wannabe with women. So ladies, let them. Men find women, women don't find men. Women let themselves be found. "

"Men troll and hunt for women. Women attract and magnetize men."

"For women: You only love the men who love you. It is your job to attract lots of men and then choose from the ones you have attracted."

"For women: Want a relationship? Stop acting like an alpha female and start behaving like Annie Get Your Guy. Alpha females are smart, sexy, successful and usually alone, because tough, fierce, competitive, and masculine energy only works in business. Annie Get Your Guy is soft, foxy not fierce, receptive, always feminine, and is the chatee never the chaser. "

"In relationships, men want women to act like women, so they can act like men. "

"For men: You are a hero. Accept nothing less from a woman than being "her hero."

"In dating, know what you want and what the other person wants. Make sure you are both going in the same direction. "

"The secret to a relationship is: know what each player wants and then give it to them. Men want to be admired and respected. Women want to be cherished and adored, because that makes them feel safe. Good relationships are the result of giving all the players what they want. "

"Feelings are important. Men want to feel they are winning in a relationship. Women want to feel safe. "

"Don't rely on a make-over to find happiness. Give up the thought "I love you, you're perfect, now change." Accept "as is" the person you're in the relationship with. "

"Keep your heart open. For those who think war is hell, they should try dating. In dating, your heart may get hurt, but as long as it's open, there is room to let someone in. Love has no place to go when a heart is closed down. "

"Go on every new date and into every new relationship with the attitude that this could be "the one." As long as you think about past relationships, that's how all your relationships will be. "

"It is the 2000's and it is a whole different ball game than the 1970-s to 1999. You must ask your date to get an HIV/AIDS/STD test and show you the test results. It takes 4 days for a really expensive test to

come back and 30 days for a full test result. They need to show you tests taken 30 days since the last person they slept with. It is not only appropriate it is REQUIRED, ESSENTIAL and Expected that you ask somebody on the first to third dates, if there is any sexual interest. It is each persons responsibility to discuss this stuff immediately. If you don't do it YOU CAN DIE FROM SEX. Look at the statistics. AIDS is killing more and more mainstream "average" Americans monthly."

"Don't discuss emotional issues in email. They will almost always be is interpreted. Hence the smiley faces: ;-) :-) etc. Never have a fight or misunderstanding via email or you are done for. Context is not apparent in email."

"Many people confuse "Cute" for "Love". We are all conditioned by the media to find people with perfect features to be desirable. The pressure of being Cute all the time makes men and women who are "cute" go a little nuts, so it is hard to find cute AND sane at the same time. Try to see the attraction in normal people and realize that the attraction to "cute" can sometimes last only as long as the newness of the new cute person."

"Guys talk about sex 70% more than most women. It is genetic memory-burned into their brains. Many guys, though, use sex as emotional validation but they are incapable of admitting it, the rest are just horny. Society has programmed men to feel afraid to show sensitivity because it might make them look weak or gay.If you talk about sex in email or on the phone, before you meet, and you both seem to be equally interested in it, it will probably, then, never happen because you did that. By building it up in advance you create a psychological fantasy which your mind will always make bigger than reality can possibly live up to. When you meet and find out that neither of you are the "Fabio" or "Miss America" (..fill in

name of whoever floats your boat) of your assumptive projections then your boat is sunk."

"Most people find the picture issue necessary but disconcerting. Many people's friends tell them they are not photogenic and never look the same from shot to shot. Most people look better in person than in a picture unless a modeling studio shot them. You can't really tell what a person looks like unless you have seen 5-6 different pictures in different settings."

"Many "socially-beautiful" men & women are conditioned to only go out with GQ/FratHouse looking people. These people have been taught that it is all about facial balance, symmetry and small featured proportion; the majority of the real world does not have that symmetry. Frat House/Sorority people are singled out by a culture and guided to ...Frat Houses and Sororities for reinforcement from common-culture types.! If only we could stop and look deeper than the shell..but those social imprints and media conditionings represent strong mnemonic triggers."

"Avoid the "Sherlock Holmes" technique. Many people feel that they have to squeeze as much information out and draw conclusions about that information in the first date. Don't make assumptions or second-guess others. If somebody responds to one question you ask with a lengthy answer about food, work, cars, etc; don't assume that they are obsessed with one or the other. They may just be a long-winded or detailed communicator or they may just feel obligated to try to give you as much info as possible about something you showed interest in. Try to adopt a flexible attitude in assessing a persons process based on one initial meeting."

"Cosmo advises that previous marriage should be an issue but the

US census shows us that the Likelihood of new marriages ending in divorce is 50%. If your potential date has not been married, facts now show that they may have been smarter and more dedicated to a permanent relationship potential by waiting until after their 30's. Others have just not met the right person and hold the ideal partner dream firm. Some have asked people to marry them but the other person said no. So, not being married after 30 does not mean, today, what it might have meant in your parents times."

"This might be funny for you, or it might not. I found this card at a Hallmark display:

Bad Date #132: He likes you. You don't like him. He says he'll call and does.

Bad Date #133: You like him. He doesn't like you. He says he'll call and doesn't.

Bad Date #134: You like him. He likes Jim. He dresses better than you.

Bad Date #135: He wears too much aftershave. He flirts more with the waitress than with you. But that's a good thing.

Bad Date #136: He talks all night about his ex. Then he cries.

Bad Date #137: You like him a lot. He likes you a lot. Then he changes his mind.

I've been on all of those, and then some. My friend pointed out that the existence of that card means that it happens to loads of us. Somehow that thought should make us feel better, right?"

"Sexual intercourse changes every rule. Nudity of one party or both parties can in some cases modify the rules. "

"Every rule has an exception or two or three. "

"The ambulance-chaser rule. There is an appropriate waiting period

after someone breaks up before you can ask them out. I am unsure as to exactly what this waiting period is, but I know it is longer than five minutes and shorter than a month. "

"The rebound rule. Never, ever date people who are not over their last significant other. This is bad. You will be forced to listen to stories of love lost and told you can't go to Applebee's because he used to take her there. Signs she is still holding a flame: She refers to his current girlfriend as the whore from KU, and she is mysteriously busy on weekends he is in town. "

"As Olympia Dukakis said in "Moonstruck," "Don't shit where you eat." Try your hardest not to date anyone you work with. Teachers should not date students. Bartenders should not date servers. Checkers should not date baggers. The only possible exception to this rule is if the individual you wish to date works in a different department or section of the organization than you. Even then, use extreme caution. "

"The I'll-call-you rule. Men seem to have a particularly hard time with this one. Let's say after a night of conversation, a woman gives you her number and tells you to give her a call. It is appropriate to call the next day; you will not seem too anxious. This first call should be a casual call, and you should include your name and the location of your first encounter so she can definitely identify you. You may at the time of this first call express your intent to call again later in the week with plans for a date. "

"The sisters, aunts, cousins and mothers of women you have dated are off-limits unless you live in Arkansas or certain counties in Mississippi. Her best friend is a no-no, as well as the sisters, aunts, cousins and mothers of any of your friends. "

"The rule of who pays. The man. To hell with women's liberation. If you are the man, and I am sure you know how to tell, you will be footing the bill unless otherwise arranged before the date. In same-sex relationships the person who asks for the date pays. "

" Follow your heart. Rules are meant to be broken. We can't all be as lucky as ferrets, but if you bite someone in just the right place you might get lucky. "

"Guys and gals of all ages... I want to say that whomever you fall for, regardless if their dorky, popular, weird, smart, crazy, etc.. don't be pressured by the stereotypes of high school! Open your heart and be honest about your feelings. When one person breaks those "Rules of dating in high school", it can give everyone else the courage to break those silly dumb pathetic rules as well. I know it's even harder when you're getting pressure from your friends. Especially if you're honest and, for instance our one of the "popular guys" and then you say to your buddies that you like that little chubby girl in your Math class, and everyone is like, "Dude... you like HER?!" Then of course you turn bright red and deny it. But if they're true friends, then they'll back you on what you believe. Stereotypes are nasty evil things... and deep down... most of us don't believe them... and most of us wish we could go against them... but we're afraid. Therefore, I suggest we all work on it together. Next time the dorky girl or guy, popular girl or guy, crazy girl or guy, etc... comes up to you, instead of jumping to conclusions about who they are based on what they've been "labeled" by the school, reach out your hand to them.... who knows, you might meet that Mr. or Mrs. Right of your dreams. And my last point.... don't try so hard to go searching for love when you're young. While there are the percentage of people that do meet in high school and get married, chances are, it doesn't work. You have your life

ahead of you to meet that special person for you. Enjoy high school and meet friends of all social cliques, and don't concentrate so much on whether or not someone is going to accept you or not accept you. Just be yourself."

"Cowboys. Though I have nothing against cowboys per se; I just don't want to date one. I'd even venture to bet that line dancing is a joyful activity, good exercise even, but again, not for me. Seatbelts. I admire a man who uses a seatbelt. It says a lot about him. Like the fact that he enjoys his life and wants it to continue. Transportation. I admire a man who actually has a car. Having to pick a guy up is a little fishy. Due to the complete dearth of mass transportation in Brainerd, it can often mean there's been some trouble with the law. Glasses. I'm quite particular about the issue of glasses. Small and the right shape work well for me, but if they go anywhere near a square and over three to four inches tall, my enthusiasm dwindles. (I'm quite aware of how shallow I'm sounding. Really, I'm a decent sort. Large, square glasses are fine for my uncle or my grandpa or the grocer, but in terms of a potential mate, they're not my ideal.) Smells matter. As it turns out, metallic licorice types of smells do not appeal to me. Neither do excessively manly colognes. Clean, soapy scents or woody, incensy campfire types of smells do appeal to me. Shoes. Again, I realize I'm showing the shallow side of myself here, but cowboy boots that make a man appear to be teetering on high heels don't do it for me. Solid loafers that don't make clicking noises on the floor work nicely. I'm OK with certain types of sandals. And outdoorsy boot-shoes work for me big time. Call me crazy. Hair. This is a very precise category. Feel free to take notes if you must. A man who spends a lot of time on his hair does not appeal to me. My motto is hair can be gorgeous without lots of work. (Motto may be a bit strong, but the thought has crossed my mind.) While I'm not sure gorgeous is an adjective that can be used to describe my hair; at

least I don't end up spending inordinate amounts of time in front of the mirror, cursing and wracked with self-doubt. I can get my cursing and self-beratement done in about five minutes. Any man who spends more time than it takes to watch an episode of Boy Meets World, back combing, teasing or adding products of a fruity nature to his hair turns me off. Not unlike the issue of glasses, the hair should not be more than three or four inches in height. Lack of hair. This works. Only if the hair that does exist is not used to overcompensate for the lack of. This shows a certain self-confidence. I also have found that long hair is not my favorite. It should, however, be all one length. Layers or bilateral "hockey" cuts -- short on the top and sides but long in the back -- do nothing for me. Actually, they make me want to run to the nearest restroom labeled "does" or "bucks." Height. This category is a freebie. I'm only 5 feet 1, so while I might be uncomfortable with a man less than my height; statistically that does not occur very often. Other than that, I'm pretty open. Weight. Actually, I'm pretty flexible on this too. Mostly because I'm no Ally McBeal. Not only am I not Ally McBeal, but sometimes I have seething anger about how Ally McBeal (i.e. the media's representation of the ideal bulimic woman) can make me feel like the body I live in is wrong.

OK, so I guess Ally McBeal can't actually make me feel that way, but there's definitely a link of some sort. So, in hopes that I will not be judged as harshly as I sometimes feel, I am pretty open about size. I like men who are active yet are not obsessed with fitness or the size of their "pythons." It is for this convoluted, irrational rationalization that weight is not an issue with me. Questions. I need someone who asks them and then listens to the answers. Go figure. This in turn makes me want to ask questions and have real conversations. A definite necessity. Touching. Too much touching right away is confusing and not so good. No touching whatsoever is also confusing. No real verdict on this one. Reading. Let's just say this is a

good thing. And no, I do not consider porn actual reading. Age. So far, I've been dating men older than me. Some much older. Telling someone your real age is good. Hedging and answers like "I believe you're as young as you feel" are not good signs. Humor. As it turns out, this one of the biggest pluses by far. By humor, I don't really mean jokes. Stand-up comedian wannabes who consider one person a way to try out new material do not appeal to me. But a wry skepticism of the world at large is rather quite nice"

"In an imaginary world a kiss would signify the end of sexual tension and the beginning of a relationship. In college, it means somebody's horny." In an imaginary world, "I really like spending time with you" and "you're cool" mean I REALLY like spending time with you and you ARE cool. In college, it means "will you fuck me?" "In an imaginary world, holding hands is the first sign of true love, in college it means someone is too drunk to stand on their own." "In an imaginary world the guy buys dinner and a movie and kisses you goodnight at your front door. In college, there is no such thing as a dinner and a movie and at the end of a date, most guys want a hell of lot more than a kiss goodnight." "In an imaginary world, men aren't afraid to admit their feelings. In college, if you ask them what they want or why they kissed you they respond, "Why do you think?" Refer to number one for definition." "In an imaginary world, sleepovers are sleepovers. Just that. In college it's a fuckfest or pretty close to it." "In an imaginary world the guy might call you the day after. In college, you're lucky if he acknowledges your presence when you walk by. Or if they do call back, refer to number one again, for the reason." "In an imaginary world even gorgeous guys are nice. In college, cute guys are asses, unattractive men are desperate, and nice guys finish last." "In an imaginary world, sex is sacred and special. In college, it happens every night between drunk strangers, who don't even know each others names." "In an imaginary world, men have only one girl,

chickie, babe, woman. In college, you are the only one, except for, Jodi, Jean, Alisha, Sara, Laura, Liz, Christy, Carrie, Jen, Mary, Katie, Jeff, Gretchen, Andi...Why are these important if you aren't in college? Because college behavior almost never ends after college!!!"

"Newsweek Magazine's cover story for June 2, 1986 demoralized single women throughout the nation. The article claimed that if you are 30 years old, college-educated, and never been married, that you only have a 20% chance of ever finding a husband. If you reach age 35 without a spouse, your chances drop to 5%. And if you have the misfortune of being single at 40, according to Newsweek you have a greater chance of "being killed by terrorists" than finding a husband. The Newsweek article was based on a study by two professors at Harvard and Yale Universities. Fortunately the figures have been discredited by the U.S. Census Bureau. For one thing, the Harvard-Yale Study was based on a relatively small sample. More importantly, it was based on a critical assumption: that single women in the United States would continue to follow three patterns in selecting a mate as they have in the past: 1. Marrying a man who is older than she. The average woman in America chooses a man two to four years older than she. Since men live seven years less than the average woman, this means that the older a woman becomes the fewer men are still left that are older than she. At birth there are more boy babies than girls (a 1% surplus of boys). This continues until age 35 where there is an equal ratio of single men to single women. From that point on the men start dying off so that at age 60 there are three and one half single women for every single man in the United States. This statistic becomes even more grim when you consider that many of these scarce 60 year single men are dating women in their forties and fifties! Obviously if single women continue to prefer older men their chances of finding a husband will diminish. 2. Marrying a man who is taller than she. Women who are tall (over

5'6") and like to wear high heels have a problem in meeting suitable men. I have spoken to many women who insist that a man be over 6 feet tall. That eliminates 90% of the single men in this country! 3. Marrying a man who earns more money than she. Even though women in this country still only earn 62 cents on the dollar in comparison to men, this doesn't apply to successful professional women, who have literally priced themselves out of the market! They have a very tough time finding a man who is older, taller, and wealthier than they. The main flaw in the Harvard-Yale Study is that there's no reason why you can't adjust to these realities. Why not choose a man who is younger, shorter, or less prosperous? For years women have been complaining about how superficial men are. They chastise men for overlooking inner beauty, intimacy, and communication. Perhaps single women need to look at their own superficial prejudices regarding age, height, and money. Single men have their own set of unrealistic expectations. They tend to prefer young, slim, pretty women. These women are at a tremendous premium. They have men standing in line for them. Unless you're rich and handsome, what are the chances that you'll attract one of these beauties? The reality is that few women in this country have the slim figure of a model. Women begin with one third more fat than men. That is nature's way of preparing them for pregnancy. Otherwise our species might not be around today. The old adage that "beauty is only skin deep" may sound corny, but it's true. So don't worry if she is a few pounds overweight. Find yourself a loving woman with whom you can share a happy life. "

"Oh no, don't tell me I have to go on blind dates. You only get to meet losers." The number one method for meeting people in this country is through mutual friends. Spread the word to your friends that you'd like to meet more people. Be sure to share with them exactly the qualities you are looking for. Ask them to include you on

their guest list for dinners and parties. Have them introduce you to their friends, relatives, and co-workers as well. Don't be afraid of blind dates. They are still a very common way of meeting people. Just don't expect too much. The likelihood is that on any particular blind date either you or the other person won't find the other to be attractive. So be patient. "

*"Hey, wait a second. I'm not going to choose a job on the basis of whether it's a good place to meet people. I've got to put food on my table." Most people choose a job on the basis of such things as money, status, enjoyment, and proximity to their homes. There's nothing wrong with that, but think about adding one more criterion: likelihood of meeting new friends. 10% of all romantic relationships begin between people who meet each other on the job, according to a study of 3000 singles. (Simenauer, J. and Carroll, D., *Singles: The New Americans*, N.Y., Simon & Schuster: 1982). Furthermore, according to a survey of 1,800 professional women between the ages of 21-45, "a romance between coworkers is four times more likely to last than one between a couple who met elsewhere.... About 20% of on-the-job romances lead to marriage." (Marin Independent-Journal, March, 25, 1986.)*

What about the risks involved? Will you have to find another job if your office romance doesn't work out? According to the survey of professional women cited above, "only 5.3% of the women said they felt their relationship had hurt their career. Only 1 in 400 reported losing her job." If possible choose a job where you are dealing with the public on a daily basis. Unfortunately these are often low-paying jobs (e.g., waiters and waitresses, bank tellers and cashiers.) The pay-off is that you meet lots of new people. Another option is to choose an office where there are plenty of attractive single people of the opposite sex. What if you don't work and don't need the money? Consider a volunteer job. There are all kinds of interesting

opportunities to help others and make your community a better place to live. Call up your local volunteer bureau to find out how. Along with "contributing to society" you'll also increase your visibility in the community and meet new friends. See the chapter on Volunteer Work. "

"Staying home is natural. It's comfortable. It's safe. It's inexpensive. There's only one problem. You'll never meet anybody by staying at home. Most singles spend almost all of their free time at home. Then they wonder why they never meet anybody!

How often should you get out of the house to meet people? That depends on how soon you want to meet someone special. If you're willing to wait 20 years, then don't sweat about it. Once a month is fine. On the other hand, if you want to meet someone soon, remember that every night you go out looking hastens the day when you succeed. "

"When we're kids our parents warn us to stay away from strangers. That's good advice at the time. Strangers are dangerous. What's also true, however, is that the love of your life is probably a stranger to you right now. So if you want to meet that person you're going to have to forget what your parents taught you about strangers. A good example of the problem is the following conversation:

Julie: "Are you going to the party Saturday night? Sally: "No, I don't think so." Julie: "Why not?" Sally: "I won't know anyone there."

Sally's attitude is typical. She's afraid to go to a party full of strangers. But that's exactly the party she should go to. She'll have the greatest chance of meeting someone special if she knows few of the guests. In fact, the ideal party would be one where you knew absolutely no one, not even the host. In other words, a party you crashed. The hardest part of Rule #5 is the word "alone". If you're like most single people, when you go to social functions you usually

drag along your friends. I call them bodyguards. Their purpose is to insure that you won't meet anyone new. As long as you have your friends to engage in conversation, you won't have the motivation to meet new people. Hanging around your friends is a particularly serious problem if you are a single woman, because your bodyguards make you unapproachable. Most men are scared to approach you if you're alone, due to fear of rejection. Think of how much more intimidating it is for a single man to approach you if you are part of a group! A man will wait patiently for the magic moment that never comes--the time when the women stop talking so he can introduce himself. "

"Don't insult my intelligence. Of course I know that I've got to hang around people of the opposite sex in order to find a romantic partner." It sounds a little ridiculous to make something so obvious into a rule. Unfortunately what is obvious isn't always followed. Most people feel most comfortable hanging around their own sex. Don't believe what you read about women's liberation or men's liberation. The fact of the matter is that men and women are very different. Men usually prefer to do "masculine" things and women like to do "feminine" things. As a result, more times than not the sexes don't mingle. If you want to meet a man, ask yourself this question: "What do women hate to do that men love to do?" If you're a man ask yourself, "What do men hate to do that women love to do?" Whatever it is, do it. You'll find that there will be very little competition. You'll have all those attractive men or women to yourself. For example, if you're a woman, the best place to meet men is at a basketball gym. "Are you crazy? I'm only 5 foot 2 and I have long nails. How am I going to play basketball?" Who said anything about playing basketball? What's to prevent you from going down to the gym to watch? "But what if a guy comes up to me and asks what I'm doing there? You have two options: you can tell the truth or you

can lie. If you have the courage, by all means tell the truth: "I'm here to meet men." If you haven't the guts to be honest, then lie: "I thought the NBA game was on tonight and was dying to see some good basketball." All's fair in love and war. If you have to tell a lie that hurts no one in order to find someone for a loving relationship, isn't it worth it? So rush down to the gym. If nothing else you'll get to see a bunch of good looking hunks all night running around in their underwear! In general just about any sport is a good place to meet single men. Some sports, of course, have a greater surplus of men than others. The rule of thumb is "the bloodier, more violent, more dangerous, more demanding the sport, the greater the surplus of men". Boxing, martial arts, wrestling, and hockey have a greater surplus of men than tennis or bowling, which are quite popular among women. See the chapter on Sports for specific places to watch or participate in individual sports. "Enough of this advice for women. What about us guys? Where are all the women hanging out?" Try an aerobics class. The ratio is usually 10 women for every man! Or try folk dancing. Here the ratio is usually three to one. In fact you'll usually find more women than men in any kind of event that features dancing (other than singles bars). Women are also more likely to attend classes, seminars, pot luck dinners, and singles clubs in general. "

"Oh, oh. I knew there was a catch. I'm willing to lower my expectations, get out of the house, and hang around strangers of the opposite sex. But don't ask me to put my ego on the line and initiate contact. I might get rejected!" When you get right down to it, it's the fear of rejection that causes millions of singles to remain single. We're all just plain chicken. "All right, I'll admit it. I'm chicken. So what's the solution? How do I overcome the fear of rejection?" There's only one way: go out and get rejected. Each time you get rejected you build up scar tissue. You'll find it a little easier to

approach someone the next time. Pretty soon you'll be desensitized to the pain of rejection to the point where your fear is manageable. But don't expect to ever get rid of the pain of rejection. That will always remain. I've been rejected many, many times, but it still hurts. It's just that the pain has subsided to the point where I don't have a nervous breakdown each time I get turned down. So go out there and make contact! "Hold it a second. Men don't like women who initiate contact." This is pure b.s. I've asked hundreds of men in my classes this question and over 90% of them answer that they love women to take the initiative. If you're a woman, put yourself in the shoes of single men. All your life the pressure has been on you to initiate contact. You've been rejected countless times. Wouldn't you love to reverse the tables? Where does this myth come from that men don't like forward women? I think it has to do with the Law of Rejection: Unless you're one of the lucky 5%, most single people will not find you attractive. In other words, most men are going to reject you. It has nothing to do with them not liking women who take the initiative. They just don't like you. "O.k., you've talked me into it. But how should I initiate contact?" The first thing is to make eye contact with someone you find attractive and smile. If they return the smile, you're in! If they turn away or fail to smile, things get riskier. If you approach them you know there's a high probability they're going to reject you. On the other hand, they may just be shy. There's only one way to find out. Take the plunge. Most singles procrastinate for an hour before making their move. They keep waiting for an opening where they can come over comfortably and initiate contact. Before that happens usually one of two things occurs: the person leaves before you meet them or someone else beats you to the punch. In either case you lose out because you waited for the perfect opportunity. The secret to initiating contact is to do it right away before you have time to talk yourself out of it. "But what do I say? Give me a sure-fire opening line." Sorry, there's isn't one guaranteed

to work with everyone. You've just got to come up with the best line you can and hope for the best. If you try a funny line you may impress someone with your sense of humor or you may just end up with egg on your face. If you try the straightforward approach, "Hi, I'm Charlie", they may dismiss you as a nerd. So you can't win all the time. But that's not the point. Nobody's keeping score! You only have to win once. Then you're set for the rest of your life. So don't worry about the flops. "Damn the torpedoes; full speed ahead!"

"Wait a second, did I read that right? Have superficial conversations? That's the whole problem with meeting people, you wind up talking about Reagan, the weather, or the latest sports scores. BORING!" Do you expect people to spill their guts the first five minutes they meet you? If so, you're very unrealistic. People usually want to feel you out before they open up. They want to make sure it's safe. Every intimate conversation with a stranger begins on a superficial level. You have to kiss a lot of frogs to find one prince. A dozen phony, boring conversations may be the price you pay for one sincere conversation with someone special. "

"Does this situation sound familiar? You meet someone special. You get involved in a superficial conversation. Before you know it, both of you start opening up with private things and feelings. You start laughing. You almost feel like you've known each other all your lives. Could this be the big one? After all the searching, is this it? But then the moment of truth arrives. If you meet at the beach, eventually the sun's gonna set. If it's at a bar, at 2 a.m. it's closing time. Sooner or later, wherever you met, the party's over. Before you leave, one of you has to end the conversation. So the two of you stand up and stare at each other, nervous and hesitant. Finally you break the silence. "I had a real nice time talking to you. Hope to see you again." Your new friend replies, "Yeah, catch you next time. Disaster can strike so

quickly at the moment of truth. Let's look at things logically. If you've seen this person once in forty years, what's the likelihood that you'll ever see each other again? Both of you have blown it. It's back to the drawing board. This kind of tragedy happens all the time. Two people meet, obviously are attracted to each other, but then fail to follow through. And so all is for nought. "But wait. I'd never be so dumb as to say 'catch you next time'. I'd exchange phone numbers." That's a little better, but not much. Think of all the times you've exchanged phone numbers in the past. How many times did you actually get to see the other person again. Probably less than 50%. People always are puzzled about this. The women all ask, "How come I meet this guy, we have a great conversation, he asks for my number, I give it to him, and then he never calls? What's wrong with men?" Many women are quite bitter about this. They feel betrayed. Often they rush home from work the next three nights expecting him to call. The silence is deafening. What's going on here? There are many reasons why a man doesn't call after asking for your phone number:

1. He lost it.
2. He forgot who you were. This is common in situations where a great deal of drinking has gone on.
3. He remembered who you were, but forgot what a great time he had with you.
4. He fantasized that you might reject him and therefore chickened out.
5. He called a few times, nobody answered, so he gave up. "But wait a second, I have an answering machine. Why didn't the jerk leave a message?" Many people hate or fear answering machines. Just count the number of times people call and fail to leave a message. In a stressful situation like calling someone for a date, is it that surprising that he might hang up? Of course the guys have their version of the story. "How come I run into women all the time who give me their number and then come up with a song and dance about how busy they are each time I call to ask them out?" There are many reasons why a woman might not respond positively to your

telephone call: 1. She forgot who you were. 2. She lost interest once she sobered up. 3. She is genuinely very busy. 4. She's afraid of dating. 5. She never intended to go out with you in the first place. The last reason is the hardest for men to deal with. "If she didn't want to go out with me then why did she give me her damn number?" The best way to answer that question is to pretend you're an attractive woman. All your life men have come on to you and asked you out or for your telephone number. It's hard to say to someone, "I find you unattractive" or "I don't want to go out with you" or "No, you can't have my telephone number". So what do you do? You give up your telephone number, hoping he'll never call. If he does call, you lie. You say that you're busy Saturday night or you have a boyfriend. It would be great if we lived in a world where people were honest and didn't play these games. Unfortunately, such is not the case. The price you pay for flirting with women and asking them out on dates is that a certain percentage will lie and pretend to want to go out with you. If you were a woman you'd probably do the same thing. One piece of advice that is critical for both men and women is to always confirm a date ahead of time. Occasionally you will find that the phone number that was given to you is a phony or that the person has no intention of meeting with you. You can avoid the pain, frustration, and anger of being stood up by taking this simple precaution. "

"The great American fantasy is to fall in love and live happily ever after. Unfortunately your heart is a poor judge of character. Many single people fall in love with the wrong person and live miserably ever after. Following your feelings can be a recipe for disaster unless they are based on sound information about this person. How do you get the facts about a potential spouse? The answer is you ask. Unfortunately most singles are afraid to getting personal for fear of scaring off a potential loving partner. So they "play it cool" at the

beginning of a relationship. They especially avoid "heavy" subjects like sex. That's fine as long as your feelings towards each other are casual. But what happens when you fall in love? All of a sudden you panic and realize that you know very little about this special person. So now you start with the personal questions. Then disaster strikes. You discover a fatal flaw. For example, you want to have children and they don't. You want marriage and they don't. They want to move to Denver and you love the Bay Area.

Now you're on the horns of a terrible dilemma. You can drop the person and go through the agony of a broken relationship. Or you can do what most people do: marry them and hope to change them. Fat chance! You'll probably end up being married to someone inappropriate and resent them for not changing. The way to avoid disastrous relationships is to get personal early in a relationship.

"Hold it a minute. Get personal with a stranger? That's too risky. They're going to think I'm nosy if I ask intimate questions. There's no doubt that it's risky to get personal. Some people can't handle intimacy. They are closed and feel uncomfortable being around someone who wants to share secrets and intimate feelings. But don't you want to find that out as soon as possible? Or would you rather date a guy for 6 months before discovering that he's an emotional cripple? Of course there's nothing wrong with playing it cool for a while. At some point, however, you're going to have to bite the bullet. You're going to have to do two things: pry and reveal. When you pry you ask personal questions. When you reveal you let the other person learn personal things about you. That's all there is to it. If you want to play it safe, pry and reveal simultaneously. For example, suppose you're talking to someone who mentions that they were recently living with someone but moved out. Here's your chance to get personal and raise your superficial conversation to an intimate level. You could ask, "Were you dumped or did you do the dumping?" That's getting personal, but there's a good chance you're going to

offend the other person with such a heavy-handed question. An alternative is to say, "I was in a relationship until three months ago, but it broke up very painfully for me. How did yours end?" "How soon should I get personal?" That depends on how long you're willing to wait before falling in love. If you want to chitchat for six months before getting serious about someone, that's o.k. Just remember that you are not allowed to fall in love unless you have the answers to your critical questions. I call them killer questions. If any of them are answered incorrectly the relationship is dead. You drop the person immediately.

1. Are you single? Pretty obvious, isn't it? You'd be surprised how many people assume that someone by themselves at a party or a dance is single. Always ask. In addition, it makes particular sense for women to ask a man for his home telephone number. If he hands you a business card ask him to write his home number down as well. And be sure to call that number to make sure he isn't married or living with a woman. Be careful with people who answer that they are separated. "Have you moved out?" and "Have you filed for divorce?" are indispensable killer questions. If they are still living with their spouse or haven't yet filed for divorce, it's best you pass and move on to greener pastures.
2. Are you involved with someone romantically? Here's where you avoid someone who already loves someone else.
3. Why didn't your other romantic relationships last? Find out as much as you can about their marriage(s) or past relationships. Hopefully you'll find out their negative qualities. Then you can decide whether you can live with that flaw or should move on to someone different. You can also find out if they are incompatible with a certain kind of person. For example, maybe they can't stand being with someone who is possessive and is always checking up on them. If you are that kind of person, you can move on to someone compatible with your flaws.
4. How do you deal with conflict and problems in relationships? If their preference is to sweep problems under the rug or to fall into a rage,

they are not good relationship material. 5. Do you have children? How many? Do you want children? How many? How soon do you want to have children? I have dated two women in the past who wanted to have children. By terrible coincidence both wound up falling in love with men who had had vasectomies. Talk about falling in love with the wrong person! Ask questions first; fall in love later. 6. What are your long term goals? Do you want to get married? Do you want to change careers? Do you plan to go back to school? Are you happy in this area or would you prefer moving elsewhere? 7. What do you like to do sexually? What are your sexual fantasies? Most singles are squeamish when it comes to asking these questions. The result is marriages that are unfulfilling sexually for one or both partners. Another potential result is your partner fulfilling their fantasies with others rather than you. Sexual questions are particularly important if you don't believe in pre-marital sex. In that case there's only one way to find out their sexual preferences--ask. 8. Do you have any contagious diseases? Have you engaged in high risk behavior (intravenous drugs or sex with bisexual or homosexual males)? These are literally killer questions. Falling in love with the wrong person can kill you. 9. How much do you drink? Which drugs do you do, and how often?

Here's a homework assignment. Develop your own list of killer questions. The way to do it is to analyze your previous love relationships. What character trait or behavior pattern of a romantic partner destroyed the relationship? Formulate a question to find out whether a prospect has this trait. "How do I know that my prospective romantic partner is answering my killer questions honestly?" Unfortunately you can't always trust people. They're going to be tempted to tell you what you want to hear rather than the truth. One way of getting around this is to quiz their parents, relatives, and friends. The ideal person to ask, of course, is their ex-spouse. Find out the "dirt" about a prospective romantic partner

before you fall in love. This advice is decidedly unromantic, but it sure beats finding out disastrous information after you fall in love. "If my partner finds out I've been snooping around their private life, there's going to be hell to pay!"

"I would like to see a process which goes: 1. Meet casual friends in normal life. This doesn't work easily for people who have non-perpetuating social contact circles, or who have restrictions on dating people at work or don't attend social functions where there is a substantial population of single people of a reasonable age group. Thus match.com, which is not normal life, but will have to do in a pinch. 2. Develop a devoted friendship, where you can get comfortable with someone without wondering whether each time is the last time you'll ever see them. 3. Become lovers. Do a great romantic weekend somewhere to start this off. 4. Get married. Or some derivation of this until both of you are ready. 5. Have a family. Optional according to taste." One can stop anywhere along the above continuum with great happiness, if you haven't skipped steps. If you've skipped any steps, you'll hate each other and yourself (you can demonstrate this by trying steps 5 through 1 in reverse)."

"I never met so many goldiggers and gals with superficial checklists as in the online thing in my life.. yikes.. you've got to be careful."

"The bottom line is make genuine contact at all costs. If you connect on a genuine level, you have the ball. Shake it up and have fun. Everyone is bored and sick of the bullshit. An honest moment of connection is refreshing"

"There's plenty to go around. If you hog the ball, the team loses. Your friends are not your adversaries. Work together and everyone

wins. Petty competition makes everyone look bad. Worst of all, you look desperate or bitter. everyone likes fun. Keep it fun. It's fun to share."

"People like to fill in the blanks. People also want things to be perfect. Keep your mouth shut and they'll fill in the blanks perfectly. Don't try to guess what they're looking for. It's not about what you say, it's how you listen."

"Women are smart. Take this into consideration. They're good at reading the vibe and are in tune with what's really going down. They know what's happening. Don't manipulate, deny, and condescend. It's insulting."

"Women like attention. It's flattering as long as you're respectful and honest. Formalities "

"Be honest with yourself and with them. If you want intimacy, then own up to it. Don't come at them like you're interested in their nail polish if what you really want is intimacy. It's insulting. You're a man, she's a woman. Deal with it. The more you pretend that it's not about sexual attraction, the harder it will be to redefine the parameters. Honesty works like magic if you're free from guilt. The truth shall set you free."

"Lying is bad. Forget the ethical issue, it's bad business. It demonstrates a lack of self-confidence. Even if you get away with it, you're going down the wrong road."

"But if a friend gets in trouble, sometimes a simple lie can be a perfect parachute."

"You're a man, so present yourself as one. Confidence and being comfortable with one's self is very attractive. So if you're attracted to a beautiful baby, be both confident and comfortable with that. Don't apologize or qualify how you're feeling. She'll respect you for it."

"There's nothing like a good entrance. You wouldn't want to sit at a table that wasn't set. If you're there too early, you look desperate. Show up late like you're "just stopping by," and you come off like the man about town."

"Everyone wants a mystery. Staring deadpan at a beautiful baby cheats her out of the suspense and courtship she deserves. Keep it intriguing and give her the gift of a challenge."

"The strongest will survive. Don't waste your time filling your head with self-doubt. The competition's fierce, so always give yourself the edge. A sense of self-respect makes all the difference in the world. You can be the king of the Jungle or just another hyena cowering at the water hole. It's all up to you."

"Don't hide the fact that you like sex. That doesn't mean act like the fourteen year old on the back of the bus who's constantly pulling on himself and making obscene noises. It just means own your sexuality and don't apologize for it."

"Be a man with a slow hand. The ladies love foreplay, and that's exactly why you wait a few days before you call. No reason to rush it. Let her savor the wait. She'll thank you later."

"Our generation is the first to be presented with the challenge of the answering machine. A good message can put you on the fast track to paradise, a bad one can lead to public ridicule and endless

playbacks to the delight of family and friends. The stakes are high. This is no joke .The golden rule is keep it simple. Don't try to overexplain who you are or how you're feeling. It's a moment frozen in amber. It's a small piece of your soul. Give her a taste--the little pink spoon, not the whole sundae."

"Sometimes it just happens. Let it. Don't let stupid rules from a book get in the way. If you're lucky enough to have things unfold organically, don't ruin it. You're money."

"You're always better off trusting yourself and playing your game. You wouldn't ask Stockton to bang the boards for rebounds and you wouldn't want Shaq trying to drain threes. Stick with what feels right. That way, even if you fail, you've learned something. Trust your instincts and think for yourself. "

" The first date is always in a public place, you take your car, they take their car, both of you leave in your cars and go back to your own homes. The second date is exactly as the first. Exactly as the second. The fourth date can be in one car, mutually agreeable that each of you will return to their respective homes alone. There is to be no touching as far as long kisses, arms around each other, longer than a few seconds hugging. At no time are the two of you to be alone together. Any vehicle causes a chance for being alone. When you arrive home, get out of the car and go inside. There is nothing wrong with being walked to your door. However, talking outside is fine, you enter your home alone. It is my suggestion that you date for the minimum of one year. If there are children from previous marriages or relationships, they are not to meet your date for the first year. This causes damage to the children; as they will see people going in and out of your life that they become attached to. Remember, being without their father or mother is already traumatic

enough. Sex before marriage is absolutely out. Many times I have heard people talk about their "friends." I ask them if they are sleeping with them, and they say yes. I tell them they are no longer friends. Remember, you don't sleep with your friends! Any time alone together is dangerous. Inappropriate kissing, fondling, etc. will only lead to hormone adjustments and crossing the line is much easier to do in the heat of the moment. Don't set yourself up to fail. If you are a single parent with children, just because you had sex at least once in your life, doesn't mean it is all right to have it again. Become a born again virgin. "

"Avoid conversations that are sexual in nature. Using the "someday" technique may put you in the present moment faster than you think. If you cannot stand someone's children, don't marry that person. You will resent the children later and the relationship will fail. Practice makes perfect. Continue practicing friendship. You will need this later in your relationship."

"It is up to you to learn the rules. Ignorance of the rules will not protect you from the consequences of breaking them. "

"HOW WELL YOU ENJOY THIS GAME IS BASED ON THE PURPOSE YOU GIVE IT. For example, if your purpose is to have fun, to learn about yourself and others, and to develop your social skills, then you can enjoy any given date. (Dating is a great opportunity for learning about you and others, if you so choose). On the other hand, if your purpose is to meet your "soul-mate" (whatever that is)-who will magically and instantly turn your unhappy life into a happy one-then it is virtually certain you will not enjoy any given date, nor the game itself. "

"GET A LIFE! (if you don't have one already...) This means: define and

pursue your own interests-and consider building non-romantic relationships with a variety of people, including couples. Dating requires that you invite another person into your life. If you don't have one, you are unlikely to attract someone you would want as a mate, since we tend to attract people who are at a similar "level" as we are. By the way, there is a "rule of life" at work here, which some people don't like: YOU alone are responsible for your happiness; no one else can 'make' you happy. So make your life full and happy! "

"MAKE AN ABSOLUTE COMMITMENT TO LOVE YOURSELF- EVEN IF YOU THINK YOU CAN'T OR DON'T KNOW HOW.

A successful relationship is built on three cornerstones: communication, caring, and commitment. And there is no way you can give these to another if you withhold them from yourself.

Consider using this affirmation daily: "I AM MY OWN BEST FRIEND AND STRONGEST SUPPORTER; I LOVE AND APPRECIATE WHO I AM!" A powerful "stand," such as this, will support you in practicing Rule #5. Also, being more loving to others will increase your self-love. Plus you'll be much more attractive as a person."

"GET A HANDLE ON YOUR SELF-TALK!

*Your enjoyment of the dating game-or any activity-is related to your self-talk. Most people disempower themselves, at times mercilessly, with negative evaluations of themselves and others. Learn to observe your "internal dialogue" with detachment, like images on a movie screen, and not react to it. (Meditation is very helpful for cultivating this ability). *** Especially, don't take rejection personally:*

"chemistry" has nothing to do with who you are! "

"CHOOSE A COMPANION-not a friend or love interest: that comes later... (A companion may be defined as a person with whom you share activities, where the activity is more important than the

particular person). Pick three (3) people you'd like to get to know better. (If you don't know three such people, go back to Rule #3). Select an activity that you enjoy. Then pick the one person you think you would have the most fun being with, and invite them to share that activity with you."

"EASE UP ON YOUR EXPECTATIONS! Don't expect your first date with anyone to be "the one." A loving, committed partnership requires, in addition to "chemistry," shared values and life-style preferences, compatible goals, complementary personalities, and similar expectations of (and capacity to nourish) a relationship. So, plan to meet and go out with lots of people, until you find a real "match." Meanwhile, if you relax and allow things to just unfold, you'll be able to enjoy and get to know your date. And your date will relax, without feeling "sized up." You can discover other kinds of valuable relationships if you're not just focused on romance. And, men, you need to know that "friends" can become "lovers" if you're patient, respectful and loving: a true friend! "

"KEEP IT LIGHT: Don't tell intimate, personal secrets on the first (or second) date! Healthy people know how to protect themselves, and you do this by keeping your sharing to the public level: this means it would be OK for anyone to know this about you. Be genuinely interested in your date, and ask them questions about their life-their interests, work, friends and family, hobbies and preferred fun activities, etc. The more interested you are in them, the more interested they'll be in you (if not, you have a red flag!). Also, it's critical to balance showing interest in the other person and making room for them to show interest in you: if you're always pursuing, it's likely your partner will retreat! "

"YOU DECIDE: IS THIS PERSON A FRIEND? If you determine that you

have enough in common, after the first date, and you enjoy one another's company, then it's time to ask yourself this question. At the friendship level, the person is more important than the activity. Here, communication is very important, and you need to be able to recognize and move between levels of sharing. See if you can begin to share at the private level (personal thoughts and feelings you wouldn't want publicly known), and at the intimate level (thoughts and feelings about the other person)-and notice their response: is it accepting or judging (or aloof)? It is useful to imagine four levels of depth in sharing, and to go no more than one level deeper than your partner does. Also, don't confuse private and intimate sharing: e.g., giving details about how you were abused as a child is not a turn-on!"

"JUST SAY "WHOA" TO SEX! If you feel comfortable, safe and mutually attracted with your new friend, then it may be appropriate to explore sexuality...(healthy relationships are based mainly on comfort; unhealthy relationships are based mainly on intensity). WATCH OUT HERE! You need to be rigorously honest with yourself: if you're starving for contact, it's very easy to think you see a friend on a first date. But the reality is that they're a stranger, and having sex with a stranger is dangerous! It is critical to know what sex means to your partner: don't assume anything, ask them. You also need to respect and admire each other as people: you simply can't build a satisfying relationship without these two qualities. Chemistry is important, but it can distort your thinking. Sexual feelings stimulate a myriad of chemicals in the body, which are proven to alter perception like drugs. So exceptional care and consciousness are called for! If you have a history of 'crash and burn' relationships, it's a good idea to get feedback from your friends, before you jump in"

"If you examine it closely, your situation makes a great deal of sense. Men in their twenties have a very different set of priorities than men in their thirties or forties and "seasoned" men are often more mature. The nice thing is, in this case, you and your friends are the beneficiaries.

"Twenty-something year old men are still searching for who they are, what talents they possess and the type of women they desire. They are experiencing many aspects of life for the first time. Physically, they are approaching their sexual prime and seek physical relationships more often. Sex, money, personal-improvement, material possessions, sports and status are their primary interests and motivational forces. Their 'me' mentality has not yet matured into a "we" philosophy and jealousy often surfaces seemingly without provocation. "For older men, this is not the case. By their late thirties, most know who they are or at least who they are not. Many are in the second or third phases of their careers and have learned that there is more to life than money, sex and prestige. You will find that they avoid playing the "mind games' that younger men engage in as they realize this is simply a waste of time. They have learned what physically, emotionally and intellectually satisfies a woman. Seasoned men will be more responsible, get things done and have a life beyond their relationship with you. They will not hang on your every word, nor pressure you for sex, but will truly appreciate the time they spend with you. They realize that in today's busy and complicated world, time is precious. Women assume very different roles in the lives of men depending on the age of the man they are dating. Younger men see women as being there for them. Older men take great personal pride in dating younger women and strive to connect with them on their level. Women indicated that time spent with older men was more meaningful, loving, and enjoyable. They had the ability to hold women's attention, had more life experiences

to draw upon and focused less on themselves. "

"If a guy breaks up with his girlfriend, and goes out with another girl within ten to twenty years, he is a "jerk" and "dumped her for someone else." On the other hand, if the girl goes out with somebody mere seconds after she broke up with her ex, its not being mean or shallow, its because her ex is a shallow insensitive jerk who beat her.If a guy dumps a girl, he did it because he is a "selfish pig" that "cares about nobody but himself." But, on the other hand, if a girl dumps a guy, she was "doing what's best for both of us" because its "not you, its me."No matter how persuasive his argument or how much he explains why he broke up with a girl, that girl, her family, and friends, will always somehow "find out the real reason" or "just make something up so the girl doesn't look bad."

If guys act senselessly or stupid, its because they're "jerks" or "assholes" or "selfish pigs that don't care about other people's feelings."If a girl acts senselessly or stupid, its either because:A) Its the guy's fault B) Its that time of the month (even though they've been acting like it for 3 weeks) and/or they're having "personal problems"C) They weren't acting senselessly or stupid, you just think that, but you're wrong. Girls are all heart and don't care about material, one-dimensional things like those "damned male pigs" do. That's why they have hundreds of pairs of shoes and will only love you if you buy them unbelievably expensive jewelry that has no real purpose or function other than to drain you of what small funds you have."

"Get a Life.Ah, how many times have we heard this shouted at some poor anorak (harmless obsessive) who just can't seem to let go of their pet addiction? Most of us feel contempt-tinged pity for the poor fools who seem oblivious to anything but collecting stamps, or

trainspotting, or studying fourteenth-century medieval warfare - and yet sign right on up to the Sad Bastard of the Month Club when it comes to love, complete with the free boxed set of 'Bad Poetry No One Should Write' and '101 Ways to Say "I'm a Sap"'. When you have Romeo and Juliet as a cultural icon of romance, the phrase 'Get a Life' seems rather trite.

Still, this is perhaps the most important advice anyone can take. No matter how interested in someone you are, you can't just dive on in, making them the end-all be-all of each and every day. After all, you need something to talk about, right? Doesn't happen if you spend all your time together. You have to have things that happen in your life that you can discuss and relate to each other.

It also lets off steam. What use is it to love someone else's company if you don't know what missing that company is like? And no two people, no matter how compatible or alike they are, like all of the exact same things in the exact same proportions. Or do you really think that she enjoys playing Tekken for several hours each night? Also, in a sad, manipulative way, it shows that you aren't desperate. The fact you have outside interests, outside things to do, shows that you can get on perfectly well without the other person - you just prefer not to. It's that old, well-used argument of want versus need. It's much, much better - and I know this from experience - to be wanted, rather than needed. Wanted is a choice, one that doesn't come loaded with requirements and expectations of action. Being needed has a great deal to do in terms of things you have to do for the other person, because they can't provide it themselves or can't do without it.

This also allows for the Consolation Prize category. Should things not end up happening or working out, the fact that you kept up your previous life - and hopefully didn't talk everyone's ears off about your relationship - means that you actually have people you can do things with in the future. Most people don't like being abandoned

every time you decide to chase a woman (in my case) or a man - it shows a lack of balance. And, after all, we all know that one of the best ways to meet new people is through your friends...

2: Take it Easy

This is my personal bugaboo. I am not a patient man when it comes to romantic relationships. If the way I tend to handle relationships was compared to highway driving, I'm the fellow that your local law enforcement would always be pulling over for thinking that the accelerator in the car is an on-off switch - either not in use or fully pressed to the floor. Lead foot. Speed demon. Michael Schumacher doesn't hold a candle. Etc.

But, no matter how much you think you can break into the Formula 1 race of dating, pushing things at maximum speed isn't the way to go. Most meaningful relationships aren't going to start with racing ahead to the formal aspects of a relationship without getting to know one another. I shudder to consider people who go home with each other from the club without knowing anything about the other person's personality, likes, dislikes, personal phobias, or even what they prefer for breakfast. If nothing else, relationships should require the same cooling-off period as purchasing a gun in most states in the United States. Sure, it seems a good idea when you're hot and bothered... but do you really know what you're getting into?

I tend to dwell on things in my mind, build them up into gigantic proportion, and then melt down into a little ball in no time. It's probably because I'm a relatively repressed individual, not used to any large swings of emotion one way or another (any disputes with this statement can be given to me. Directly. And I'll bludgeon you until you agree with me). This is Not Good, with capitals. Why, you ask?

Because it labels you as an obsessive. Obsessives are bad. Obsessives cannot react rationally to emotional matters. Obsessives can hurt people, either emotionally or physically. They can become like one

fellow, who's been contacting my cousin on a semi-regular basis for several years after she refused to have anything to do with him. Yes, I know, you look at the movies, and think it looks cute. Think again - most places now have laws against that sort of activity, and if you're remotely decent, becoming one of these poor souls is one of the most truly mortifying experiences you can have. Talk about shattering the self-image.

Think of it like cooking. If I'm baking up a batch of my 'dive bombs' (double chocolate chunk cookies, yum!), the only result of cooking them at gas mark 9 will be small charred bits of chocolate dough only good for a Palestinian to throw at Israeli soldiers. However, if I cook them at gas mark 5 for the right amount of time, I have confections suitable for use in bribing large numbers of friends and relatives. Now, I don't know about you - but until I join the intifada, I'll stick with the lower temperature.

If you don't overpressurize and overcook the situation, your relationship, potential or in place, will have time to grow and flower. Nothing happens in a vacuum, and nothing happens in an instant. Let it grow, let it develop. Get to know the person, and let them get to know you. After all, they have just as much of a right to see what they're getting as you do to see what you are trying to catch. That process also allows you two to see that you are both interested in each other for each other, and aren't some sort of raving maniac. How to deal with this one? Don't expect immediate results. Indulge liberally in Rule Number 1 - Get A Life. Not too much - you do want to show you're still interested. But do other things. Don't hover over her, being there all the time, no matter what the time. Do other things. Put other parts of your life forward as being important, and do them - even if that can put you out of doing some of the things you could otherwise be doing with her. Allow some time to lapse between seeing each other - a day or a few can really bring home how much you wish you were seeing each other. As opposed to you both

wishing you were not seeing each other, and won't they please just go away!

3. Be Sincere

We all know Cary Grant. Suave on screen, the man exuded charm. Hair always perfectly in place, clothes always perfectly tailored unless he's been diving through some cornfield in the middle of Illinois. He knew the right drink to have - and to order for the lady, too. Never a fashion faux pas, always the master at being the best example of sophistication you could imagine. This man could charm the ladies left, right, and centre, with the right compliment, the right gallantry, the right whispered phrase.

Now, look in the mirror. Does that look like Cary Grant? I hate to be the one to break it to you, bub...

In the real world, that doesn't work. Well, yes. It can. But it shouldn't. More importantly, if you're reading this, it isn't likely to work *for you*. You are more likely to come off sounding like some Turkish rug dealer from a B movie from the forties, slimy, lewd, and frankly somewhere farther down on the evolutionary scale than your everyday common garden slug. How's that for a comparison?

There is a certain art to seduction involving complimenting a woman in such a way that most women these days recognise all too well and want no part of. It's often erroneously attributed to Mediterranean men, though I've seen Germans, English, and Americans try it too. It takes a certain knack, a certain arrogance, and in my opinion, a certain contempt for women to try it. I don't think I'd *want* the type of woman who would go for it.

Now, I'm offbeat, often disconnected mentally, and awkward at the best of times. While that sounds bad, it's also my charm, so we go with what we have. And that, my friends, is the exact point I'm making. Women are just as quirky, if not more so, than men. But what they prize is getting to know your quirks. Honestly is immensely flattering. Telling someone they look beautiful because you happen

to think they do, rather than as some pickup line, does amazing things for your standing in their eyes. Being who you are, and trusting them enough _to be who you are_ is just as flattering. This doesn't mean you have to sit around grouching about the last sporting match you happen to see and scratching itchy parts of your anatomy. That's not honest either. What is needed is to show how you honestly feel. If you are interested in them, what they have to say is important - so show you're listening. Respond to what they have to say - if they've any respect for you, they'll listen when you in return have something to expand on, or take a position opposite to whatever they're saying. Even if you agree, nodding to show that, or saying something to that effect shows that you heard what they have to say, and that it actually got processed by that grey goo called a brain that resides between your ears.

Want to know something? Ask a question. Just make sure you listen to the answer. Don't like something they're doing? Tell them - politely. Feel a certain way? Tell them, but in a respectful fashion. You will be amazed what credit it does for you to be able to sit down, without some massive emotional hyperbole but with intense, deep sincerity and meaning, and tell someone that you are interested in them as more than a friend and wish to know how they feel about you. Don't declare your undying love, don't wail about how you can't live without them - because, let's face it... you can. Or else you're in that obsessive category we discussed above, and therefore don't deserve them. What you are doing is letting them know precisely where you stand - no hyperbole, no exaggeration, no untruths. Provided you've picked a good one, they'll give you the same back in spades.

4. Know when to back off.

Ever Star Wars? I'm sure you know the scene - the Rebels are attacking the Death Star, and Gold Group is making its trench run in their spiffy little Y-wings to hit that exhaust port, while Luke and the rest of the X-wings are chopping their way through the TIE fighters

above. Remember the radio traffic for that scene? Let me paraphrase:

Gold Leader: I can't get a shot

Wingman: Stay on target...

Gold Leader: I can't manoeuvre!

Wingman: Stay on target...

Gold Leader: You're too close!

Wingman: Stay on target...

Gold Leader: Loosen up!

Wingman: Stay on target...

Meanwhile, dear old Gold Leader is doing his best to imitate the nine o'clock fireworks show at any Disney amusement theme park you can name. Pull this stunt, and your intended love interest will likely blow up - but you'll be the one to get incinerated.

This is probably the hardest part for most people. No one likes being helpless, or waiting for someone else to make a decision. We all want to just say that one thing more that will cause the clouds to part, the sun to shine, and everything to be all right. Surely, there's just that one phrase we're just about to find that will convince them that we are The One, that everything will be All Right, and that they can indeed find happiness and contentment in your arms...

Hate to tell you, but the road to hell - or the exhaust port on the Death Star, depending on how much your life is wrapped up in LucasFilms - is paved with exactly those sorts of good intentions. You can be doing wonderfully to convince someone of the rightness of your cause, but belabour the issue so much you end up annoying them to the point where you put yourself right out of contention.

More is not better. More is just... more.

I'm not saying you should back off from everything. Anything but. If you have an objection to something, make it - otherwise you're just a sap. If you have a point to make - make it. But do not, under any circumstances, just keep nattering on. That shows a disrespect for

your intended, as she will see it as you not believing you heard her, and that you think she can be convinced simply by sounding like a broken record player.

Take for instance one of those hypothetical situations when you've broached the possibility of a relationship with her. She's interested, but lists off a few reasons as to why now is not a good time - and why it may never happen. Contrary to some people's beliefs, you are allowed to register objections to these reasons. However, you have to do so in a specific way. You can answer these points cogently - make your response to the point. Make it reasoned, without whining, yelling, or other such cheap emotional ploys, and actually address the points they bring up. Make your point while fully accepting their reason as valid - do not blow it off as specious. After all, they are convincing _to her_. Telling her in not so many words that she can't reason her way out of a paper bag is not a good start to a relationship! Finally, make your points only once. There is likely never going to be a conversation where she is listening more intently to you than in those moments - so make them count.

Bringing it up again at another time does you no good. You are not, as much as it would seem you are, trying to convince her at the time to date you. It's unlikely to happen. The idea of dating someone is, obviously, an emotional one, and emotions don't tend to change just by snapping the fingers. She will need time to mull over what you have to say, to mull over her feelings and how things have been changing between you lately, and mull over what changes in her life this will bring. It may take hours. If so, count yourself lucky. It may take days. It may take weeks. Or months. Or even years - though by that point it's likely moot. But it _will_ take time, and you need to be patient with it. Pushing it will only label you as obsessive, or obnoxious, or as a cretin. Or all three.

An addendum to this. Don't push your friends too much. Yes, talk to them about the matter - but try to keep it to when you need to.

Otherwise they won't be nearly as willing to listen to you after several sessions of playing the Boy who cried Wolf. Even if they are still willing to listen, they won't be in a position to give you nearly as good advice, much as a soldier who's been on watch for several hours is not nearly as effective as one who's just taken up his post.

5. Enjoy it As it Comes (Or, Don't Write The Script)

I once had a girlfriend who would begin the most blazing arguments with me over what seemed to be the oddest things. Say a special event in our mutual lives had come up. I'd perhaps get her flowers, and then take her to dinner. The night would seem fine, but she'd get more and more angry, no matter how witty or charming I might be, no matter how good the food was, or anything else I could do. Then, later, when it was much, much too late, I'd find out what my sin was. Simply put, I'd not followed the script.

In nearly all of these cases, my fault was not what I had done, or even having forgotten to do something I'd promised to do. It was for having not somehow read her mind and done what she had imagined the night would be like, and I would do. I'd have gotten her roses, instead of Irises, or picked the wrong restaurant, or not greeted her in the exact way she liked. Every time, her Rudolph Valentino would muff his lines, and turn out to simply be me, played in a special performance by me, and with Warner Brothers absolutely refusing to negotiate a change of actors for the current film.

This is a warning about expectations. Simply put, the more you have, the more likely you are to be disappointed in a big way. Having reasonable ones is fine - being surprised at being treated politely by another human being is standard, and showing such surprise makes people wonder about your home life. But making expectations about how someone will react to your romantic advances is a great way to get yourself in trouble.

Expecting the girl to swoon at your feet the instant you even hint at

liking her is ludicrous. If they do, I'd check your wallet. Moreover, expecting such a reaction will set you up for one large emotional fall. Building up this amazingly rosy picture in your mind is like creating any complex piece of art - getting it shattered hurts like hell. The point of expressing your interest in a relationship is to demonstrate your willingness to invest in them as a person. If you've invested in some fanciful creation of your mind, you are missing the point. Thinking too optimistically in that way is bad - it can even make you arrogant. But don't write the script as a failure, either. That creation can affect how you go into the conversation - so if you think she's just going to turn you down, she likely will if you let yourself act like it's a foregone conclusion. Part of showing that interest and having that conversation is that you are confident enough in yourself as a partner that it is actually a decision that she needs to make, as opposed to being an obligation on her time by asking her a question that you yourself have already decided is a 'no'.

In short, don't freight the possibilities with too much emotion. Consider it a mystery in life that you wish, out of sincere curiosity, to have answered. I am interested, therefore I want to know if you are interested. Don't turn it into an arrogant request for a rubber-stamping of your decision that you two are in a relationship, and don't turn it into her having to console you for being inadequate as a human being. Make it straightforward, make it respectful, make it from one equal to another. After all, we are talking about romantic relationships, which should be about two equals dealing with one another. If you had something else in mind, you're reading the wrong piece of work.

The key to this whole wonderful world is enjoying what comes of it. If you are trying for a true relationship with this person, you should be enjoying her company as a friend as much as you would enjoy her company as a partner. So enjoy it! Take the time of getting to know her as a person and as a friend and make the most of it, enjoying it

all the while. If you can't enjoy her company in a situation where you're not in the midst of full-blown loving, you have serious problems that have to be worked out, fast. If you can't let go of control enough to account for anything that comes up... then you shouldn't be asking to share your life and control thereof with someone else - anyone else.

6. Allow for the Sequel

*... and don't do it in order to make another 100 million dollars at the box office. I don't care how much you enjoyed the wire work in *The Matrix*, the horror films of the eighties and the umpteenth 'Rocky' movies should have convinced everyone that sequels merely for form's sake or for another buck are just wrong. Mel Brooks was spotted on with his line in *Spaceballs*: "And hopefully we'll meet again in *Spaceballs 2: The Search For More Money*."*

No matter how dire the film industry is in rehashing good movies into dog food and tossing them back into the cinema-viewer's trough, there is a glimmering of a good idea in this. Simply put, when you ask your interest if she is interested in a relationship, you need to make sure that there is actually able to be the follow-on period after the question.

Let me put it another way: you do not live in an sit-com where the screen will fade to black with a laugh track going when you find your way to inform her that you want a relationship. You'll still be there, right in the middle of thing, as will she. No 'cut!', no pause button - and no rewind and no edit. However much you may be cringing inside and desperately wishing to rewind your life just a few precious seconds.

This is the part where you consider the short-term, medium-term, and long-term consequences. Love is great, as is the thought of it - but have you actually thought, or are you caught up in that rosy glow that usually involves fanciful creatures such as pink elephants running by at the edge of your peripheral vision? Much as I enjoy

Fantasia - the old version - I wouldn't want to live in the movie. If you haven't stopped to consider things rationally, it's time to start.

First, the short term. Are you asking her in a way that's not going to leave one or the other of you so embarrassed or angry that a 'yes' is not a possibility? However nice the emotion is, sending it over via a stripper is not likely to win you any points. Nor is taking more time than the current session of Parliament to get your speech out - Jimmy Stewart didn't look so hot by the end of 'Mr. Smith Goes To Washington', and there's good reason why. Each person is different, so you have to make the pitch appropriate to the person who it is aimed at. Some people find gallantry wonderful, while others wretch and look for the gong to bang to get you pulled offstage. It's the same for any sort of approach.

Similarly, pay attention to where and when you do it. The situation is just as important as the general state of your current friendship with the person. Asking a gal on a date while the other guy is on his knee proposing to her is usually considered bad. In all honesty, though, think about it - if you've been fighting all day over something or other, it's not usually a good time. In general, if it will merely add stress to the person's life rather than being something positive, don't bring it up. There are better times, and you are needed more as a friend than as someone trying to change the current situation - which requires them to be strong.

Know when to end the conversation. This has been covered earlier, but is important to know. If she says yes, well, no worries. But if you get a qualified statement or a no, you need to make it possible for a graceful exit with no one being hurt. Don't just stammer something out and high-tail it out - that's rude. Be adult about it, let conversation go elsewhere or just drop if that's where it happens. Say goodbye when you go - show that you have no hard feelings. This is immensely important. Just because they can't always take you up on your offer doesn't mean they are personally insulting you. It

just means they aren't taking you up on your offer. _Nothing more_. Now the medium-term. This is the next few weeks or even months. Again, a 'yes' is easy to deal with - you have the relationship and go on with life. If it's qualified, you have to figure out that balance. Do you wish to continue showing interest? Know before you ask the question about the relationship. If you get that qualified 'no', with reasons given for not taking you up despite your both being interested in each other, you need to know where you stand. If you wish to continue showing interest, make sure that she knows you will do so, and make sure that this is acceptable to her. Doing so puts all your cards on the table and makes it so that there are no misunderstandings whatsoever. It is not asking her to change her mind - it is merely a request on your part to continue courting her in a gentlemanly, relaxed manner, giving her the option to bring back up the possibility of romance if she wishes it. If this is welcome, consider carefully how to do it without stressing them by being too close, how to keep showing your interest by not dropping away entirely, and how you can relate to each other while waiting in limbo. Do _not_ bring up again the question of relationship. The fact you're still flirting and talking with her and showing that interest that you were just before asking is enough to show the question is still there. But it's in her court. Don't bring it up for a couple of months, at least - otherwise you're a pest. Be very careful here. It is all too easy to read into everything after this point and truly screw up your friendship, let alone anything deeper. It is utter hell - trust me, I know. But it can be worth it. Eventually, you will either lose interest, they will tell you to stop - in short, move things to a 'no' - or they will take you up on your initial request for more than friendship. But it's in their court. If they do say no, you need to know how to conduct yourself around her in the future. If you are good friends, very little should actually happen, unless you made it so awkward in asking that she'll always

feel the awkwardness. After all, a good friend doesn't like causing their friends pain - and if you make it difficult, she'll feel the fact she's causing you pain, thus causing the awkwardness. Know where you stand - whether you can continue being friends, or whether you need to escape for a bit before taking the friendship back up again. Whatever you do, don't make it so that there's bad feeling. That's just handling life badly.

In the long-term, everything is a different ball-game. Your intent for this should be to make anything possible, really. If you get a 'yes', I sincerely hope you're still operating under the mandate of that answer for a very long time. If you get that 'no' - things can change over time. But wait a long time, so that things can change. You would be amazed what six months can do, or even longer. Just make sure that it is a long time - your feelings need to change too, or at least move with time and not simply remain frozen in that previous moment. As for the qualified 'no', make it so that should at some point she changes her mind, she can come to you, or so that she'll be good friends with you and cheer you on when you find someone else. Should you still be interested in her later on, and you've been courting away for a long while without her telling you to quit... says something, doesn't it? You'll have figured out if you're getting strung along by a certain point. Just be sure to be able to acknowledge when things aren't going to change.

In Conclusion...

Dating is hell. I have never undergone anything that can make my heart pound as wildly, my lungs seize up so dramatically, or my brain fry in a pan as much as trying to get that girl right there - no, the one just to the right there - to agree to go have a coffee with me. I have made nearly every error possible for a guy to make while still staying with legally and morally safe grounds in trying to get that question across, and I'm still here, and still trying. I've even succeeded a time or two. The final point: don't give up hope. I've

done so numerous times, and have been proven so, so very wrong. You may have found 'the one' - and may do so repeatedly. I have, much to my own amusement. My experience has taught me that there is a different 'one' for nearly every time in our lives, and that it is a rare (but wonderful) thing for one person to be that for all those times. Do not despair! There will be more chances, more opportunities, more people in your life - and finding all that out and learning from the experience of doing so is some of the best entertainment out there, not to mention good for getting your heart rate up for long periods of time. Give humanity a chance - you'll be surprised at the results"

"The guys dating process is this (inspired by "The Rules"::

- 1. Be a "creature unlike any other." However, in particular think in terms of "The Creature from the Black Lagoon" (Universal 1954), a dark monster that conquers her. Beauty and the Beast. Chicks love that shit.*
- 2. Don't talk much to a girl (but do take her dancing.) She only wants to talk about relationships and girl stuff anyway. So take her dancing. They go nuts for this. Learn enough to get by and look cool, though you won't need it much after you have her hooked. In the meantime you can flirt with the other girls on the dance floor.*
- 3. Pay her way on the date, but expect to get back in kind. Buy her a nice meal, so that she knows what she owes you in exchange for the meal. In addition, if you buy her a fancy schmancy \$50 dinner at some ritzy place, she won't be able to turn down your request for a \$300 "loan" until you can "get to the cash machine." Good investment.*
- 4. Don't call her after sex. Make her wait a few days. Girls do this stare at the phone thing, makes them all anticipatory. Don't give them what they want. Call her in a couple of days or if you get horny*

again. Also, after sex, just roll over and go to sleep, even if she hasn't had an orgasm yet. You did a lot of work and you're tired, and you have important work to do tomorrow.

5. Always end phone calls first. Especially if she's read the Girl's Rules that tell her to do this, you won't have to worry about long phone calls. I mean girls can yak so long on the phone.

6. Don't give her any warning about a date. Make sure she stays free all the time in case you call. And more to the point, keep yourself free in case something comes up elsewhere, if you know what I mean. If you call and she's not available, act real hurt, make it seem like you will end the relationship if she does this a lot.

7. Tell her what she wants to hear (ie. Lie.) You like long walks on the beach. You love kids. You like to cook. You're looking to settle down in a country home with that one special girl. You love horses, paris, chick movies, sushi and Meryl Streep. You support her goals. Tell her you're rich, famous, whatever. She'll figure out the more ridiculous ones eventually but if you play this right you'll get laid first and have her captured. Don't be scared to eventually talk to her about "the relationship" -- girls go for this. Just be sure not to believe it yourself.

8. Stop dating her if she doesn't put out by the second date. Pretend like you're not super eager to get laid but drop the hint with gentle physical contact. It is nice to date easy chicks and all and get laid on the first date, but some of the hottest ones like to wait a date.

However, if she doesn't at least give you a blowjob by date #2, #3 at the latest, there are better investments out there. On date #3, remind her of the "third date rule."

9. Tell her you love her. This is the big corollary of rule #7. Dont do it right away but definitely do it if she's showing reluctance on that blowjob. Practice saying it like you mean it. As the old saying goes, "Sincerity is everything. If you can fake that you've got it made."

10. No more than casual sex on the first, or 100th date. Definitely don't get too involved, as she might ask to be

monogamous or something. Make sure that you never let yourself get tied down.

11. Tell her what to do. Hey, in the end they all want to be dominated. So make all the decisions and see how she goes for it. If so, you can probably get this to continue in the bedroom. No girl is perfect, but most of them like to please a man so you can change the one(s) you have to fit your needs.

12. Be the bad boy. Girls love the "bad boy." They hope they can "reform" him, or they're a case of point #11 above. Either way, you can be as bad as you like. Treat her like she doesn't exist. Be mysterious. Dangerous. Wear cuffs and a leather motorcycle jacket, even if you drive a Hyundai. (Park the Hyundai somewhere else and walk to where you meet her, though.) Remember, nice guys don't get laid.

13. Don't let her know anything she can pin on you. Girls like to get close to their guy, and "communicate." But later, if you break up, she might try and get back at you so for crissake don't let her know anything she could use or spread to others. Invent deep intimate stuff you can tell her in bed, she'll go for it. If you can't think up your own, buy one of those books with Fabio (the guy from the "I can't believe it's not butter" commercials) on the cover and be one of those guys. (God, this guy can't tell butter from margarine and chicks swoon over him? Something strange going on here.)

14. Don't tell her you're married! For some reason they get really upset. When you take off your ring, get some tanning lotion or put your hand under a sunlamp to make sure it's not visible where you took it off. Or tell your wife you just don't want to wear a ring; invent some sort of bizarre hand disease or rice picker accident. Anyway even the ones who haven't read the Girl's Rules don't want to date married guys so don't let her (or your wife) know.

15. Be a pain to live with. Well, this isn't a thing to so much try to do as a reminder to be yourself. If you shack up, don't alter your own

life just to make it easier for her. One exception, which is admittedly a royal pain, but worth it -- put the toilet seat down after you take a wizz. She sees that and she'll think she's found god's gift to girls, and she'll give you better sex than a \$300 hooker. Compare -- 5 seconds of your time each day to put down the seat vs. \$300 blowjob. No brainer!

16. Don't get caught staring at her tits or other girls'.

For some reason girls don't like it when we stare at their tits when we talk to them. And they don't like us staring at other girls' either. As if we have a choice! Anyway, they're watching for this so don't get caught. Check their eyes, then do your looking.

17. Don't let her leave your things in your apartment. Or give her a key, until you're sure you can count on her for very regular nookie. Otherwise they might try to insinuate themselves into your life before you are sure of this.

18. Even if you're engaged or married, you still can play around. I mean, do they own you or something? This rule is the most fun.

19. Do The Rules even when your friends or parents think you're nuts! Truth is, you're getting laid, and they are just jealous.

20. Don't give her the ring, but make her think you will -- or give her a fake ring. Drop hints and pretend like some day you want to be married to her, but don't actually do it. You can even get engaged if you want to lock in some regular pussy. There's no law that says you actually have to follow through with the ceremony. Plus, it takes an expert to tell cubic zirconia from a diamond, and if she takes her ring to an expert she clearly doesn't trust you and is a lost cause anyway. You can get one of these rings for about \$100 and trust me you'll get a fuck worth far more than that out of it.

21. Double check the birth control. There's a trade off here. On one hand you don't want to use condoms, so get her on the pill ASAP. On the other hand if she runs the birth control she might blindside you with something annoying like a kid just to hook you. You decide. If

she gets pregnant, take the new "morning-after" pill for guys. (It alters your blood type.)

22. Don't discuss The Rules for Guys with girls. Like I need to explain this one to you? Do they explain their rules to us? Thought not.

22a. Don't discuss The Rules for Guys with your therapist. Because if you have a therapist you've really missed the point of The Rules for Guys.

23. Figure out her romantic dream. Almost all girls have one. In 90% of cases it's the knight in shining armour, the handsome prince or the tall, dark and handsome mysterious stranger. Harlequin Romances isn't exactly going broke selling girls books about how a guy comes into the girl's life and does something as simple as fixing her car to make her life right and sweeps her off her feet. You would be amazed at the "mileage" you can get just by taking her car down to the shop. Though if you can find a good mechanic, let me know, OK? Anyway, subtly find out her own personal romantic dream, and play-act it. On the cheap, of course -- you only have to play-act. While she may dream of a billionaire who whisks her away to his ranch in his jet, she'll settle for a \$60 rental limo and a \$40 1-hour rental horseback ride.

24. Sometimes ya gotta break The Rules. Hey, Burger King said it best. And it's a great place for a cheap date (use \$4 from the \$300 she "lent" you.) But in this case I mean you gotta break the Girl's Rules.

25. Do The Rules girls. Yes, you can! If you suspect that some really attractive girl is following The Rules for girls, take heart. I mean if she's a dog, lose her. But if she's got a great set or you have some other reason to particularly want her, you now know her exact game and can use it to get her. The book tells these girls to follow its rules religiously, even when they don't make sense. You will have to wait 6 dates, but the authors do tell girls over 30 it's OK to have sex, so they will. Forget young "The Rules" girls unless you are really keen on

virgin-plucking. You only have to date 'em once a week -- if you date them Friday then you are free as a bird on Saturday; they'll end calls and dates; they won't call you when you have other girls over -- a lot of advantages, and as long as you see past all the manipulative "hard-to-get" tricks you won't be fooled, just laid.

First, you have to check if she's a *The Rules* girl or just a stuck-up bitch. Sometimes it can be hard to differentiate them. Test this by first telling her how much you admire a girl who sticks to her principles, and then call her Thursday telling her you just got front-row Orchestra seats to the Boston Pops (a classical musical group) concert on Friday. If she says yes, she's the stuck-up bitch. Say, "Did I say Boston Pops? I meant Iggy Pop!" and dump her.

If she says a reluctant no, she's a *The Rules* girl. The book tells them never to accept a weekend date after Wednesday. Rush out to the bookstore to get a copy of *The Rules*. You'll find it in the dating/relationships section. Since there is zero chance you've ever gone near that section before, ask at the cashier's desk. When you get to it you'll know why you've never been to this section before from the titles of the books. *Venus and Mars Together Forever*. *Men who hate women and the women who love them too much*. Like Dave Barry says I am not making this up. You're the only guy in weeks to go to this section other than to laugh at the titles, so if you're lucky some chick might even hit on you. But if not, go buy the book, and then read it. It's short.

Now you'll know her exact game. Problem is, as noted, it will be 6 weeks until you get laid. Be sure you have something else on the side during those six weeks. But look at the advantages. Other than those noted above, you'll learn that she won't bring up crap like "marriage" or "kids" or "the relationship." She expects you to bring these things up. Soon the book will tell her to dump you. Track this, and make sure to start dating another *The Rules* girl before the breakup -- 6 weeks before the breakup if you can time it right.

26. *Do The Rules For Guys and you'll get laid.*

Don't forget this. You may be tempted to break them, to be "nice" or "sensitive" or even listen to her. But everybody knows that nice guys don't get laid. You want to be nice or in the sack? I thought so. "

"I just read that 47,000 women answered People Magazine's reader's poll on the subject of what women want in men. They reported that the most important attribute for a man to have is a sense of humor, according to 43%. 31% value sensitivity first. 19% say intelligence. 6% rank good looks first, and just 2% say money is most important. Once the guy gets her phone number, 47% of women expect him to call within 24 hours, and 47% will wait up to three days. Only about 5% are still willing to hear from him after a week.

I'm curious on your take, Doc. What do you think? Which is the truth and which is the brainwashing? Gordon - who wants to know if women are capable of communicating what they actually want.

Hi Gordon,

Brainwashing, yep, you can say that again. As usual, the politically correct Feminista-dominated media have come up with a bunch of half-truths when it comes to understanding women. Why? To confuse you guys even more that you are.

Remember that trying to find out what women want by asking them is like trying to get Gary Condit to tell you how he honestly feels about marriage and commitment. You'll get an answer, but it won't have much to do with reality.

I have interviewed thousands of women and not one ever said to me:

- 1. I want a man whom I can't control.*
- 2. I want a man who, when I test him, does not give in.*
- 3. I want a man who keeps me guessing.*

But you will see many women in long term-committed relationships with guys who have these traits. OK Gordon, now let's go over this

list so I can un-brainwash you and the rest of mankind.

Yes, most women do prefer a guy with a sense of humor. When a guy is able to consistently make a woman laugh, it shows her that he is confident and also fun to be with. And as we all know, girls just want to have fun. But the idea that a sense of humor is the number one attribute that women look for in a man is a bunch of malarkey.

In order for a woman to even give a hoot whether you have a sense of humor she first has to find you physically attractive. If she's not physically attracted to you, you can be more hilarious than Robin Williams on speed and you still won't have a chance for romance with her. The Reality Factor says that you have to pass (her) Physical Attraction Test first in order to get to first base.

If a sense of humor were really the trait that women found most important in men, then all the funny guys who look like Danny De Vito would be as successful with women as all the handsome hunks. It's fascinating to observe how reluctant women are to admit how important looks are to them - as evidenced by these poll results. You don't necessarily have to be the hunk from heaven, but in order to click with a particular chick, you need to have a look that she likes or you ain't gonna get the love boat out of the dock no matter how hard you paddle.

The poll results revealed that 31% of women say they value "sensitivity" foremost. Now there's a loaded word if I ever heard one. What do they mean by "sensitivity?" They don't explain it, do they? What a woman usually means when she says she wants a "sensitive" guy, is that she wants a guy who will share all of his emotional pain, will dutifully listen to her complaints about everything and will happily take orders from her. Of course this type of guy is always getting rejected or he is kept around as a dartboard for all of her zingers. You see, Gordon, more female propaganda.

So almost half of the women who responded to the poll expect a guy to call within 24 hours? Yeah, they EXPECT a guy to call within 24

hours because 90% of men can barely wait even that long before they call. Unfortunately, thousands of guys are going to read those poll results and will feel even more justified in jumping the gun as they always do.

And according to the poll, only 5% of women are willing to hear from a guy after a week. FALSE! It would have been much more helpful and revealing if the People pollsters had asked those women a question like: Have you ever had a relationship with a guy who waited a week or longer to call you? If so, why did you date him even though he waited that long? Then we would have gotten some valuable information.

19% (1 in 5) want intelligence. Does this mean that 4 out of 5 women are looking for stupid life long partners?

And now guys, for the biggest whopper of them all. According to the poll, only 2% (1 in 50) of women are gold diggers. How does that jive with your experience? How many women have asked you, "What do you do?"

Remember; don't get brainwashed by the poll-takers questions and women's answers."

"The money deal makes us guys crazy. If the guy pays, then the girl should drive to see him, or sleep with him or absorb some other offset. No matter what a guy says, under any circumstance, in any world, in any place.. if the guy pays then he expects some kind of reciprocation from the girl PERIOD. Now, He might not even consciously acknowledge this but you better believe that millions of years of genetic programming is not going to disappear in the few generations since womens liberation. Oh Yes.. Womens Lib.. Wasn't that the thing where women wanted everything equal from that point forward into history.. OH Right except when it comes to getting guys to pay for things.. uh, huh... and also on genetic programming, scientists have proven with absolute certainty that it exist. It has

al;so been proven without a doubt that men were programmed to hunt the dinosaurs and jump all the women and the women were programmed to hang out in the cave and wait for the guys, so women have actually evolved more than guys and guys would have to acknowledge this. But, It is unfair for women to say that guys only want to have sex and not acknowledge that they have no control over their biochemical drives. Women need to be more understanding of all of guys built-in problems. We can't help it, we can only try to control it."

"Respect a women with your entire heart and you will win hers everytime."

"Meet dates at classes in things you are interested in. The number one dating class in 2000: Yoga, followed by Photography, followed by Cooking. Best place to meet people: Your Cities largest grocery stores in the best neighborhoods between 4:30PM and 7PM (The San Francisco Marina Safeway being the founder of this tradition). Art gallery openings. Supply stores, ie: Sports, Cooking, Photo, pets, etc.Clubs. Community service groups. Political groups."

"Boys and girls have sex. We all know that. But do we all know how to have it safely. 40,000,000 people have aids.Get Tested:

Buy one of these HIV home test kits at:

<http://www.homeaccess.com/02/02/> or call the Private HIV test line at 1-800-584-8183.

Or just ask your doctor to test you. Condoms are made of latex or similar materials, and have thousands of natural, microscopic, holes in them. That is the nature of latex. HIV is much smaller than the holes so condoms only decrease the odds, THEY DO NOT PREVENT HIV/AIDS 100%! Get tested.Testing isn't a quick turn-around, it can take 1 week to 3 weeks to get reasonable results back. If you like

somebody, plan ahead, get tested now. Use soap and water before and right after sex. Yes, soap really kills alot of bad things."

In Contempt of Courtship

By Elizabeth Austin, Washington Monthly

Monica Lewinsky has a new job: doling out her sage dating advice as host of a new Fox TV "reality" show, "Mr. Personality." In the show, a babelicious young stockbroker named Hayley is asked to choose a lover from a group of 20 masked suitors. The masks, we're told, are used to conceal the men's looks and force Hayley to base her decision on personality alone - a concept that assumes a lady never glances below her date's chin. Unlike Ms. Lewinsky (described in the show's promotional materials only as a psych major-turned-handbag designer who "currently lives in New York City and is considering a future career in law") Fox execs limited their pool of eligible suitors to unmarried men who do not live on Pennsylvania Avenue.

As host, Ms. Lewinsky functions as Hayley's on-site girlfriend, giggling with her at hidden-camera footage that shows the suitors misbehaving at a party and helping her to make the undoubtedly difficult decision to dump the guy who slipped off into a bathroom to share a few intimate moments with a hula dancer. The show has spawned plenty of off-camera controversy - the spurned suitor later claimed that the sound of a zipper opening, heard through the bathroom door, was a sound-effect added in post-production - but primetime audiences' enthusiastic reaction to it has skipped over one huge question: What does it say about our society that we now consider Monica Lewinsky qualified to help anyone find her soulmate?

Lewinsky's show is only the latest in a whole slew of dating-based "reality" TV shows, which include "The Bachelor," "Meet My Folks," "Married by America," "Blind Date," "The Fifth Wheel," "Elimidate," "A Dating Story," "Dismissed," "Rendez-View," "Change of Heart," "Shipmates," "Temptation Island," "Looking for Love," and "EX-treme Dating." In my personal favorite, "Joe Millionaire," 20 women were whisked to a romantic French chateau to compete for a man's affections. The women were told the young man had recently inherited \$50 million and was "looking for a special someone to share his newfound wealth." I spent the show's entire seven-episode run wondering where Fox managed to find 20 grown women gullible enough to believe that a tall, underwear-model-handsome guy with \$50 million might need professional help in finding a date. But the success of these shows - 40 million viewers tuned in to watch Joe Millionaire choose his guileless mate - shows how much we love to watch other people date, especially when there's a better-than-decent chance of witnessing an emotional trainwreck. Why do so many eligible singles prefer to sit at home watching other people go out to dinner, walk hand-in-hand, and smooch in bubbling hot tubs than to actually go out on dates? When did we start to consider dating a synonym for hell?

It's almost impossible to find a positive depiction of contemporary dating anywhere. Television sitcoms from "Friends" to "Frasier" delight in the antics of lovelorn singles - not because they're more glamorous than their married counterparts, but because the vicissitudes of modern dating lend themselves to easy laughs. In novels, we see Bridget Jones as the modern-day counterpart of Jane Austen's Elizabeth Bennet - only somehow the centuries have robbed our heroine of her ability to bring Mr. Darcy to his knees. Wasn't the sexual revolution supposed to make courtship more fun?

Yet everywhere we look, we see single people bemoaning the loneliness, the despair, the just plain drudgery of dating. Dorothy L. Sayers once said, "The only sin passion can commit is to be joyless." But how much joy is there in courtship these days? Dating, it seems, has become a necessary chore, rather like scrubbing down the storm windows.

The Rules of Court

Something has gone drastically awry in the process of meeting and mating. I recently played confidant to a friend who has valiantly decided to re-enter the courtship arena. From her description, it sounded like she was applying for a new job - reading the want ads, circling anything that sounded halfway promising, sending in her résumé via e-mail, and then trudging out on a series of high-stress interviews. (The only difference was, most employers usually don't advertise until the post is actually vacant, whereas at least one of her hot prospects hadn't quite gotten around to telling his wife that the family organization was planning to downsize.) To hone their "interview" skills, desperate affluent singles are driven to hire dating consultants to tell them how to do it right. One New York consultant bragged to Fox News that she charges her female clients \$350 for a half-hour consultation to assess the dateworthiness of their hair, makeup, and wardrobe, while men pay \$15,000 upfront for introductions to a dozen eligible pre-screened women. That fee also includes a virtual date with the consultant, who then scrutinizes the poor insecure fellow's manners and conversational skills.

For those who can't afford individual instruction, there are guidebooks like "The Rules," billed as "time-tested secrets for capturing the heart of Mr. Right." The authors promise their husband-hunting readers that faithful adherence to a few basic rules, such as "Never Call Him, Always Let Him Call You" and "Don't Talk Too Much" will help them land the spouse of their dreams.

(From the vision of dainty femininity sketched out in "The Rules," one reaches the inescapable conclusion that all the eligible bachelors out there have posters of Donna Reed plastered above their beds.) The bad news, of course, is that once a girl has adopted the primly determined Rules persona to capture him, she has to keep up the hard work in order to keep him. Hence, "The Rules for Marriage," the follow-up to the runaway bestseller. Hewing firmly to "The Rules" over the course of four or five decades is a daunting prospect, as the recent divorce of one of the co-authors confirms.

Dueling Rulebooks

Perhaps the continuing popularity of "The Rules" - in spite of its co-author's marital track record, they're still charging \$3.99 a minute for dating consultations - is a sign that singles today are desperate for some set of principles to follow. Unlike the well-established courtship rituals of the 1950s, what we have today is a motley set of individual expectations, most of them patently mystifying to everyone but ourselves. Courtship has become an unending pick-up game of playground ball, with each player operating according to his or her own individual rulebook. A woman may make a seductive gesture fraught with symbolic meaning - only to find that, to her partner, it's a request for a time-out.

Take, for example, this star-crossed couple who poured out their story of dueling social semiotics to a women's magazine a few years ago. Both sides agree that he invited her out on a dinner date, and that they had a wonderful time until the bill was presented. "When the dinner check came, I took it," explained 32-year-old Charlie. "But Susie reached for her wallet. 'Can I help pay?' she asked. My heart sank. I was sure she didn't like me. I figure if a woman wants to split the check, she's telling you that she wants to be friends. After that, the evening ended kind of awkwardly. I didn't know if I should kiss

her or anything, so I kind of hastily said good-night."

Susie, 28, told the reporter that she saw the encounter very differently. "I offered to split the check because I didn't want him to feel obliged to pay for me. I figure if he had really liked me, in a girlfriend/boyfriend way, he wouldn't have taken my money - not on the first date, anyway. And I guess I was right: he didn't try to kiss me or say anything about another date."

It's revealing that teenagers no longer "date" in the traditional sense. Instead, they move in intersecting herds, and actual dating is reserved for those who are already official couples. Formal events, such as homecoming and prom, are arranged with the help of intermediaries: The parties involved set up embassies in the lunch room, and send out ambassadors to arrange the necessary treaties. When one young swain recently called and directly invited a 16-year-old girl to Homecoming, her parents gave the courageous young man two thumbs up. But the girl herself was put off. "It seems so forward, just calling and asking someone out like that," she explained after declining his suit. Her parents are now resigned to a life without grandchildren.

The Lost Art of Flirting

At the risk of being stripped of my right to wear Birkenstocks, I have to admit that the courtship rituals of the 1950s make me feel a little wistful. The gender roles may have been constricting and the shoes were impossibly tight across the toes, but it's impossible to deny the now-guilty pleasures of sweetheart bouquets, dinner dates, and nightclubs where heterosexual men danced voluntarily. (And I'm far from alone in my nostalgia, as proven by the release of a recent retro-romance movie, "Down With Love," starring Hollywood A-listers Renée Zellweger and Ewan McGregor.) I can't help envying the

"smart and sophisticated woman" described by Helen Gurley Brown - author of the once-scandalous "Sex and the Single Girl" - who responded to men's advances with this polished reply: "You're really lovely, but do you honestly suppose I can sleep with every man who asks me? The answer for now is no." Brown claimed that one importunate suitor finally gave his iron-knickered lady a silver charm engraved with the words, "We'll see."

I can just hear the anguished screams of "That's just game-playing!" And that's exactly correct. Both parties were playing a game - defined in my dictionary as "a way of amusing oneself; a pastime; diversion." The game was called "flirting," and it's what people used to do while they were trying to decide whether they might be able to stand each other's company over the hyperextended road trip that is married life. It's funny: The men who most oppose the idea of "playing games" in courtship are the same ones who can spend endless hours debating the merits of the designated hitter rule. In all forms of human behavior, there are rules. (For instance, we now shake hands upon introduction instead of sniffing each other's sweat glands.) The trouble is, the rules governing courtship today are vexing and often destructive, reducing the stuff of poetry to something akin to emotional dodgeball.

One Rule To Ring Them All

Why is dating today so stressful? The answer is simple: Sex. I know. That sounds perilously like those counter-feminist conservatives who rail at modern woman for coldheartedly indulging her lustful desires instead of saving her precious flower for the lucky man who will someday lift her bridal veil. But my argument is based not on morality but on sheer utility: The way it's being done lately, courtship isn't any fun.

That's because there is currently only one broadly accepted rule of

courtship: The Third Date is The Date (unless, of course, you're a glued-together-at-the-knees Rules girl.) If either party declines sex on the Third Date, it's a clear sign that the relationship is going nowhere. And if the Third Date culminates in sex, they're officially a couple - or at least, the guy's a real loser if he doesn't ask the girl out again afterwards. (Sex before the Third Date is a signal that a) you believe in love at first sight; b) you're a promiscuous floozy; or c) you think a, he thinks b.)

It's time for all of us to admit that this courtship model simply doesn't work. If lightning doesn't strike by Date Three, you can end up walking away from a perfectly lovely person who might just be a little shy, or having a bad hair day. Or worse, by rushing headlong into a "committed relationship" with someone you've met only a few times, you can end up wasting weeks, months, sometimes even years of your life on someone you don't really like very much, on the grounds that you're already "invested" in the relationship.

The problem is, we can't bring ourselves to admit that we're going to have to give up the prospect of instant sex - however rarely it actually happens - for a longer period of pre-intercourse courtship. That's understandable - and not just because we all like to think of ourselves as the proud owners of constantly pulsating loins. Given how dreadful dating has become, we hate to think of prolonging the agony as we wait for the only foreseeable good part. (Though from what I hear from my single girlfriends, the sex isn't all that hot, anyway.)

But if we could decide collectively that sex is worth waiting a bit longer for, we'd find that courtship itself might become a lot less stressful and a lot more fun. Right now, those first couple of dates are incredibly intense; we give ourselves only six or eight hours of conversation before deciding whether we want to commit to a

monogamous sexual relationship. If we had, oh, six or eight - maybe even 10 - dates to make up our minds, we could focus more on the actual date and less on its sequel. By investing a few extra hours in the process, we might draw out of a shy person an unexpected vein of sardonic wit or a deep well of political insight. With luck, we'd screen out some of those false charmers who have learned to conceal their mean-spiritedness for a week or two. And after the eighth, ninth, or 10th date? Well, let's just say that some things are greatly improved by anticipation.

Heroic Couplets

I suppose I should make a confession here: I haven't done any dating for a long, long time. I'm what Bridget Jones author Helen Fielding would call a "Smug Married." And quite frankly, when I hear my single friends bewailing their dating lives, I do feel a bit complacent. But when I think about what courtship could, and should, be, I remember one night when my husband and I went out to celebrate some double-digit wedding anniversary.

We had hired a babysitter, gotten all dressed up, and treated ourselves to dinner at some sleek new restaurant in the city. A comfortable, compatible married couple, we were having a very nice time - joking, relaxing, knocking back a little too much Chardonnay. Then we noticed the man and woman sitting next to us. They were visibly trembling with desire. (The waiter didn't bother to ask them if they wanted dessert.) It was clear that this was no standard Third Date, to be promptly followed by a tidy hour of pre-programmed abandon. There was none of the awkwardness of fresh acquaintance, no conversational false starts or miscues. It was obvious they were madly in love, and that they were looking forward to a long-awaited, devoutly wished consummation. They were co-adventurers, taking that first exhilarating leap over Niagara Falls.

And somehow, as we sat watching that couple from the smooth safety of the shallow waters far downstream, we didn't feel smug at all.

To me, that's what courtship ought to be. And if it's not, we're doing it wrong.

Elizabeth Austin is a Chicago writer

I love this one, so true:

Modern Dating: A 13-Step Process

Today's guest blog comes from best-selling author Paul N. Weinberg, who does an excellent job of pointing out how many of us opt for romantic guessing games over direct communication. I think this could fall under the "I am my own worst enemy" category! Read on for his observations...

Consider the thirteen steps of modern dating:

1. We had coffee.
2. We met for a drink.
3. We went to dinner the other night.
4. We connected on a physical level (chemistry = check!).
5. We're kinda dating.
6. We're dating but we're still seeing other people.
7. We're in a relationship but I don't know if we're committed or not.
8. I'm thinking about having the "commitment conversation."
9. I just found out he/she's been seeing someone else the entire time!
10. I guess you could say he/she is my boy/girlfriend.
11. We're in a committed relationship.

12. It's getting serious.

And a week later ...

13. I'm seeing someone else.

Rhonda- "The odds that you will ever see someone again in your life, that you met from an online dating site, are a million to one. Nobody wants to drive a great distance or spend a dime on the rejection or time waste of a failed first internet meet-up. Both of you should travel 50% of the way the first time and go dutch or not do anything that costs money. These first meetings are little cattle calls, just go look and see if the chemistry goes off or not but you both have to share the risk equally"

Carla- "Do not cut people off unfairly. These are people who have shared their hearts with you and made themselves vulnerable by expressing emotional offerings. It is cruel to delete people because of a few sentences on a computer (A machine showing you text). Most blind internet dates fail in the first email because people are judgmental and presumptuous about phrases or intent that could mean hundreds of different things or be taken in a volume of different ways. Give people the benefit of the doubt and meet them live, in-person. The out-of-context communication of a computer will ruin it every time if that is all you go by."

Becka- "Many single people have an obsessive relationship with their pets if they are single. Consider how much you talk about or plan your life around your pet."

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Long Distance Relationships

Most long distance relationships exist to provide one or both parties with a rationalization to limit the possibility of actually engaging in a "real relationship".

In the case of men who fly women in for short flings, those men

are almost always flying in, and sleeping with, many other women because they can, and because they need to reinforce their power and control perceptions of themselves.

In almost every case, a long distance relationship is a "fling with extra added commitment-reduction buffers" supplied by the airplane trip.

A number of New York and Silicon Valley types have private jets and contract pilots who continually fly from city to city dropping girls off in one and picking others up in other cities. The men will see the girls when they are "coming into town on business" but often the "business meetings" on other nights are with other girls in the same city. The psychological effect of a famous dot.com millionaire or CEO throwing his fame around, confuses young women and causes many to lose perspective or their moral compass because the world of fame has no rules.

COMMENTS

Sandra- *"From my experience working in mental health, part of the appeal of a long-distance relationship is that it can foster feelings similar to being in a relationship but doesn't really require the same level of vulnerability that an i-person relationship requires. Vulnerability is tough and lots of people don't engage fully in relationships because of that. Being young and naive might also go into it but when a person wants something badly enough they will not recognize obvious red flags."*

Tom- *"Long distance online dating with someone you have never*

met in person has failed for millions of people. I have never heard of it working, ever! Once you met your mail-order bride or small town home-coming queen from across the country the chemistry part fails within the first 5 minutes of seeing each other and now you are standing in an airport with your soul on the ground wondering how fast you can get them back on the plane without it being painfully awkward."

Evers- *Everything in text, email and phone will be misconstrued with a stranger you have never interacted with. It will start out wonderful and you will both create a lovely fantasy in your minds but soon one or the other will assume the other is dating someone else, or doing this or that, that they made up, in their mind, and they cut off contact out of frustration and you never even meet."*

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If you run out of things to ask...

"The women on one major dating site have this huge question sheet they send to all of the guys. I got one and I fixed it up so it works for everybody. Here, use it. If you get all the answers off of somebody

you can pretty much marry them, sign them up as roommates or whatever, on the spot: Are you looking for a boyfriend/girlfriend, lover or husband/wife? What is your ethnicity? What kind of education did you have? What are your hobbies: and interests? Are you afraid to get close? Are you ambitious? Are you emotionally available? List three things that really push your buttons? Name a place you would like to go? Are you an "indoors" person? Are you an artist? What is the most positive, and negative, relationship experience you have had? Are you and "outdoors" person? How many friends do you have in your social circle? Are you creative? In what ways? Are you Gay? Bi? Straight? Are you romantic? Are you shy about your body? Are you sleeping with anyone now? Are you thinking about moving in the next few years? Are you willing to sign a non-disclosure agreement for work purposes? Can you go play during the day? At night? Midweek? Weekends? Can you have a monogamous relationship today? How often do you change your sheets and towels? Describe your childhood? Describe your sense of humor? Describe your work? Do you believe in the supernatural? Do you wash you hands before eating? Do you brush your teeth after eating? Do you believe that one person can have a productive impact on world change? Do you drink alcohol? Do you enjoy your work? Do you go out to eat a lot? Do you have a pet? What kind? Do you have call waiting? If someone calls do you get rid of the person you were talking to? Do you have children? Do they live with you? Ages? Do you have insomnia? Do you like to be held while sleeping? Is your monthly cycle likely to interact with a date or trip we have planned? Do you have sex during that time of the month? Do you like to cook or bake? Do you live in a house, condo, apartment, etc? Do you like soft touch? Do you own a car? What kind? Do you own a computer? How does stress affect your lovemaking ability? Do you own a FAX and what is the number? Do you practice any particular diets or eating habits? Do you sleep-in on Sundays? Do you Smoke?, If so will

*you quit? Do you snore? Do you take a shower at night or in the morning on a regular basis? Would you switch from morning to night or vice versa? Do you understand and distinguish between the five states of intimacy (IE: Being sensual, being erotic, having sex, making love, F**ng)? Do you want a relationship? Do you wear pajamas? Do you wiggle or kick in your sleep? Favorite food? Have you ever been to an analyst, psychiatrist or psychologist? Why? Have you ever made love outside? Have you ever slept with someone on the first date? Have you had a recent STD test since you were with someone? Are you willing to provide a doctors certificate of HIV/AIDS testing from the last 30 days if your partner also does? Have you recently broken up with someone? How do you feel if you have to go to work earlier than your mate and they get to stay in bed and sleep longer? How do you feel right now? How do you prefer the weather? How does answering these questions make you feel? How does fast make you feel? How long has it been since your last significant relationship? How long have you lived where you live? How many dates have you ever had? How many different people have you ever been with sexually? How many parties do you go to in an average month? How much do you earn per year? How much time do you spend on the phone each day? How should who-pays-for-what be allocated when going out? How would you describe your personality? Is religion a part of your life? Is spirituality a part of your life? What 3 magazines do you read most? What are the medical tests and requirements for you to safely have barrier-free sex? What are you allergic to? What are your erotic "kinks"? What are your expenses per year? What are your favorite clothes to relax in? What are your favorite TV shows? What are your feelings about having children? What are your feelings about marriage? What do you think of you and me in a relationship, so far as you can tell, all other things being equal, based on projection? What do your friends say is your worst habit? What is the longest you have worked at one*

job? What is your favorite place in the whole world? What is your astrology sign? What is your favorite body of water? Use an adjective to describe how thinking about it makes you feel? What is your favorite season? What is your favorite surface or texture? What is your idea of a great weekend escape? What is your political viewpoint?

What is your bodytype? What are your sexual needs relative to specific actions or techniques? If your mate was sick or stressed, how long do you put up with them being like that before looking elsewhere? Can you handle intensity? What kind of birth control do you use? What kind of intimacy have you been used to on a first date? What kind of music do you like? What percent of your ex-mates do you still talk to? What style of clothes do you wear? What time do you generally get up? What time do you generally go to bed? What time do you usually go out at night? How late do you usually stay out? What was the reason you were terminated from all of the jobs that terminated you? Who are your heroes? What are you the most frustrated about in your life? Would you understand if your mate couldn't sleep if they held you all night? Your drinking habits? Your position on recreational drugs? Do you smoke at all? What is your position on who should pay for what? What is your position on how much money you should be provided with by your boyfriend or husband each day, week or month?"

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The Dictionary DEFINITIONS of Date:

PARTY: 1. (verb, transitive) To engage in markedly heterosexual activities (e.g., "She's dressed like she wants to party.") 2. (adj.) Exemplifying a proclivity for heterosexual activity (e.g., "I hear she's a party girl.") 3. (noun) A

social gathering.

DATE: Function: verb

1 : to determine the date of <date an antique>

2 : to record the date of : mark with the date

3 a : to mark with characteristics typical of a particular period b : to show up plainly the age of

*4 : to make or have a date with
intransitive senses*

5 : to reckon chronologically

6 : ORIGINATE <a friendship dating from college days>

7 : to become dated

8 : to go out on usually romantic dates

9 : to go to a public event with another human

10: To engage in an activity which is planned and which one person or the other pays for

11: To ask and receive acceptance by another single individual with whom you do not have an ongoing significant relationship, to engage in an entertainment event for the purpose of engaging in sexual activities after a series of interpersonal rituals within the date or event.

12: To engage in rituals designed to produce sexual activities with a person whom you recently met

13: To engage in a review process to determine if you and another individual wish to marry or become boyfriend and girlfriend

14: To arrange to go out for a fun activity with friends of any gender or intention

15: To allow different men to take you to dinner in order to see which one will be the best provider.

16. To take different women to dinner in order to see which one will be the best lover."

Amy- Teenagers no longer "date", they "hookup". Hooking up simply means casual sex. If you are over 30 and you ask kids who are under 30 "who they are dating?" they will just scowl at you as if you were the most un-cool person on Earth"

Bobi- "Internet dating is where girls try a different guy out each night to see which one will buy the best food and entertainment so they can get as much money as possible spent on them by as many guys as possible in a given week. "

Paula- "Dating means to get to know a few people over a few months so you can pick the one that will be best to you."

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FACIAL CLASS-ISM & PREJUDICE

Just like we have laws to prevent people from harming others because of age, gender or race, we need laws to stop people from harming each other because of face.

National studies show that people are chosen for Fraternity or

Sorority membership based on how much their face aligns to the arbitrary "Golden Ratio" of facial alignment. They are rejected, or more painfully hazed, if they do not have the right homogenized golden ratio look.

These same studies show that people get hired, or promoted, if their bosses think they "look" like they would be attractive in their positions based on facial alignment.

It is worse in the online dating world. That environment creates the most hellish of all possibilities:

First: If someone has a golden ratio face, they are not going to be on an online dating site because they are already flooded with more offers than most people get. If you do see a picture of a person with a "perfect face" on an online dating site, these days, it mostly turns out to be a [fake profile](#) put up by the site to draw you in.

Second: You are likely to only pick people with golden ratio faces because the 2D images emphasize the mind's Golden Ratio selecting process BUT those people are most likely to reject you. So it is a lose/lose proposition.

We need the same laws that apply to race discrimination, gender discrimination and age discrimination to also apply to facial alignment discrimination.

Call your elected official or don't date online.

See the attached sub-pages for details.

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People judge other people in online dating photos based, in large part on the "Golden Ratio".

What is it? Why do people do it?

It isn't fair. It isn't something most people are aware of. Yes, you can overcome it.

Here is some input on it:

[Human Face - Phi, 1.618, the Golden Ratio and Fibonacci ...](#) The human **face** abounds in examples of the Divine Proportion or **Golden Ratio** / **Golden** Section in its design, whether viewed from the front or the side
goldennumber.net/face/

[A Model's Secrets: The Perfect Face - Golden Ratio Beauty ...](#) As a girl with a mathematical edge, studying Calculus in high school, I want to introduce you to the **Golden Ratio** because studies of top models have shown that they have countless numbers of this **ratio** in their **faces**.
facethis.blogspot.com/2012/01/perfect-face-golden-ratio-beaut...

[Measuring Facial Perfection - The Golden Ratio - Oprah.com](#)
During the European Renaissance, renowned artists and architects used an equation known as the "**golden ratio**" to map out their masterpieces. Thousands of years later, scientists adopted this mathematical formula to help explain why some people are considered beautiful...and others are not.
oprah.com/oprahshow/Measuring-Facial-Perfection-T...

[The Math Behind the Beauty - Interactive Mathematics - Learn ...](#)
This mask of the human **face** is based on the **Golden Ratio**. The proportions of the length of the nose, the position of the eyes and the length of the chin, all conform to some aspect of the **Golden Ratio**.
intmath.com/numbers/math-of-beauty.php

[The Perfect Face - The University of Chicago](#) Did any of these **ratios** come close to being **Golden**? If not, then maybe this **face** isn't so perfect after all. Of the **face** above, who has the most "**Golden**" one?

cuip.uchicago.edu/~dlnarain/golden/activity8.htm

[Golden ratio - Wikipedia, the free encyclopedia](#) In mathematics and the arts, two quantities are in the **golden ratio** if their **ratio** is the same as the **ratio** of their sum to the larger of the two quantities, i.e. their maximum.

en.wikipedia.org/wiki/Golden_ratio

[Golden Ratio - Anastasia](#) Taking all of these complex factors into consideration, Anastasia discovered the easiest way to balance every **face** was through applying the **Golden Ratio** to the brows.

anastasia.net/golden-ratio.html

[Where can I calculate the golden ratio of my face? - Yahoo ...](#)

The **Golden ratio** is said to be a straight line with two points that divide the line in half. Take one, which is smaller and place on top, making a small to large **ratio**, which is equal to the line.

answers.yahoo.com/question/index?

[qid=20090404201945AA6mXT8](http://answers.yahoo.com/question/index?qid=20090404201945AA6mXT8)

[Does Your Face Fit The Golden Ratio? - soompi](#) the perfect **face**

=O "Personal beauty is a greater recommendation than any letter of reference." - Aristotle

forums.soompi.com/discussion/220166/does-your-face-fit-th...

[Using the Golden Ratio to Discover the Perfect Human Face -](#)

[ELLE](#) Is there such a thing as the "perfect human **face**".

According to ancient Greeks, yes. The **golden ratio**, 1: 1.618, has been used to define the perfect proportion for facial features.

elle.com/beauty/golden-ratio-perfect-face

[golden ratio face glam | eBay](#) Find great deals on eBay for

golden ratio face glam and pink candy sweet cake. Shop with confidence.

rover.ebay.com/rover/1/711-53200-19255-0/1?icep_ff3=9&...

[The Beauty of the Golden Ratio - ThinkQuest](#) The **Golden Ratio** and Beauty in Humans The Human **Face**. Phi is a mysterious number which has some related quantities and shapes, and it appears in the proportions of the human body, and other animals', in plants, in DNA, in solar system, in art and architecture, in music, etc.

library.thinkquest.org/trio/TTQ05063/phibeauty1.htm

[Human face beauty and the golden ratio, unveiled by PhiMatrix](#)

... Explore the appearance of Phi, the **Golden Ratio**, in nature and in the beauty of the human form. The human **face** abounds with **golden ratios**, and PhiMatrix can easily unveil them.

phimatrix.com/face-beauty-golden-ratio/

[The Golden Ratio and the Perfect Human Face](#) Is there such a thing as a perfect human **face**? You wouldn't believe it but some math fanatic believe that it has to do with the **Golden Ratio**.

mathandmultimedia.com/2013/05/25/the-golden-ratio-and-the-per...

[Golden Ratio Calculator « Rado Vleugel Media](#) The **Golden Ratio** in Modern Web Design. I used the **Golden Ratio** to calculate the proportion of the calculator box above. The standard width of my content area is 626 pixels.

radovleugel.com/golden-ratio-calculator

[Golden Mean Calipers - Phi and The Human Face](#) **Golden Ratio** Stuff On Etsy. New Caliper Case Photos. Cases for Caliper Sets.

Ancient Abandoned Alien Spaceship. Bespoke Engraving. ... the things that I wanted to talk about was how the **Golden Mean** can be useful when forming the dimensions of the human **face** ... goldenmeancalipers.com/2011/12/phi-and-the-human-face/

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Your Face

In online dating, the first thing people make their decision on is your face. If you have no picture posted, your chance of anyone even interacting with you reduces itself by 90%.

The problem is that you make go/no go decisions about online dating candidates

based on totally erroneous subconscious biological programming. This means that you will usually get bad relationships that usually fail if you pick a person by facial attraction. You will get one great date with a hot looking person but rarely will you get a lasting relationship if you just choose by "who has the cutest face". Here is how it works:

While it does not sound "right", or "fair" or "proper" to judge people just by their picture, that is the psychology of how it works on the web. Human's are a visually triggered species.

[Social programming](#) makes many people only accept those who like like their social appearance group.

While it is nice to think that people will read your profile and select some amazing aspects of your hidden persona that draws them to you, it really does not happen like that. The autonomic, unconscious process, that most people are never aware of, goes something like this, in a silent, back part of your brain: "*oh, they seem interesting...ok.. now we are chatting... ok, now they want to date me.. hmmm.. ok, well I would never kiss them or sleep with them so (in the case of men), I am going to pass (Or in the case of women) [we can just be friends..](#)*"

The most important thing about your face is to smile.

Professional daters, escorts, models and others use: <http://www.symmeter.com/symfacer.htm> to plan plastic surgery for better dating upside.

Senior staff at Sororities and Fraternities only pick members with the most facial symmetry

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 Picture



THIS STUDY EXPLAINS HOW IT WORKS WITH FACES AND DATING

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While many studies have shown that symmetric faces (e.g. left image above) are preferred to relatively asymmetric faces (e.g. right image above), the reason why symmetric faces are preferred is controversial. The Evolutionary Advantage view proposes that symmetric faces are preferred because symmetric individuals are particularly healthy. The Perceptual Bias view, however, proposes that symmetric faces are preferred because symmetric stimuli of any kind are more easily processed by the visual system than their asymmetric counterparts. Even the tiniest millimeter affects if you will get picked in an online dating site or not.

Why are symmetric faces attractive?

Symmetry is one aspect of faces that has been extensively studied by many researchers in relation to attractiveness. The most common method used to investigate the effect symmetry has on the attractiveness of faces involves manipulating the symmetry of face images using sophisticated computer graphic methods and assessing the effect that this manipulation has on perceptions of the attractiveness of the faces. Typically, perfectly symmetric versions of a set of face images are manufactured and presented to subjects along with the original (i.e. relatively asymmetric versions). Participants are then asked to indicate which face is more attractive, choosing between a

perfectly symmetric version of a given face and the original version. Because the faces used in these tests differ in symmetry but not in other facial characteristics, these findings demonstrate that symmetry is a visual cue for attractiveness judgements of faces.

Although studies have generally shown that people prefer symmetric versions of faces to the original (i.e. relatively asymmetric) versions, there has been considerable debate about why people prefer symmetric faces.

Explanations of the attractiveness of symmetric faces Two different explanations have been put forward by researchers to explain attraction to symmetric faces: the Evolutionary Advantage view (which proposes that symmetric individuals are attractive because they are particularly healthy) and the Perceptual Bias view (which proposes that symmetric individuals are attractive because the human visual system can process symmetric stimuli of any kind more easily than it can process asymmetric stimuli).

The Evolutionary Advantage view proposes that symmetric faces are attractive because symmetry indicates how healthy an individual is: while our genes are such that we are designed to develop symmetrically, disease and infections during physical development cause small imperfections (i.e. asymmetries). Thus, only individuals who are able to withstand infections (i.e. those with strong immune systems) are successful in developing symmetric physical traits. Indeed, some (but not all) findings from studies of health in humans and many animal species have observed such a relationship between symmetry and indicators of health, with healthier individuals being more symmetric. For example, swallows and peacocks with symmetric tail feathers are particularly healthy and preferred by potential mates.

Under the Evolutionary Advantage view of symmetry preferences, symmetric individuals are considered attractive because we have evolved to prefer healthy potential mates. While the Evolutionary Advantage view suggests that attraction to symmetric individuals reflects attraction to healthy individuals who would be good mates (i.e. will have healthy offspring), the Perceptual Bias view of symmetry preferences makes a very different claim. Our visual system may be 'hard wired' in such a way that it is easier to process symmetric stimuli than it is to process asymmetric stimuli. Because of this greater ease of processing symmetric stimuli, symmetric stimuli of any kind might be preferred to relatively asymmetric stimuli. Under the perceptual bias view, preferences for symmetric faces are no different to preferences for symmetric objects of any kind.

Indeed, it has been shown that people prefer symmetric pieces of abstract art and sculpture to relatively asymmetric versions. Testing the Evolutionary Advantage and Perceptual Bias accounts of symmetry preferences Little and Jones (2003) carried out a study that investigated why people prefer symmetric faces to asymmetric faces, testing predictions derived from both the Evolutionary Advantage view and the Perceptual Bias view of symmetry preferences. Previous studies have found that symmetry had a bigger effect on the attractiveness of opposite-sex faces than own-sex faces and have suggested this is because opposite sex faces are an example of 'mate choice relevant stimuli' (i.e. they are the faces of potential mates and own-sex faces are not).

Little and Jones noted that it is well established that inverting face images (i.e. turning them upside down) reduces the ease with which they can be processed and are perceived as being people. While people find it easy to process faces that are the right way up, face processing is disrupted by inversion to a far greater extent than processing of other types of visual stimuli is. Furthermore, inverted faces are processed more like other objects when inverted than when they are upright. Inverting faces, however, will obviously not alter how symmetric the faces are. So while opposite-sex upright faces are 'mate choice relevant stimuli' (i.e. are easily perceived as potential mates) inverted faces will be perceived more like objects, even though both inverted and upright faces will be equally symmetric. While the evolutionary advantage view suggests that preferences for symmetric faces will be weaker when the faces are inverted (because they will be perceived as less mate choice relevant), the perceptual bias view suggests that inversion will have no effect on symmetry preferences because symmetry is attractive in any type of stimulus. With this in mind, Little and Jones tested if inverting the faces used to assess preferences for symmetric faces weakens the strength of symmetry preferences (which would support an Evolutionary Advantage account of symmetry preferences) or if symmetry is equally attractive in upright and inverted faces (which would support a Perceptual Bias account of symmetry preferences).

Little and Jones found that symmetric faces were judged more attractive than asymmetric faces when faces were shown the right way up, but not when the faces presented were inverted. Because this suggests that symmetry is more attractive

in mate choice relevant stimuli than in other types of stimuli, Little and Jones' findings support an evolutionary advantage account of why symmetric faces are attractive and present difficulties for the Perceptual Bias account (which proposes that symmetry will be preferred in stimuli of any kind).

Further Reading

Little, A. C. & Jones, B. C. (2003) Evidence against perceptual bias views for symmetry preferences in human faces. Proceedings of the Royal Society of London B, 270, 1759-1763.

Want to know the secret behind human attraction? Finding a partner who looks just like you.

Or at least that's the theory behind a dating site launched this month by New Yorker Christina Bloom.

Once you upload your picture, the site uses [facial recognition technology](#) to zoom in on nine points of your face -- your eyes, ears, nose, chin, as well as the corners and center of your mouth -- to find you a match. When it spots "face mates," it alerts the pair.

"If you look at most couples, you see that these facial features are very similar," Bloom said. "I really believe that getting this theory out there will help people."

The would-be matchmaker said her notion that people are more

attracted to those that look like them came from personal experience and years of observation.

About 20 years ago, she said, she started dating her own male doppelgänger and said she felt an unparalleled attraction.

Elizabeth Taylor and Richard Burton Were 'Face Mates,' Site Founder Says "I had such a strong attraction to him and it was like nothing I had ever experienced before," she said. "Our facial features were very similar and we were told that we looked like brother and sister everywhere we went. Then I started noticing couples everywhere I went."

She noticed the phenomenon among friends and family, as well Hollywood stars, like Iman and David Bowie, Elizabeth Taylor and Richard Burton, Heidi Klum and Seal and Paul Newman and Joanne Woodward.

Bloom wrote a small gift book on the theory and later launched a blog, but about a year and a half ago she decided to get serious about putting her theory to work.

"I knew. I knew in my gut that there was something going on here," she said. "I realized that the only way I'd get this out there was to create a dating website."

The site, which is powered by [Face.com](https://www.facebook.com)'s facial recognition technology, has attracted about 8,000 people. For testing out the service in its early days, those users get to take part for free. But once the site reaches a critical mass, Bloom said she'll likely charge a fee similar to that of other dating sites.

In General Attraction, People Are Drawn to Those Who Look Like Them Because the user base is just growing, Bloom said they haven't yet used the engine to match couples. But when it has amassed enough users, it will use Face.com's biometric face recognition technology to look at key points on the users' faces and calculate the distances between them. When it finds similar proportions, the site will flag it as a match.

"It's not like an exact match. It's more about the shape and the points in the face," she said. "I see it easily, but when there's a little bit of weight involved, it's a little more difficult to see. When a man's hairline is a little higher it's difficult to see. The coloring throws people off."

Bloom said she recognizes that compatibility and similar values are also key components to finding long-lasting love, but said she hopes her site can help people get a jumpstart.

But does science actually support the theory of "face mate" attraction?

Couples Tend to Be of Similar Attractiveness Kerri Johnson, an assistant psychology professor at UCLA, said she wasn't aware of recent research that specifically supports Find Your Face Mate's theory, but said, "There is evidence that general liking improves when people look like you."

For example, she said, a 2008 Stanford University study found that on-the-fence voters were unconsciously swayed by candidates who looked more like them. The study morphed photos of the participants and political candidates and, while the test subjects didn't consciously detect the blended images, they

consistently favored the ones that most resembled themselves.

In romantic relationships, Johnson said, research has shown that pairs tend to be of similar attractiveness.

"There's a long-standing pattern where a person's own level of attractiveness is matched in their partner," she said.

Being of equal attractiveness doesn't necessarily mean that they have similar facial features, but it could lead to common facial characteristics, such as facial symmetry and youthful qualities, Johnson said.

"Across dimensions, people who are similar tend to be attracted to each other," she said. "'Birds of a feather flock together' characterizes most aspects of interpersonal attraction."

Couple May Start to Resemble Each Other Over TimeStill, Andrew Trees, author of ["Decoding Love: Why It Takes Twelve Frogs to Find a Prince, and Other Revelations from the Science of Attraction,"](#) said he was dubious about a website that claimed to match look-alikes.

While it may be true that many couples resemble each other, it's not necessarily the case that they were initially attracted to their doppelgangers. Overtime, they may mirror each others' expressions and share habits that contribute to appearance, Trees said.

"One researcher did discover that as couples are together for a long time, their faces do start to look more alike," he said.

Trees also said researchers have found that people are drawn to those that look like them because the faces look familiar. For example, one study found that if you flash the same face to someone several times, that person will find the face to be increasingly attractive.

"If you see a face that's like your own, that's obviously going to be very familiar and there's something appealing about that," he said. "It's not that I question there might be some attraction there, I just don't know if there's an underlying scientific basis to say those people are compatible."

Symmetry Is Sexy: The Science of Sex- B. Cadman

I've always been fascinated by symmetry in nature. From the radial symmetry of a snowflake or a starfish, to the bilateral symmetry of a crab shell or a human body, nature's ability for complementation is astounding. But the fact that symmetry is so widespread is no coincidence. Whether it's a bird or a human, symmetry means good genes, and that means attraction.

Humans, like most animals, exhibit mirror symmetry, meaning we are roughly the same on both sides. This is something we subconsciously find appealing in our mates. For instance, men are more attracted to women with symmetrical features. In a study at the University of New Mexico in Albuquerque, females with symmetrical faces were not only more attractive to their male peers than females with asymmetrical faces, they also had a higher number of previous sexual partners and tended to lose

their virginity at an earlier age.

The situation is true for a man's attractiveness to a woman as well. Though women are more apt to look for things like status and dominance, which may be stronger indicators of fitness than symmetry, we still value matching components. Studies have found that women achieve greater sexual satisfaction with partners who are symmetrical, and find symmetrical dancers more attractive than asymmetrical ones. This indicates body, not just facial symmetry, is an important component of attraction.

Symmetry's role in mate selection is based on the hypothesis that it can give clues to underlying genetic fitness. Asymmetry can show flaws in the genetic code or a predisposition to disease—someone you don't want your genes commingling with. Because of the ability of symmetry to advertise someone's health, it is an outward clue to help us select a good mate.

Yet it stands to question whether we find symmetrical faces and bodies more attractive because they're healthier, or because that's what we're used to. Look at the cover of any fashion magazine and it's easy to conclude that most models' faces are almost mirror images of each other, with very little skewing. Does our idea of attractiveness have more to do with nature, or the norm?

Evidence shows that symmetry is an attractive trait within and across cultures, indicating it's important regardless of cultural norms. A study comparing the preferences of people in the United Kingdom with the Hadza, a hunter-gatherer society of Tanzania, found that symmetry was more attractive than

asymmetry across both cultures. In fact, symmetry was an even bigger cue of attractiveness in the Hadza than in the Brits, suggesting that ecological pressures may be a selective pressure for this society, forcing it to find outward signs of genetic quality. Symmetry is one of these signs. Furthermore, men with higher standing (the good hunters) placed greater value on symmetry in the female face than men of lower standing; that is, men of high quality were more discriminating, and one way in which they discriminated was by facial symmetry.

Symmetry may be attractive from an evolutionary perspective, but does it really mean healthy? Look no further than Hollywood to see that the people we think of as the “most” attractive, while symmetrical, aren’t necessarily the ones you’d want bearing, raising, or touching your kids (Britney Spears, for example). Does our face give clues to overall health?

Research indicates that in animals and humans, symmetry can be a good indicator of health. Those with outward signs of symmetrical development do tend to be healthy. Only a few studies have looked at the corollary of this; that is, does asymmetry indicate bad health? A study done in 1997 found that people with facial asymmetry are more likely to have psychological, emotional, and physiological distress than those with symmetrical faces. However, it’s tough to parse out whether they have these problems because they’ve been perceived to be unattractive throughout their lives, or whether their psychological distresses are due to genetic causes (most likely a combination of both). Perhaps symmetry tells us something about physical fitness, but gives us fewer cues about a person’s psychological attributes.

Even if symmetry does equal attraction in our minds, it's one of multiple facial cues we use to judge who's hot and who's not. One of things we find most attractive is when someone looks just like us; researchers believe this is because we've looked at our parents faces since we were young, and want someone who looks like them. Just as people often look like their dogs, couples also tend to look like each other. (A question I'd like to see answered: do adoptees or people not raised by their biological parents still prefer to date people that look like them?)

And then there are physiologic cues beyond symmetry. One of the best known is a woman's waist to hip ratio. Numerous studies have found that women with a waist-to-hip ratio of around 0.7 are the most attractive to men. (This ratio means your waist is smaller than your hips.) This so-called "hour-glass figure" may indicate that a woman has deposited fat around her hips and is ready to bear children. Most encouragingly, this ratio holds true for a wide range of weights.

Whether we want their kids or merely want to make out, those people whose bodies look healthy, genetically fit, and able to reproduce are most attractive to us. This means symmetry, hips, and a familiar face can go a long way to landing a lover.

3D face scans spot gene syndromes

By Rebecca Morelle

Science reporter, BBC News, York

3D face scans are set to speed up the diagnosis of rare genetic

conditions in children, UK scientists say. More than 700 genetic syndromes affect facial traits, but some are difficult to spot because few cases exist. Now new software that compares an individual's face with a bank of 3D images of people with known conditions is aiding diagnosis. The technology, presented at the BA Festival of Science in York, had a 90% success rate, the scientists said. Peter Hammond, a computer scientist at the UCL Institute for Child Health in London who carried out the research, explained: "There are many conditions where the face can have unusual features arising from alterations in the genes."

'Average face'

While individuals with Down's syndrome can be easily recognised, there are more than 700 known genetic conditions that can alter how a person looks. For example, people who have Williams syndrome, which occurs in between one in 10,000-20,000 births, have a short, upturned nose, a full mouth and a small jaw. Individuals with Smith-Magenis syndrome, which occurs in one in 25,000 births, have a nose with a very flat bridge and a lifted lip. While those with Fragile X syndrome, which has an incidence of about one in 4,000, have long, narrow faces and large or protruding ears. For some genetic conditions, facial differences can be very subtle and cases can be rare, making initial diagnosis extremely difficult. To help, Professor Hammond has collected 3D images of children with known problem and has created software that combines the images to create an "average face" of a child with different genetic conditions. In the same way, he has also built up the average face of a child with no known genetic disorder for comparison. Each composite image is made up of between 30 to 150 images.

Faster diagnosis

Professor Hammond said: "When we have a child with an unknown condition, we take a 3D picture of their face and we have developed techniques that allow us to compare their face with these averages. "And the one that is the most similar is the prime target as the condition that might explain their unusual facial features. "Then the geneticists can do the more appropriate genetic testing, if such a test exists, to further confirm this." So far, the technique is currently being applied to more than 30 conditions with an average success rate of 90% and Professor Hammond is collecting more images to encompass even more genetic conditions.

Using the software would speed up diagnosis and reduce the number of genetic tests a child might need, he said.

Professor Hammond is currently using the technology at his hospital in London, but would like it to be rolled out across the UK.

This would involve more 3D cameras in hospitals or technology that could convert 2D images to 3D. In the future, Professor Hammond is looking to compile enough data to build average images of genetic diseases for different sexes and ethnicities.

In work soon to be published, Professor Hammond has also used the software to examine the facial characteristics of people with autism spectrum disorder and has identified unusual facial asymmetry in children with the condition. These children are more likely to have a slight protrusion of the right temple, possibly reflecting a larger area of the brain known as the right frontal pole.

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"High Society" "Class Restrictive" Social Programming

Are you buying into the " elite society trap". What are the worst manifestations of Eugenics?

Try to avoid being sucked into the ["Golden Ratio"](#) programming.

Amber- *"Creating an Aryan society is a bad thing that yuppie society groups do to young people to condition them to perform a worker function for corporations by using them in a controlled manner to play out prescribed duties to enrich the bosses and the expense of the souls of the men and women who buy-in."*

Randy- *"Sororities teach racist, role-manipulated objectified modeling for women which Fraternities teach objectification, manipulation and mercenary life process. Why do we still have them exactly?"*

Becky- *"Each city has a "Training Ground". The Training Ground (Ie: San Francisco's Marina District) is where fraternity boys and sorority girls live in a cluster so they can reinforce their sense of privilege together. The younger ones go to Chestnut Street, the next older ones (yuppies) to Union St and they move up the hill to Pacific Heights as they get old. When "they" say those areas are "really nice", they mean that there is no cultural diversity and that everyone looks just like them with small sharp facial features and blonde or black hair. They have "business clubs" called which make sure that they only do business with each other and don't mix races or non-frat-house people into business deals. On a Saturday morning, if you go to Rose's Cafe on Union Street, you will see that everyone looks the*

same, has the same haircut and the same attitude. They have either nordic or mediterranean features with small upturned noses. They raise their eyebrows and exaggerate their facial expressions as often as possible in order to appear to be interesting. They smile at each other but look through those who do not match the profile."

Paula tells us: *"Fraternities and Sororities exist to breed genetic model ideals. "Ivy-League" schools exist for rich families and family-controlled business to control mating limits. Parents of women who are "sent to" Ivy League schools want those women to get the "Mrs." and not their "Master's," in many cases. They say it is about "marrying your peers" yet most men from Ivy League schools turn into abusers, white collar felons and buy at least 4 mistresses and treat women as trophy wife property. The "Greek System" was created by rich families to keep the "breeds pure" and the money in the most closely held loop"*

Delianne writes: *"Stanford University went to great lengths to promote "proper" in-breeding and University Avenue hook-ups with the right students from the right Greek systems, I feel used and abused by what they did to me now."*

Randy Says: *"Sororities & Frat houses create a stirring call for the genetically gifted to band together and form an Aryan-like Master Race. Retrogressive image-controlled mating is the target of Yale, Stanford, Princeton and similar puppy farms for yuppies. Women who have idealized model-like faces are emotionally punished if they do not date a guy who has GQ-looking aquiline facial features. Those women who do not have such features are encouraged to get surgically cut and modified to try to achieve them. Then they are all locked in a bubble to avoid outside perceptions, depth or any awareness further than 2 feet from their Land-Rover or BMW. If you*

don't have the Playboy/GQ "look" it is off to the social ovens for you."

Della says: *"Owners of companies in the Ivy-League breeding pond will not hire those who do not have the plastic yuppie/hipster/Master Race "look" for fear of tainting the pond because everyone sleeps with each other at yuppie start-ups."*

Penny Writes: *"Susan Patton's famous letter in the daily Princetonian telling girls to bag one in an Ivy League school or you will be left out of the good breeding stock, The Atlantic article on "Why Women Still Can't Have It All", and the "Lean In" controversy show that we have a long way to go."*

Dane- *"Almost every executive that was arrested in the last 15 years was in a Fraternity. Almost every abuse divorce lawsuit in the last 20 years was with a guy that was in a Fraternity. .. so why are they such a good catch?"*

Stocker says: *Everybody in the Guardsmen and the Spinsters that I ever met, that got married had a mistress on the side or got into white collar anti-anxiety drug addiction. Nobody survived that routine yet everyone of them fakes it until the cows come home and they tell everyone, in public, that everything is "perfect". The main rule is: "Do all the evil you want, use each other as career tools but never, ever, ever let it show in public". Stepford Wives are the result.*

Darlene says: *"Yuppie guys gain power at work, and personal ego-maniac points by showing how much they can cheat and not get caught. The handsomer they are, the more they cheat because they know they can and want to always prove it to themselves and their bros. Marry an ugly guy if you want fidelity".*

A recent joking notice, posted online, carries much truth in it, relative to social programming:

"Are you a robotic mercenary Stanford Yuppie who needs De-Programming? Were you turned into a robotic San Francisco Marina Yuppie by Stanford brainwashing?"

You need to hurry and undo the stereotype externalizations and mental aberrations that Stanford brainwashing may have programmed into you. How do you know if you need such classes? Here are the signs:

1. Do you live in the Marina District in San Francisco? The Marina is where fraternity boys and sorority girls live in a cluster so they can reinforce their sense of privilege together. The younger ones go to Chestnut Street, the next older ones (yuppies) to Union St and they move up the hill to Pacific Heights as they get old. When "they" say those areas are "really nice", they mean that there is no cultural diversity and that everyone looks just like them with small sharp facial features and blonde or black hair. They have "business clubs" called which make sure that they only do business with each other and don't mix races or non-frat-house people into business deals.

2. Are your facial features small in size and perfectly balanced? Have you had plastic surgery to make them look even more so or died your hair and eyebrows to the darkest or lightest colors you can? Equilateral facial features are very important to those of our station.

3. Are your parents rich and did they go to fraternities and sororities?

4. Are you and your frat buddies the only ones able to get money

from the venture capitalists for your start-ups because you and they can exchange the secret Stanford handshake?

5. If you are a guy do you see women as objects to be used to demonstrate your position over other men in your Stanford Club?

6. If you are a woman do you sit in your junior league meetings and wonder which Stanford/Guardsman guy you can bag as a husband so you never have to work again? Do you wonder how quick you can get him to have an affair so you can get a great alimony deal?

7. Does the most important location in your life have the word "brewing company" in it's name?

8. Are you unable to interact with humans on a one-to-one basis, must you always be in a group of Stanford people with beers in order to communicate? Can you laugh on que?

9. Do you drive a BMW?

10. Do you have a fanatic interest in sports but can't explain why?

11. Do you judge others mostly by how much money they have? Do you try to appear to have as much money as possible?

12. Do you think Berkeley (Cal) University is a "bunch of filthy hippies"?

13. Do you feel like a robot that was cloned by a machine to support its infrastructure?

14. Do those around you discourage you from dating anyone who

does not have the "Stanford Look" or the "Stanford way of thinking"?

15. Did Stanford make you live on campus so you wouldn't cross-breed with any families who were not from the "proper list" of families. Did they do anything possible to keep you from seeing anybody in East Palo Alto?

16. Do you make exaggerated facial expressions of fake interest and false excitement and then does your face suddenly go blank like a robot when you think nobody is looking?"

Rogerson says: "At our Frat House at Stanford they bring mini-buses out at night and we send them to Stanford Sorority Houses to pick up hot girls who are very drunk. The administration at Stanford supports the buses because they say it "prevents drunk driving", but everybody knows it is to keep the "right girls" on the "right guys" from the big families. The girls get on the buses because they want to be in the in-crowd who gets to sleep with Stanford Bachelors for their careers. The Sorority leaders never let the "wrong looking girls" (non-preppy/non-cheerleader looking girls) into the Sororities, so the bloodlines are kept pure."

Ronnie-lynn- "Banks and rich family political skills have been brainwashing us to get pregnant, have families and get in debt to them with credit cards and mortgages. Having kids makes you get more in debt. Don't buy into the domestic bank-wash. You do not need to have kids. You do not need to get married. This is the way that banks run the country. Don't be a sucker"

Here is an actual secret "instruction book" from one of the Sororities at Boston University "social training class":

- Do not support fat people. They are not viable.
- Use make-up to hide your natural non-equilateral aspects.
- Keep the shine down. It is so important to keep the shine down in the ever-troublesome T-zone - the top of your nose and your forehead. While this especially important on a warm day, even the coolest among us may get a little sweaty when faced with public viewing. We do not shine.
- Use make-up to hide skin redness. Learn to embrace your pure white or pure tan skin tone.
- Brush your hair into place. Frizzy or loose hairs can appear messy. On the other hand, the hair should not be apparent--not slicked down thin against the skull and then behind the neck in a ponytail. Never allow Frizz.
- Keep your face in equilibrium. Look at your face in the mirror. That's not actually the face which shows when people look at you. Now stare at your own reflection. After some time your face will reach its "normal" appearance, your "equilibrium" face. Now deactivate your eye region and activate your lip region. Don't clench your teeth; just make sure that your upper and lower jaw molars touch each other. If you smile with your mouth open, don't let your upper lip expose much of your gums, or let your lower lip cover far over the bottom of your upper teeth. Always smile if

your complexion is dark or dull and your smile should be a slight one. At the same time, stress the corners of your eyes and raise your eyebrows a little. Practice this exercise every day before mirror for a few minutes. Associate with those with equal facial equilibrium.

- Arrange your body three quarters towards others with one foot in front of the other and one shoulder closer to the viewer than the other. Women tend to do this naturally, but it's harder for men, who tend to present a square angle front-on to the other because they are animals and like to confront other men. If you turn your head slightly to the side and look straight ahead, you will appear to be looking straight at the viewer no matter the viewing angle (like George Washington on the US one dollar bill).

- If sitting, slightly angle yourself.

- Lean slightly toward the other person; it adds interest, improves facial definition and helps to minimize the appearance of wrinkles and flabby skin. Just keep your chin tucked down. Yuppies hate flappy chins. Get rid of a double chin. Tilt your head up slightly and try to position yourself so that the other person is a little above, or at, your eye level. This will hide a double chin effectively. You can also put one hand under your chin as though you're resting your head on your hand (keep the thumb side of your hand out of the other person's view, if possible). Don't actually rest any weight on the hand, however, or you will push the skin into an unflattering position. Also, try resting your tongue against the roof of your mouth.

- Focus on your posture. Not only does this matter for how others see you but daily good posture makes everything easier in life, including your confidence. Good posture can dramatically improve your appearance in pictures. Sitting or standing up straight will make you look healthier and more alert and, if in a group setting, and more attractive than your slouching companions. Breathe normally and relax your shoulders. If you usually have bad posture, it may be difficult to stand up straight and not look stiff, so practice this in the mirror, working toward improving your posture in the long term.

- When smiling, try a relaxed closed-mouth smile or an open-mouth smile with the lower lip relaxed and down, not up for a smile that gets oddly narrower toward the middle--practice in front of a mirror. If you know a person is about to look at you, take a deep breath and exhale naturally, relaxing your arms and shoulders. As you exhale, smile or strike whatever pose is appropriate. Don't hold your breath, either in or out, otherwise you'll appear as though you're tense or suffocating. If you see the other person about to look at you too late, don't panic and try to strike a pose. Keep doing what you're doing. It may not turn out perfectly, but you've got a better chance than if the other person catches you quickly trying to change your facial expression. Relax your lip (mouth) region and don't have any delirious thoughts filled with gloom. It's a natural way to appear fresh and appealing in life. Don't be so relaxed that you appear distracted. Distraction or annoyance always shows to the other person.

- Don't have any tattoos; they just show that you will have sex with anybody or do drugs all the time. If you are a girl you can

get a "tramp stamp" as long as it is classy if you are only trying to be a trophy wife so you can divorce and get alimony.

- Do not read the news. It will just upset you. Don't think about upsetting things or it will show on your face and you will be less popular. Do not watch TV news or read the papers. Reading the social columns is essential, though. Know who is hot and who you need to be seen with.

- Smile with your eyes. Nothing projects happiness and beauty like smiling eyes: a happy, somewhat mischievous expression of the eyes. To achieve this effect, ALWAYS imagine that every other person is someone you have a crush on walking into the room. This will create wider open eyes and a relaxed, three-quarter smile. Think about your crush or lover; this will make you blush making your cheeks rosy red. Chances are you unconsciously do this all the time; the trick is to be able to bring it out on demand, so practice the smiling eyes in front of a mirror, and creating a smile "trigger". Fake it till you make it. Pretend like you are hot for everybody no matter how much they disgust you.

- Try to get one eyebrow to go up whenever you pretend to be interested in what others say.

- Watch Jennifer Aniston on TV and copy every facial expression she does. She is the queen of fake facial expression. Do everything she does every chance you get.

If you do these things. Everybody will love you and you will be able to work downtown at an investment bank.

Dana- *"Stanford chooses you based on your face and your family connections. You can go to Stanford if you look like a fashion model and/or have sharp angled looks and a severe facial expression. You can go to Stanford if you want to be a mechanical yuppie. You can go to Stanford if you want to marry a fashion model, have sex with them for 4 years and then divorce them (while taking their money if they are a guy). You can go to Stanford if you are a child of the rich Illuminati families or a wanna-be from a family that got a windfall. You can go to Stanford if you look like a cheerleader and are willing to get shuttle-bussed from frat house to frat house on weekends to get drunk, drugged-up and date raped. You can go to Stanford if you want to be a money grubbing elitist. You can go to Stanford if you are white (you can also go if you help them meet their non-white quota but you will always be treated by the yuppies as an outsider). You can go to Stanford if you were "popular" in school, have rich parents and see life at the campus sports beer hall as essential to your values. You can't date anybody at Stanford or any Ivy League school unless you look like you just walked out of a Bennetton Ad. Stanfordees are required to wear clothes that are considered business casual. These are usually khakis and polo shirts for men and slacks or skirts with two-piece sweater tops for women. Women do have a greater variety available to them, but they must see someone else wearing an outfit before it can be worn by a true yuppie who is a conformist. They must spend money on an expensive watch and make sure that your sleeves are always rolled up enough for people to see it. Other expensive, yet demure jewelry such as pearls or small diamonds are also acceptable for yuppies to wear. They must look for outfits that have a lot of pastel in them. Yuppies do not like to stand out with bold colors. They may end up making an unintentional statement. Straighten your hair. Men and women should have neat straight hair that doesn't need too much hair product. Men can wear baseball caps and do not get hat hair when*

they take them off. Women may wear ball caps if their hair is long enough and they can stick a ponytail out the hole in the back. Carry a sweater with you by draping it over your shoulders and tying the arms loosely around the front. This should look very casual as if you put it there without a lot of thought. And the sweater should never fall off or hang crooked. Yype for hours on your laptops, writing a novel that you want EVERYONE at Starbucks to be interested in. Wear stylish black glasses, slim black clothing, tote yoga mats, and big bulky colored scarves reYougardless of the temperature outside."

Rhonda- *I got suckered into this system. Our parents pressure us into the Sororities. The Sorority system has been developed for the purpose of training and pacifying attractive women to act as sexual resources and trophy wives for the rewarding of our male corporate executive staff and leaders in order to maintain the corporate flow of manpower. At Stanford and Boston U the Frat houses had mini vans that would go around and pick up loads of girls from the houses to take to the guys so they could get them drunk and date rape them. It is known by the Deans and not only tolerated, but encouraged, because " we have to keep the boys happy." .*

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<http://mobile.nytimes.com/2013/09/13/us/sorority-exposes-its-rejection-of-black-candidate.html>

At the University of Alabama's traditionally white sororities, including Pi Beta Phi, no black woman has made it through recruitment since 2003. Sororities practice the worst forms

of Eugenics in all parts of the country but the worst offenders are "Ivy League" campuses.

By CAMPBELL ROBERTSON and ALAN BLINDER
September 12, 2013

On the campus of the University of Alabama, accusations that traditionally white sorority chapters had turned down an apparently impeccable candidate simply because she was black hardly came as a surprise.

The surprise was that it was sorority members — and not the candidate herself — who made the allegations, saying that in some cases they were pressured by alumnae to turn her down.

The allegations, reported on Wednesday in the student newspaper *The Crimson White*, were based on the account of Melanie Gotz, a member of Alpha Gamma Delta, and members of several other sororities who remained anonymous. In the report, parts of which were corroborated by sorority members, many students said they were open to recruiting the young woman, whose family has asked that she not be named; she is the stepdaughter of a state legislator and stepgranddaughter of a former State Supreme Court justice and current trustee of the university.

The members said they were pressured by outsiders, including a case in which, *The Crimson White* reported, the recruit was dropped from consideration at the insistence of a volunteer sorority adviser who also works for the university.

Stephannie Bailey, the executive director of Alpha Gamma Delta,

said in an e-mail that the organization was “actively investigating” the situation for violations of its antidiscrimination policy.

Deborah M. Lane, a spokeswoman for the university administration, which has been criticized in the past for not doing enough about segregation within the Greek system, said that the university has been working with the organizations “to remove any barriers that prevent young women” from “making the choices they want to make.” She also said that these groups “determine their own membership selection processes and expect their members to follow their procedures during recruitment.”

Gov. Robert Bentley, who earned his undergraduate degree at Alabama, referred to the controversy on Thursday, saying to a television news reporter that universities could put pressure on the Greek system to integrate. He said that his wife, also an Alabama graduate, blamed the alumnae. “Personally, I think they need to change their attitude,” the governor said.

Ms. Gotz did not return a message seeking comment.

The news about the young woman, who was among several black women to go through this year’s recruitment process unsuccessfully, had been whispered around the Tuscaloosa campus in recent weeks. Students said they were unsurprised, even 50 years after Gov. George Wallace’s stand for segregation in the schoolhouse door and the university’s careful efforts to improve its reputation.

Black students have occasionally tried to join the traditionally

white sororities, but these attempts have mostly gone nowhere. No black woman has made it through the recruitment process since 2003.

One biracial student on campus, who asked not to be identified, described her disappointment when she was turned down during a previous year. "I was surprised when it happened because I really thought I was going to be the exception," she said, adding that members later told her in private, "It wasn't our decision to cut you."

Katie Jernigan, a junior from Panama City, Fla., expressed little surprise.

"Every year, The C.W. comes out with basically the same story," she said, referring to The Crimson White. "A lot of the students want to do something about it, but there's just a lot of red tape from older people."

Like many on campus, Ms. Jernigan was most struck by the fact that a sorority member was willing to speak out publicly, with others backing her up.

The weakening grip of tradition at Alabama may be inevitable. In 2012, for the first time, more than half of the incoming freshmen were from out of state.

"I really think it's hard for Alabamians to envision how peculiar our traditions seem to outsiders," said Andrew Grace, who teaches documentary filmmaking at Alabama.

As an example of how significant a departure from tradition the

Crimson White article represents, Mr. Grace pointed out that it ran on the cover on the 100th birthday of the revered Alabama football coach, Bear Bryant.

 [Picture](#)

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Gold Digging

 Picture

Everybody likes to wine and dine their partner, but when extravagance and material possessions become the focal point, one has to question whether the relationship is based on genuine love or just money. If you are suspicious that the person you are dating is more interested in your wallet than you, here are 8 warning signs that your friend is a gold digger.

See: <http://MillValleyConfidential.weebly.com>

1. They only suggest expensive gifts, trips, restaurants, etc.

A gold digger will turn their nose up at heartfelt, sentimental gifts because they are eager for gifts that are caked with money that they can sell on Ebay and expect nothing less than 4 star accommodations and food venues, shopping at designer stores and exotic vacations.

2. They have temper tantrums when you don't buy them

things. A gold digger has the emotional age of a child and will not hesitate throwing a tantrum when things don't go their way-- especially when you refuse to buy something for them or give them more money.

3. They are overly concerned about your financial status.

A gold digger is interested in hearing about your career and financial status from day one. They are a very manipulative people who pretend to be interested in you by asking questions about your occupation so they can discover your job title, measure your earnings' potential and ensure that you have plenty of income to spend on them and support their lifestyle.

4. They never pay for anything.

When it comes time to pick up

the check for a dinner, a movie or just about anything else the two of you are undertaking-- they are nowhere to be found. If you are the one who is constantly shelling out money in the relationship, that should be your sign that they are just using you.

5. They feels entitled. A gold digger will walk around feeling entitled to the good life without feeling any need to lift a finger to achieve it. Since they crave status, attention and do not have long-term goals, the gold digger expects to drive a brand new car with luxury features and wear \$500 shoes without feeling any need to earn their own money to achieve it. This type of [high-maintenance person](#) feels that it's their right to be able to pursue their big dreams at the expense of financial stability, and, coincidentally, hasn't considered who will foot the bill.

6. A female gold digger will attempt to trap men into pregnancy. Everybody knows that unless a woman decides to artificially inseminate herself, conceiving a child takes is a two person act and if you decide to have unprotected sex with a woman, then you should be man enough to accept the consequences. However, a gold digger will insist on having unprotected sex and will use lines like "I can't feel it with the condom on, just take it off" and attempt to use guilt trips on you, i.e., "If you love me, why do you need a condom?" A gold digger hopes to get pregnant so she can use it to her financial advantage as she sees kids as a lifelong financial insurance policy. She will intentionally stop using her birth control without you knowing and will even go as far as tampering with condoms prior to intercourse, i.e., putting a pin through her boyfriend's condom package without him ever suspecting it.

7. They heavily rely on others. A gold digger knows that you don't want to see them get an eviction notice, or get their car repossessed, and you're a good person who will always be in a position to help, right? Wrong. There's a big difference between someone who's just fallen on bad times and a person that completely relies on others for fulfilling her costs of living and purchasing needs.

8. They lack any career aspirations. A gold digger will avoid the subject of getting a job and demonstrate that they have no intention of ever developing a career outright even they are perfectly capable of doing so.

9. They want you to pay for over-sized body modifications. They say it is to excite you but they are thinking they can use it for future marketing.

10. Accidental Gold-Diggers and competitive feeding. You may not realize you are a gold-digger. If you are an ex-highly-attractive-trophy-wife/husband who was just living in a large home with a wealthy partner (In America, if one person makes over \$100k/yr. that is considered "wealthy". The average American takes home \$45K/Yr. or far less), and you downsized to an apartment by yourself, you may be used to the wealthy partner paying for all the **gas, parking, meals, entertainment tickets, drinks, tips, tolls, etc.** for every \$150.00+ per night of fun. If one is dating on the internet they are having to spend \$150.00 per night on strangers they may never see again in their lives. That's \$4500.00 per month, extra, that one has to spend to try to find a mate. The average person only makes \$2000.00 to \$3000.00 per month so you can see the deficit economics of

internet dating. In other words, it costs most people \$2000.00+ more dollars per month, than they actually have, to internet date. See the problem? Ladies on the internet are asked out 300% more than men are on the internet. The average lady in internet dating has an average of 2-3 date requests per night while men on the internet only have 1-2 date requests per week. Men feel bad knowing that many other men are feeding and entertaining the same lady that they are competitively feeding and entertaining, at the same time, distinctly reducing their odds of success and causing them to throw over \$2000.00+ away each month. Add to this the factor that some ladies on the internet make a career out of it and that makes men feel used. A healthy balance needs to be struck when communicating about expectations.

11. Foreign hit-and-runs. As the land of plenty, the country draws hundreds of thousands of nubile young men and women from far regions, daily, where rape, abuse and brothels are common-place. The USA looks better compared to many of their harsh past environments. There are many overseas agencies that market package kits and services to get a marital partner or a dating career in your fine domestic neighborhood. Be careful of meetings arranged by overseas agencies. Require complete blood-tests and documentation if you choose to date a "green card candidate."

According to TMZ: "'trophy wives' are girls who look like models, always partied in school and never worked on careers, are either very dumb or insidiously smart, and plan their lives around using men for their money. They want to marry executives or tech-CEO's and get their money in a divorce lawsuit. Executives marry them to impress their peers but they always plan to divorce them as soon as

they get tired of sex with them. Trophy wives try to get pregnant as soon as possible for alimony leverage and executives try to hide their money in off-shore accounts as soon as they get pregnant so the pay-off is less than the cost of an escort per month would have been anyway." The Hamptons in New York; Atlanta, GA; Mill Valley, CA; Miami, FL; and Los Gatos, CA are world HQ for such things.

If you are seeking a [Transactional Relationship](#), you need to say so prior to the first meeting. Many people rationalize that they "were raised in the south", "are used to a gentlemen paying", "Like a "traditional" relationship where the man pays for everything", "expects the man to take care of things:", but all these internal reinforcements are just avoidance statements for a [Transactional Relationship](#). If the other person is someone you like, but, for whatever reasons, they can't make money right now, or can't make "big money" right now, then you need to decide if you like them as a person or as a wallet. The worst kind of hurt is to find out you are being used for cash and the emotions were fake.

If you are dating online you will get many requests for dates and you will probably take the ones with Rolling Stones tickets over the ones with dinner at Denny's. Because you are picking the most expensive offers you are often getting those offers from those who are willing to spend the big bucks, at first, to get your attention. The ones who are willing to spend the big bucks, at first, are often doing so because they want to assert their self-impression of power as a person who can control things and get what they want. These kinds of people almost always get bored after they have taken you away from others who were competing for you and then you are dropped. Beware of the big spenders, not only are they the most-likely-to-hire-escorts for

their control needs, but they never stay and they only do it for their self-satisfaction. Also, if you are taking all of the big concert ticket dates over the regular dates then you will get an unrealistic sense of who pays for what. The big spenders will pay for everything, at first, before they get bored and drop you. Users go for the big ticket offers but always get karma/payback when they keep getting dumped after a short time. Consider your process. Users get used. It always comes around.

If he, or she, looks like a fashion model, dresses and does make up and body modifications to look like a fashion model, then they are often buying into the user/used program. The ones who go to lengths to objectify themselves always end up getting objectified and objectifying. You hear endless stories about super hot gals and guys who "can't ever seem to keep a relationship". It is because they have bought into the user/used process and surround themselves with superficial super hot "friends" who look and act the same way in order to create a bubble of controlled perception around themselves. If you are super hot but your relationships only last a short time and you are always out on a date where you can "be seen", then this is you. 99% of the world does not look like super hot fashion models. If you go through your photos and see more than 2 shots of you and your "friends", arm-in-arm, where most of your friends look like super hot fashion models, then you are doing it. If you make yourself into a visual object you will get treated like a disposable item from the market. Appearance changing model-type make-up, eyebrow modifications, silicone, injections, sexually enhancing clothes, blow-outs, Ferrari's and other tools-of-the-trade, only set you up for one thing. If this is not you, but you know someone who is living a life of affectation, then do an

intervention and print this page out or PDF it and get it in front of them.

Robert- *"In the Bay Area we have Mill Valley/Tiburon/Sausalito. All the single ladies there just got divorced from a millionaire that realized they were gold-digging. Read the divorce lawsuits at San Rafael Civic Center, they all say this. In Mill Valley the entire hill above the Goodmans Hardware is called "Divorce Hill" because it is where they send them to hunt for a new target that is "financially secure" as they say in their ads. They are so elitist and racist as they hunt for their new millionaire. You can always get a dinner with them, they look like fashion models, but if you keep them it will cost you your soul and your bank account forever. It is so frightening that they have it all systemized like a man-conveyer belt"*

Andrean- *"If you are a gold-digging, trophy-wife, divorcee money-grubbin whore you will never, ever, ever, ever find a guy with money in online dating. The rich ones do not date online. They buy girlfriends at bars and hire escorts."*

Susan- *"You should start the first date by both people putting money in a paypal payment, then, whoever dumps who loses the money...oh yah, we already have that, marriage."*

Carla- *"It is a sad fact that part of our society is based on men marrying women because it will help their "wall street" job image and women marrying those men in order to position themselves to get their money in the planned divorce. It should be illegal."*

Allen- *"Guys, to avoid gold-diggers, never date a woman who just got divorced. Ever! If she has a nice car, you know she is in trouble. Most hot women go into shock when they get divorced and realize all of the cash came from the guy. Suddenly they are desperate to get*

any new guy with cash. Our society is so sad around this."

Roger- *"There is this certain group of women you see in online dating, mostly in Marin County and the Hamptons; these types are materialistic, entitled, rude, trophy wife, career-less people who just got divorced from a millionaire who bought them a big house. They went to an ivy-league school to get a man and are now on the hunt again. You must be very careful of these Kardashian-esque user-people. If they have lots of facade-ware in their profile pictures and talk about "nice things" then you have your red flags."*

 [Picture](#)

You can get this on Amazon. There are many other Gold-Digger how-to manuals there.

The cities that the most of these are shipped to are Palo Alto, San Francisco, Miami, Los Angeles, Chicago and Atlanta.

See also.. [Who Pays on A Date.](#)
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Who pays for things on a date?

According to: <http://newsfeed.time.com/2013/08/14/study-men-want-women-to-chip-in-on-dates-but-are-afraid-to-ask/>
society now thinks either both should pay, or you should do something that is free the first time, if it is an internet date because of the [particular problems](#) with internet dating.

Readers say:

Susan- *"My mom taught me that a man pays if he respects you."*

Paula- *"Because men seem to think that internet dating women just use them for money and go from man-to-man, night-after-night and lunch-after-lunch getting free food, WOMAN on the internet should NOW always invite the man to the first dinner and pay for it with the waiter before the bill even comes, so the man is not put in the embarrassing situation of arguing over who pays. He will hate that. THEN, the man pays for the dinners after that first dinner if it all works out."*

Mata- *"Womens lib happened. Respect it. Everything is 50/50 now, especially since women online are such incredible users."*

Andrew- *"The internet draws all of the gold-diggers and money grubbers out of the wood-work. Any girl that is at all cute on an online dating site has a different guy buying her dinner every night. You are just part of the feeding-frenzy. Do you want to throw a hundred bucks away tonite on some gal you will never see again in your life who is only going to end up with the richest guy. (Unless you ARE the richest guy). Unless sex is gauranteed, do coffee for the first dates until she has picked you. "*

Roger- *"There is this certain group of women you see in online dating, mostly in Marin County and the Hamptons; these types are materialistic, entitled, rude, trophy wife, career-less people who just got divorced from a millionaire who bought them a big house. They went to an ivy-league school to get a man and are now on the hunt again. You must be very careful of these Kardashian-esque user-*

people. If they have lots of facade-ware in their profile pictures and talk about "nice things" then you have your red flags."

Susan- "the Bottom line is that internet men use women for sex and internet women use men for cash. The women are going out with a different guy each night. The men buy dinner in order to sit next to a cute girl that night. That is how it works, it is no more complicated than that. Use a condom. All your friends are doing it. You can live a lonely righteous life or you can LIVE."

Robert- "In the Bay Area we have Mill Valley/Tiburon/Sausalito. All the single ladies there just got divorced from a millionaire that realized they were gold-digging. Read the divorce lawsuits at San Rafael Civic Center, they all say this. In Mill Valley the entire hill above the Goodmans Hardware is called "Divorce Hill" because it is where they send them to hunt for a new target that is "financially secure" as they say in their ads. They are so elitist and racist as they hunt for their new millionaire. You can always get a dinner with them, they look like fashion models, but if you keep them it will cost you your soul and your bank account forever. It is so frightening that they have it all systemized like a man-conveyer belt. It is so hard to date these bad kind of girls near these high-ticket areas because they are used to living with a millionaire and getting unlimited meal tickets"

Susie- " People with kids are able to date just as much as people without kids if they have a balanced life. Most single parents are able to get 3 full nights a week totally to themselves. If you can't pull this off, talk to a parent who does to figure it out. Don't discuss emotional topics in email with someone you have never met. On spending money: Women expect men to pay and men expect women to practice the "womens liberation" they fought for. Women want proof of stability and men want sexual reciprocation. Men get

burned out buying a string of meals for strangers they will never see again. Men feel used and women feel diminished if the man doesn't pay...This is the hardest subject in dating. Manage expectations on this from the beginning. Dating math = To find a great marital partner you will spend the rest of your life with you need to meet at least 1000 people. To find a great LTR dating partner you need to meet at least 150. 99% of these meetings will not work out. If a guy meets one person a day for a month and the cost of food, parking & misc. adds up to \$95/night then he has to spend nearly \$3000.00 a month just to see if there is a chance. If the lady says to the man that "Her mom taught her that the man must always pay", or "she was raised in the South", or "She was brought up to let the man be the provider", in a recession. How do you think this makes the guys feel? Avoid dinners for the first few dates or agree to Dutch treat unless you both are looking for a trophy-partner or transactional-sexual relationship."

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BIG DATING SITES HAVE NOW BEEN CAUGHT USING HUGE NUMBERS OF FAKE PROFILE WRITERS FOR MOST OF THEIR PROFILES.

"Dating Mills" are big media companies and investment groups that buy up dating brands, throw all of the members

on a huge NSA-like computer system and market fake profiles at users while harvesting and selling their personal data to marketing companies and "others". These "Dating Mills" are rife with hackers, overseas scammers, fake profiles from dead models or foreign prostitutes and condensed, computer-processed "love". Looking for depth and intimacy, the Mills deliver the worst of all possible scenarios. Do your research. Check online and see who is the ACTUAL CORPORATE OWNER of the dating site or App you are considering. The big brand names are often the worst of all possible options. Most people find the best luck with smaller, single owner, local sites. If you do go with a Mill site, put the least amount of personal information on it, since anything you type in will go directly to a bulk "big data" privacy harvester. Only use a one-time-only_picture of yourself for that site and never use that picture anywhere else, online, again, ever. Mill sites, and any outsider, use image comparison software to find you on your outside, personal sites by rapidly scanning and tracking your photograph and then pulling information from your outside, personal site, into their databases.

If you catch them. [SUE THEM](#)... unless you used Ashley Madison...

[Ashley Madison](#) — the dating site for married cheaters — is being sued by a woman who claims she hurt her wrists writing its bogus profiles. However, she never alleges the bogus profiles [are illegal](#), as our Jim Edwards has noted.

So *are* bogus profiles on a dating website illegal? Business Insider spoke to [Eric Goldman, director of the High Tech Law](#)

[Institute at Santa Clara Law](#) to get some insight into Ashley Madison's bogus profiles. It turns out they may be in a legal gray area.

URGENT NEWS: 60 Minutes & other outlets break story on DATING SITE PRIVACY RAPE. SEE BELOW:

Per Wikipedia:

"Match.com, OkCupid.com, Chemistry.com, AOLPersonals, Meetic, Stir, Singlesnet.com, People Media, BlackPeopleMeet.com, LoveandSeek.com, OurTime.com, SeniorPeopleMeet.com and many other brands are all THE SAME global bulk marketing company. Be sure to check the true owners of any dating service you are considering. They are accused of bulk harvesting personal privacy data, fronting for escort services, supporting Nigerian scammers, filling their sites with fake profiles, censoring, selling information to spy agencies and other indiscretions. On November 10, 2005, a class action was filed by Matthew Evans against Match.com in federal court in Los Angeles alleging that Match.com "secretly employs people as 'date bait' to send bogus enticing E-mails and to go on as many as 100 dates a month - or three a day - to keep customers ponying up." The suit has been repudiated by IAC as baseless. The suit was dismissed by the United States District Court for the Central District of California on April 25, 2007.[\[13\]](#)

A class-action lawsuit filed in June 2009 accuses Match.com of matching customers with people who are non-paying customers or who are not customers at all. Match.com has said that the suit is without merit.[\[14\]](#) According to the complaint, filed in the United States District Court, Southern District of New York,

represented by attorney Norah Hart, "Match misleads paying subscribers by charging them for the ability to write e-mails to members who can't reply to their e-mails or even read them."

[\[15\]](#)

Another class-action lawsuit was filed in December 2010, alleging that the site maintains thousands of inactive, fake and fraudulent profiles on its dating site to mislead and lure consumers into subscribing.[\[16\]](#) The judge in the case ruled on August 10, 2012 that Match.com did not breach its user agreements with consumers because the agreements "in no way requires Match.com to police, vet, update the website content" or guarantee the accuracy of profiles on the site.[\[16\]](#)

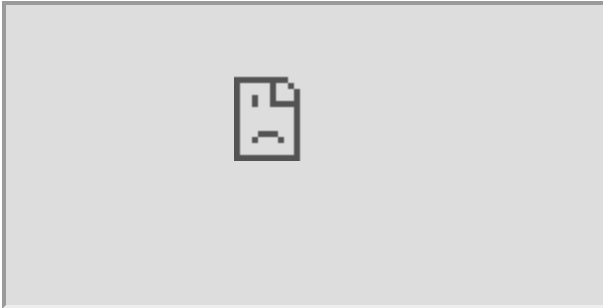
A woman claiming she was raped by another person she met on Match.com sued the site in 2011.[\[17\]](#) The woman and her lawyer wanted Match.com to start checking their users' backgrounds in order to prevent registered sex offenders from using the site. Match.com has responded that it would create many problems trying to get background information from all their users.[\[18\]](#) [\[19\]](#) Days after the lawsuit was filed, Match.com announced that the site would begin screening new members.[\[20\]](#)

Match.com uses automatic subscription renewal. On Match.com UK, the British version of the site, a subscription cannot be cancelled online, it can only be cancelled by phoning a call centre.[\[21\]](#) To cancel Match.com in the U.S., one must go to a page on the site that contains the information on how to do it.[\[22\]](#)"

This was a post from their PR Director:

 Picture

URGENT NEWS: 60 Minutes & other outlets break story on DATING SITE PRIVACY RAPE. SEE BELOW:



DEC- 2013- Monday, FriendFinder Networks Inc.(FFNTQ) will ask the Wilmington, Del., bankruptcy court to approve its plan to exit Chapter 11 protection under the control of its founders.

The publisher of Penthouse magazine is proposing to trade \$234.3 million in senior notes for new notes, while junior noteholders owed \$330.8 million--including FriendFinder founders Andrew Conru and Lars Mapstead--will get all of the restructured company's new common shares. FriendFinder, hit by decreasing traffic to its many social networking and adult content websites, filed for Chapter 11 protection in September after reaching a restructuring deal with most of its key creditors.

FriendFinder's collection of websites includes adult-oriented sites such as AdultFriendFinder.com and more traditional online dating sites like FastCupid.com, actforlove.org, and PerfectMatch.com. It also runs Christian dating site BigChurch.com. The company, which has about 435 employees, operated a network of more than 8,000 websites with more than 750,000 subscribers as of Dec. 31, 2012, according to court papers.

-Wall Street Journal

This Model Is Suing Match.com For \$1.5 Billion FOR FAKE PROFILES

The Huffington Post | By [Amanda Scherker](#) Posted:
11/25/2013

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"Not a day goes by when someone doesn't tell me that they saw my pictures posted on Match.com or another [website]," says Miami model Yuliana Avalos.

That's not because Avalos is an online dating enthusiast -- it's because [Match.com allegedly allowed more than 200 fake profiles to post Avalos' pictures](#), according to the New York Post.

Now, the part-time model is taking legal action.

Late last week, Avalos and an unspecified group of other plaintiffs who say their photos were used to make phony accounts filed a \$1.5 billion class-action suit against Match.com's parent company, IAC (InterActiveCorp), in Manhattan federal court, according to the Post.

Avalos told The New York Daily News these phony profiles [allegedly led to tragedy for one Match.com user](#). Al Circelli, a 70-year-old Yonkers, N.Y., resident, was reportedly fooled by a fake profile that used Avalos' modeling pictures. Apparently, "Aisha" told Circelli she needed him to send her money to Ghana.

Avalos said she was horrified when she discovered her face had played a role in the scam.

"The woman who he thought he was talking to was begging him for money and he finally went broke," she told the Daily News. "He had to borrow money from his son. He went bankrupt. He lost everything. He was so ashamed that he killed himself."

According to Avalos' lawyer, these [phony accounts are easily preventable with the right software](#), ABC News reports. The Post notes the plaintiffs are seeking a court to mandate Match.com monitor international IP addresses to prevent international users from creating domestic accounts.

A Match.com representative told The Huffington Post that, "The real scam here is this meritless lawsuit, which is filled with outlandish conspiracy theories and clumsy fabrications in lieu of factual or legal basis. We're confident that our legal system is as

adept as we are at detecting scammers and will dismiss this case in short order.”

The company was previously [sued for allowing phony Match.com profiles](#). In 2011, a group of former Match.com users filed a class-action lawsuit in Dallas, alleging the site purposely misled users by allowing millions of fake or outdated profiles. The case was later dismissed, and a Dallas District Court decided that [Match.com is not required to "police, vet, update website content."](#)

[Everything you need to know about FAKE Profiles! - Dating ...](#)

This article will attempt to describe what a **fake profile** is, why they are created and who creates them. What is a **Fake Dating Profile**? A **fake dating profile** is a **profile** created on a **dating** service that inaccurately represents the person creating the **profile**.

[datingsitesreviews.com/article.php?
story=ArticleKnowAboutFakeP...](http://datingsitesreviews.com/article.php?story=ArticleKnowAboutFakeP...)

[Online daters, be warned! 1 in 10 profiles are scams, report ...](#)

After discovering that his headshot consistently showed in hoax **dating profiles** ... Christine Davis, a design student who was duped by a **fake profile**, set up this particular site and wants to support others who have been targeted.

venturebeat.com/2012/10/30/online-dating-scam/

[Samples of Men Fake Profiles used in Online Dating Scam](#)

AfroClub Singles & Dating. Men **Fake Profiles**. Women **Fake Profiles**. Online **Dating** Scams. Pictures used in Scam. Romance

Scammers Ghana. Nigerian Scammers. Advance Fee Fraud
afroclub.net/scammer-men-profiles.htm

[Ten **fake profiles**, one OkCupid experiment: OkCupid On Trial ...](#)

Ten **fake profiles**, one OkCupid experiment: OkCupid On Trial.
Summary: Ten **fake** OkCupid **profiles** show that men face extreme competition on digital **dating** websites.
zdnet.com/blog/violetblue/ten-fake-profiles-one-o...

[Online **Dating** Question - How Can You Spot a **Fake** Online ...](#)

Spot a **fake** online **dating profile** ... Tweet; The Question "How do you know that the **profile** is for real and not something made up to get you to join the online **dating** site?"
datemypet.com/fake_online_profile

[1 in 10 online **dating profiles** is **fake**: See the most common ...](#)

One in ten **profiles** is **fake**, according to research from **dating** website SeekingArrangement.com, which deletes more than 200 fraudulent accounts every day.
nydailynews.com/life-style/spot-fake-online-dating-prof...

[**Fake online dating profiles** | **the impossible to date**](#) I didn't realise just how common **fake profiles** were on **dating** websites until I was dealing with one. Completely humiliated I opened up to friends last night admitting my faux pas in believing this guy I was talking to was real. I was assured by my girlfriends that it was common and ...
theimpossibleto.date.wordpress.com/2013/11/08/fake-online-dating-profiles/

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Monogamy

(CNN) - Kristen Stewart, Ryan Phillippe, LeAnn Rimes, Jude Law, Mark Sanford and Bill Clinton. What do they have in common?

Many are quick to label a person who strays from his or her

marriage or relationship as a "cheater," but it's really not that simple. It's time for our culture to wake up and smell the sex pheromones: monogamy is not natural for many, or probably even most, humans.

With people living longer than ever before, a greater tolerance toward the human impulse to experience sexual variety is needed. Whether a person succeeds at being sexually monogamous depends as much on biology as environment.

History and biology suggest that strict monogamy, which has social advantages, is not a "one size" fits all proposition.

The rise of the love marriage

Marrying for love is a relatively new concept. Beginning with Enlightenment -- the cultural movement of the 18th and 19th centuries -- when the pursuit of happiness became a legitimate human pursuit, marrying for love slowly but surely became an aspiration in the Western world. But for most of human history, marriage was primarily a socioeconomic transaction. Spending the rest of your life with someone was more about the protection of property and the sharing of labor than it was about romance.

The side effect of the rise of marriage as a romantic proposition was that sexual jealousy became a more prevalent ingredient in marriage than it had been previously. Over time, sexual fidelity has come to be regarded as the barometer of a successful marriage -- regardless of what science tells us about natural human inclinations.

Mate debate: Is monogamy realistic?

Lovebirds cheat. Biologically, we humans are animals. So it

makes sense to look to the animal kingdom for clues as to what we are built for. Let's start with birds. For some time, bird species such as lovebirds and penguins were celebrated among humans for their seemingly monogamous ways. About 90% of birds were thought to be strictly monogamous. But DNA fingerprinting knocked birds off the monogamy perch.

Analysis of avian DNA indicates that many nestlings' fathers are not their biological fathers. This led experts to distinguish between unions that are sexually exclusive and those that are socially monogamous -- meaning a pair that raises a family together but indulges in what are called "extra pair copulations." "Faithless pairing" is the norm. The evidence shows that monogamy is a rarity among mammals. Only 3% to 5% of all the mammal species on Earth "practice any form of monogamy." In fact, no mammal species has been proven to be truly monogamous. One species, the prairie vole was subjected to scrutiny by biologists because it appeared to be truly monogamous. But it turns out that as a species, it just has a very high rate of sexual monogamy. Not every prairie vole resists straying.

Studies of prairie voles helped scientists understand that from a chemical and biological standpoint, sexual monogamy depends not just on particular hormones that are released in the brain, but on receptors for these hormones.

Among humans, here's the rub: we have the chemicals and the receptors, but it varies from person to person how much we have. Based on brain wiring alone, inclination toward fidelity can vary dramatically from one individual to another. In other words, "once a cheater, always a cheater," might have as much to do with brain wiring as with a person's moral compass, upbringing

or culture. The bottom line is that flings are far from folly, at least in the animal kingdom. Even swans -- symbols of fidelity -- are not immune.

Opinion: Let's hear about fidelity for a change

One partner for 50 years? It's also important to look at human longevity with respect to cultural expectations of monogamy. As recent as over 100 years ago, it was far more likely that an individual would lose his or her spouse at a young age. Remarriage by widows and widowers -- also known as serial monogamy -- was one way for humans to fulfill the need for sexual variety. Today, the median age for first marriages is 28 for men and 26 for women. Disease is far less likely to kill someone in their prime and life expectancy hovers in the late 70s.

Because fidelity is considered the barometer of a successful marriage, this means that a person is theoretically expected to have one sexual partner for about 50 years. This seems like a lot to expect of any human being -- even the most honorable, ethical and moral.

Those who are able to stay with one partner for a long haul are sometimes looked upon with awe. Certainly, a lasting and happy marriage tends to be far better for the children.

It has long been assumed that men struggle more with monogamy than women. Some experts have started to question this theory. With the development of a drug that promises to boost female libido, one can argue that sexual boredom and the temptation to stray is as big of an issue for women as it is for men, if not more so. Human monogamy is influenced by many factors. Instead of pointing fingers or acting morally superior toward those who

stray from marriages, we should recognize that strict sexual fidelity is a lofty but perhaps fundamentally doomed aspiration.

No two individuals, and no two couples are alike, and we should respect that. Moreover, one's perspective on monogamy is not necessarily an indicator of one's personal practices. Many people have incorrectly assumed that because I've read, thought, and written about the problems with human monogamy that I am myself promiscuous. For the record, nothing could be further from the truth. Nor am I, as many commenters on this Yahoo post suggested, a Satanist or a whore.

I am just a woman with a healthy respect for science.

The opinions expressed in this commentary are solely those of Meghan Laslocky.

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Infidelity, or, Monogomy as a Myth

COMMENTS

Carol -

"Men cannot be monogomous for more than 3 months, if ever, and women will

never be able to understand why not. End of story. Just accept it"

Robert-

"Those people who always sleep with hot people and then complain that they always get "their heart broken" deserve everything they get. They are opportunists with no ability, or desire to forsee the consequences of their actions. They are unwilling to consider anything in the future or anything beyond themselves and the moment."

Glenda-

"I have never heard of a case where a girl marries or dates a good looking, rich, guy where they guy didn't cheat on her. It always happens with those kinds of guys because they are expected to do it by other guys. Guys who have anything to do with stocks, sports or music do it 40 times more. Moral: Get an average looking, medium income non-sports/stocks/musician guy and you will be all set"

Susan-

"The fact is: Your parents lied to you. They told you how they wished you would be and not how things really are!"

The Rats:

Scientists working with a rat-like animal called a vole have found that promiscuous males can be reprogrammed into monogamous partners by introducing a single gene into a specific part of their brains.

Once they have been converted, the voles hang around the family nests and even huddle with their female partners after

sex.

The results suggest that "a mutation in a single gene can have a profound impact on complex social behavior," said Larry Young, a neuroscientist at Emory University who reports the results in the current issue of the journal *Nature*.

The research, Young said, could help shed light on monogamy -- a rare social behavior -- and hints that perhaps specific genes could play a role in human relationships.

But don't expect gene therapy for human swingers.

"This is not something that we should be playing around with," Young said.

Voles, found in the wild throughout much of North America, have been particularly useful in studying monogamy, which in biology refers more to the complicated social bonds based on partnership than to absolute sexual fidelity.

One variety -- the prairie vole (*Microtus ochrogaster*) -- pairs up like humans. Males may occasionally stray from their lifelong partners, but they inevitably return to their nests and help care for litter after litter. In contrast, meadow voles (*Microtus pennsylvanicus*), a similar but separate species, prowl their habitat for any available female and show no interest in staying in touch. The difference, it turns out, is a receptor for the hormone vasopressin. Prairie voles have such receptors in a part of the brain known as the ventral pallidum. Meadow voles do not. To make promiscuous male meadow voles behave like their loyal prairie cousins, the

scientists used a common gene therapy technique. They injected the animals' forebrains with a harmless virus carrying the gene responsible for expressing the receptors.

Each vole, a young virgin that had never before encountered a member of the opposite sex, then spent 24 hours caged with a female that had been injected with estrogen. They mated.

Each male was then placed in his own plexiglass complex. Leashed in one room was his original partner. Down the hall was another female primed for mating.

The 11 genetically altered voles overwhelmingly stuck to their first partner. The couples mated. They then nestled together and exchanged licks. The voles in the control group did not consistently seek out their original partners.

What looks like romance, the researchers suggested, may be the product of two neural pathways in the pleasure center of the brain.

There is the gratification of sex, which depends on dopamine receptors in a part of the brain known as the nucleus accumbens. But nearby, in the ventral pallidum, are the vasopressin receptors, which allow for individual recognition.

The result: sexual preference for a specific partner.

Fewer than 5% of mammals are monogamous. Monogamy has rarely suited males when it comes to propagating their own genes. More often it has been in their interest to reproduce with

as many females as possible.

In some cases, however, monogamy makes sense. For example, if predators are particularly rampant, males are better off staying around their homes to protect their offspring.

Scientists believe that monogamy evolved from polygamy. The results released Wednesday suggested that flipping one genetic switch might have been enough to spur a massive social reordering, Young said. But Evan Balaban, a neuroscientist at McGill University in Montreal, questioned whether a single gene could cause such a dramatic change. He said that in the wild, many genes were likely involved in the expression of vasopressin receptors. In female voles, it is another hormone, oxytocin, that appears to be involved in pair bonding. The same hormone systems also operate in all other mammals, including humans.

The genes that control expression of vasopressin receptors vary widely in healthy men. Human relationships, of course, are complicated, and culture and socialization probably matter as much as biology. Even so, Young suggested that genetic differences could help explain why some men have trouble maintaining relationships.

Gene E. Robinson, head of neuroscience at the University of Illinois at Urbana-Champaign, cautioned against extrapolating the results to humans. "The behavior of animals is much simpler than the behavior of humans," he said. Even if the findings could lead to an elixir for fidelity, a single gene would not solve every problem at home. The genetically altered meadow voles spent more time with their partners, but unlike their naturally faithful

prairie relatives, they did not help care for the pups.

That, Young said, probably depends on other neural pathways. If retired Army Gen. David H. Petraeus had gotten an occasional dose of supplemental oxytocin, a brain chemical known to promote trust and bonding, he might still be director of the Central Intelligence Agency, new research suggests.

A study published Tuesday in the Journal of Neuroscience has uncovered a surprising new property of oxytocin, finding that when men in monogamous relationships got a sniff of the stuff, they subsequently put a little extra space between themselves and an attractive woman they'd just met. Oxytocin didn't have the same effect on single heterosexual men, who comfortably parked themselves between 21 and 24 inches from the comely female stranger. The men who declared themselves in "stable, monogamous" relationships and got a dose of the hormone chose to stand, on average, about 6 1/2 inches farther away.

When researchers conducted the experiment with a placebo, they found no differences in the distance that attached and unattached men maintained from a woman they had just met. Even when an attractive woman was portrayed only in a photograph, the monogamous men who received oxytocin put a bit more distance between themselves and her likeness. But when the new acquaintance was a man, administration of oxytocin did not prompt attached men to stand farther away than single men, the researchers reported.

The latest findings suggest that oxytocin, which floods the body

in response to orgasm, early romance, breast-feeding and childbirth, may act more subtly in humans than has been widely understood.

A mounting body of recent research suggests that boosting oxytocin in the human brain will indiscriminately promote trusting, friendly behavior. Research on female prairie voles has suggested the chemical might play some role in pair-bonding, and in humans playing games of risk and power, it increased empathy and trust in males and females alike. Injected into the cerebrospinal fluid of male rats, oxytocin causes spontaneous erections. Accordingly, researchers examining oxytocin's effects on people — including the authors of the latest study — assumed that men under its influence would draw closer to women, not farther away.

"This was quite surprising," said Dr. Rene Hurlemann, a psychiatrist at the University of Bonn in Germany, who led the study. At the same time, the new findings make evolutionary sense, Hurlemann added: As human societies evolved to give men an increasing role in safeguarding and supporting their mates and offspring, it appears that oxytocin may have taken on a more discriminating role in human interaction by favoring staying over straying behavior among men who've already found a mate.

Women are dramatically trusting and feel overly compelled to engage in sex with strangers when the man has doused himself in oxytocin chemicals. Rich men are now able to buy volumes of oxytocin, and other phero-trigger drugs, and cover themselves in them before going out to a bar or nightclub. Studies show that

their odds of success double when the right chemicals are used.

Paul Zak, founding director of Claremont Graduate University's Center for Neuroeconomics Studies, said the new findings squared nicely with research, including his own, suggesting oxytocin doesn't merely make people friendlier — it makes them more empathetic, more attuned to social cues, and more inclined to adjust their behavior accordingly. But the study also suggests something important about the ways in which the human brain differs from those of other animals, said Zak, who was not involved in the German experiments.

"The finding that one's relationship status affects how oxytocin affects the brain provides some evidence that our brains evolved to form long-term romantic relationships," Zak said. "Hugh Hefner is the exception, not the role model for men." Inhaled oxytocin was marketed until 1997 in the United States under the name Syntocinon as an aid to new mothers having difficulty with breast-feeding. (It was withdrawn for business reasons unrelated to safety concerns.) In recent years, it has been under investigation as a drug that may help those with autism or schizophrenia to strengthen social skills.

Oxytocin's effects in women are quite clear. It plays a pivotal role in childbirth (its infused synthetic form, called Pitocin, is used to induce labor) and in breast-feeding, where it facilitates the "letdown" of milk.

For men, however, the chemical's effects have been mysterious. High levels of testosterone, for instance, inhibit the release of oxytocin. Asked whether an oxytocin nasal spray might be used

to help philandering males resist temptation, Hurlemann chuckled and asked whether any drug could be so powerful. At the same time, he underscored that high levels of oxytocin — or its more masculine counterpart, the hormone vasopressin — are produced by the body in response to sexual activity, cuddling or even the touch or close physical presence of a mate.

"What we actually simulate is a kind of post-coital posture" with the nasal administration of oxytocin, Hurlemann said. "And why should you actually approach another women when you're in a post-coital situation? It doesn't make much sense."

For women whose partners seem to get a little too friendly with new female acquaintances at parties, he said, the effects of inhaled oxytocin might be achieved by other means. "It might make a lot of sense to remind him of the relationship, and sexual activity might be one means of achieving this," Hurlemann said. "I'm not sure it's politically correct to say so, but from a biological point of view, it makes sense."

Removal of the male genitals also increases the potential for monogomy.

Debate: Are men physically incapable of monogamy, or is fidelity simply a state of mind?

Of course, when Hollywood stars or politicians have extramarital affairs, the whole world rumbles. But if we peek into human

biology, anthropology and sociology, the monogamous human appears as a very weird notion. We are mammals, and if we look to the mammalian world, just 3 to 5% of the about 5,000 species of mammals form lifelong, monogamous bonds - this is the case of beavers, wolves, gibbons, jackals, foxes, some bats, dwarf deer and antelopes (like dik-dik).

A strictly monogamous animal mates only inside the pair. For example, in the case of geese, albatrosses or some parrots, the death of a partner totally compromises mating for the other, for that season or for life.

But biologists say that strictly sexually monogamous species are almost non-existent. Most mammals have just a social monogamy: they pair up to mate and raise offspring, but still have flings. For example, in the case of the Arctic foxes, 25 % of the litters are not fathered by the male of the pair. Having offspring from multiple fathers allows a female to increase the genetic variation in her cubs. This increase in variation improves the chances that at least one cub in a litter will have the genetically proper stuff to survive for a long term in such a harsh and changing environment.

Why Monogamy?

Monogamy is a breeding behavior that is considered to give offspring a better survival chance, as in monogamous couples females receive all the support of the male in raising newborns to adulthood, from food to protection.

It's clear: a pair achieves more food and survives better than the

bachelors. The "married" jackals were found to live on average 3-4 years longer than the solitary ones.

In beaver families, there is a strong need for cooperation to maintain their dams and pools, that's why beaver social units are so tight. Thus, monogamy evolved in situations where young need a better cooperation of both parents in raising them. That's why humans, with their long childhood, form monogamous pairs.

The Story of the Primates

But how do our closest relatives behave? The Old World monkeys have basically two type of mating systems: harems of females (polygamy), in which one male only mates with the females of the group (like in gelada monkeys, colobus monkeys or proboscis monkeys) or a promiscuous system, in which all the females mate with all the males (like in many macaques), as the males form coalitions (they do not compete or fight inside the group, except for the hierarchy-establishing conflicts).

A very interesting case occurs in some more primitive monkeys of the new world, like marmosets and tamarins: polyandry (which is rare in general in the animal world, more common being amongst some birds, 1% of them, like nandu, cassowaries, some shore birds (like phalaropes), lily-trotters or buttonquails), i.e. a female having several partners (2-3 in this case), which mate only with her. Polyandry could be stimulated for various reasons, one of them being that monogamy means investing your genes in

just one variant, and, just like gambling, he/she may be the best, right, not right or the worst. At the same time, the female receives

the support of several males in raising the offspring, as none of them can be excluded as the father. Other mammals known to be polyandrous are some Australian marsupials (*Antechinus*).

But in apes, we find the only case of real monogamy amongst primates: the gibbons. Even if as the swans, gibbons are symbols of faithfulness, they are now known to cheat, abandon and even "divorce" one another, exactly like the humans. After the age of 18, for the "married" gibbons the retirement period starts. They can no longer produce offspring, losing the parent quality, but they are accepted by the "family" of one of their offspring, as grandparents. This way, they benefit from the community protection and, when it's about feeding, they can get some scraps. The solitary gibbons do not go beyond the retirement age, as they are not able to defend and feed themselves.

This is not the case of our closest relatives: orangutans form "loose" harems (a male's territory overlaps with that of several females, which will mate only with him, like in the case of many carnivorous mammals), while gorillas live in strict harem societies.

What about our closest relatives, chimps and bonobos? That's total promiscuity.

The Sperm Cue

In the case of harem societies and real monogamous system, the female mates only with one male, that's why there's no

sperm competition. Sperm competition appears in promiscuous or polyandrous species. What does human sperm say about this?

A 2007 research shed light on this, investigating sperm samples from humans, gorillas, chimpanzees and rhesus macaques (which practice the promiscuous system). The human sperm was found to travel at about 0.2 km/hour. The sperm from chimpanzees and macaques had a speed of 0.7 km/h. A chimp female can have multiple sex partners in one hour, thus the sperm competition is much stronger in this case. But in the case of the gorillas, the sperm speed was only of 0.1 km/h. Female gorillas have just one sex partner at a given time. The chimp and macaque sperm also appeared to be more powerful, at about 50 piconewtons, while human sperm developed just about 5 piconewtons, and gorillas some lousy 2 piconewtons.

These results point that evolutionary, humans are mildly polygynous, balancing more towards the harem system. Evolutionary psychologists suggested that men are more likely to have extramarital sex, because of the male's urge to "spread genes" by broadcasting sperm. Both males and females attempt to increase their evolutionary progress by seeking out high-quality mates.

Other studies suggest that humans are equipped for sperm competition, which is widespread amongst promiscuous species. Women have "affairs" (extra pair copulations), and this is not a surprise, as we recently evolved (4-5 million years ago) from highly promiscuous chimpanzee-like species.

But in a species like ours, where the male invests all his resources in raising children inside a monogamous couple, spending them into genetically unrelated offspring means a biological disaster. For example, when men spend more time away from their partners (when their partners could get the opportunity to mate with other males), the number of sperm cells per similar sperm volumes rises sharply.

In one research, halluses made after molds of human penises removed a sperm-like substance from an artificial vagina, pointing that the penis developed its shape to act as an anatomical squeegee. There are also sexual behaviors pointing to sperm competition. Women report that men thrust more deeply and quickly into the vagina after allegations of infidelity, a mechanism researchers believe is directed to sperm removal.

The authors believe that not only the increase in sperm cells after period of separation is a sign of sperm competition, but also their greatly increased libido in the same situation: the male wants to copulate as soon as possible and as much as possible, as insurance against possible extra-pair fecundation. When partners are separated for periods of time, males are more likely to arouse easily, produce more sperm, and even rape their partners. Sexual conflict between males and females triggers a coevolutionary race between the sexes, in which an advantage gained by one sex selects for counteradaptations in the other sex.

It would be interesting to see in future studies if females developed mechanisms for increasing retention of sperm, after

being inseminated by males with the best genes.

The human committed partnership between a man and a woman evolved for raising the children. Monogamy is invented for order and investment, not necessarily because it's natural, warn many researchers, which point that both social and sexual monogamy in humans is not a natural state. In fact, most primitive human societies and many evolved societies have been practicing the harem system. Researchers believe that monogamy only became established as hunter-gatherer societies took up agriculture and settled in houses, allowing the social roles of men and women to become more fixed. It is clear that in humans, there is more paternal investment than in most other primates. Still, it is clear that males have less to lose than females by having extramarital sex.

Women, on the other hand, would lose resources, and female promiscuity clearly does not boost the welfare of her children.

Human Polyandry

Still, human cultures have evolved so much that, amazingly, there are societies that forced our biology even beyond monogamy into polyandry. The marriage of a woman with more than one husband is extremely rare, but it does exist. The most common type of human polyandry is the fraternal one in which two (or more) brothers marry the same wife.

Various Himalayan nations practiced it: in Tibet, Kashmir, Nepal, Bhutan, Ladakh, Arunachal Pradesh (northeastern India) and Mosuo people (in southwestern China). The extinct culture of the Marquesan Islands (Pacific) practiced polyandry, but

the phenomenon was also encountered amongst Amerindians (in the Canadian Arctic), Ceylon, Mongolia, South India (by Toda people), some Sub-Saharan African tribes and Guanches, the original inhabitants of the Canary Islands.

There are tribal societies considering that a child could and should possess more than one father. In many cases (like that of Tibet), polyandry was caused by a need to retain aristocratic titles or lands within the family or due to frequent absence of the husband from the household for long periods (so that usually only one husband was present). Poor farmers, too, could not afford to divide their small agricultural lands. Some anthropologists see in human polyandry a method of birth control, as the woman will have only one pregnancy, no matter the number of partners, while in polygyny, a man impregnates several women, resulting more children.

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OLD SCHOOL.

How people dated before the 60's:

"My mother always said: Be a "creature unlike any other. Be confident. Act "as if..." * Carry yourself with dignity * Do your best to correct appearance flaws, but don't dwell on them. * Be sweet and light * Be restrained and courteous ""Don't talk to a man first, and don't ask him to dance first.* Don't hang around him, hoping he'll ask you to dance ""Don't stare at men or talk too much* Smile at the room in general ""Don't meet him halfway or go dutch""Don't call him and rarely return his calls* If he leaves a message on your answering machine to call him - don't * If he only calls on your answering machine, turn it off * If a man calls you on Friday night, don't answer - use your answering machine or caller ID ""Always end calls first.* Limit phone calls to about ten minutes * Don't let him put you on hold. If he does, hang up . Don't accept a date for Saturday night after Wednesday, Fill up your time before a date. On dates 1, 2, and 3, dress nice, be nice, good-bye and go home.* Don't fantasize before the date * Treat it like a business appointment * Be nonchalant/non-committal * Play it safe. This man is still a stranger * Time Limits: o Meet for a drink: 2 hrs o Dinner or movie: 4 hrs. Behave from date 4 to commitment* Don't get too heavy about your feelings * Keep unpleasant life issues to yourself * Don't go into details about very personal subjects * Act independent 11. Always end the date first* If he gets rude or hurtful on a date, don't try to work it out. Leave immediately . Stop dating him if he doesn't buy you a romantic gift on your birthday or valentine's day. Don't see him more than once or twice a week.* If you're engaged, you may date up to 3-4 times a week . No casual kissing on the first date.. No sex before marriage* Don't rush into intimate contact while dating . Don't tell him what to do. Let him take the lead in the relationship. Don't say, "I love you," until he says, "I love you," first. Don't expect a man to change, or try to change him.* You can't treat a man like you treat your girlfriends * Don't try to get them to talk about their feelings.* Immediately dump any guy who doesn't*

*treat you well .. Don't open up too fast.. Be honest, but mysterious. Don't let a man know about the Rules.. Accentuate the positive in you. Wear clothes that accentuate your best features. Be cheerful and optimistic . * Get a life * Try to find fun alternatives to the "bar scene" * Take advantage of personal ads, dating pages, and internet services, but always be positive in posted ads. . Don't live with a man (or leave things in his apartment). Don't even think about dating a married man.. Slowly involve him in your family * Don't introduce him to your family until he introduces you to his."*

*" Practice, practice, practice! Get good at the Rules. Go to as many social events and interesting public activities as possible. * If you don't have a date on Friday night, go to some public place or event. * Don't be afraid to go solo * When you meet a really attractive man, stay focused on the Rules . Even if you're engaged or married, you still need the Rules* Engagement is not equivalent to commitment * For a man, putting the ring on the finger and saying "I do" is commitment Do the Rules, even when you're friends and family think it's nuts. Be Smart, and use the Rules while dating in High School. If you have acne, do whatever it takes to get rid of it. * If you have extra money, spend it on quality makeup and nice clothes. * If you have a crush on a boy, dress feminine and let him make the first move. Don't be loud or try to get his attention. * Get in the habit of attending social events, but don't act bored or nervous. * Don't have sex with boys. * Don't smoke, drink alcohol, or take drugs. * Stay active in sports. * If a boy doesn't ask you to the Prom, don't ask him. Go with someone who asks you or go with a group. "*

"Take care of yourself, and use the Rules for dating in College Don't hang around, fruitlessly hoping some guy will notice you. * Play it safe. Just because they're college guys doesn't mean they'll*

*behave * Concentrate on your studies * Eat healthy
* Wear makeup and be fashionable and feminine * Be involved in
interesting extracurricular activities * If you don't have a date on
Friday and Saturday night, get out and socialize * Get serious about
your career goals. Nobody wants a loser . Next! and other Rules for
dealing with rejection* Don't personalize or blow a breakup out of
proportion. * Don't console yourself by eating. * Get dressed up, put
on your makeup, and go to the very next social event in town * Don't
lose your cool about him. Get over it * Say "His loss" and "Next!" .
Don't ever discuss the Rules with your therapist* They don't live in
the real world, so they just wouldn't understand . Don't ever break
the Rules* If you do break the Rules with a man, be prepared to
write him off as a lost cause * Don't dwell on the ones you may have
lost by following the Rules, they aren't worth it. "*

"Do the Rules and you'll live happily ever after. Even if you don't get
married right away, you'll be happier and more relaxed in your
single life. Love only those who love you.* You can afford to be
picky * You deserve to be treated with respect and dignity
* Immediately dump any guy who doesn't treat you well. . Be easy to
live with* Don't whine. * See a professional to help you with your
neuroses "*

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In online dating, are women just money-seeking gold-diggers and men just looking for sex?

 Picture

 Picture

The answers is both yes, and no!

#1: Because the odds of getting sex are increased 100 times by using internet dating sites, and men are driven by sex, men learn that if they keep at it, they will eventually get 100 times more sex than if they didn't use online dating.

Because highly attractive women learn that they can bargain for rewards from a massive pool of applicants, they rapidly develop a market-driven demand for the best restaurants, best gifts, best concerts and best purchased date experiences.

It is all about massive numbers which shift things in tiny amounts that are not noticeable to most people. "Nice girls" become "Whores" without noticing the tiny changes that move them from one to the other.

"Nice guys" become "Perverts and Players" without noticing the tiny changes that move them from one to the other.

#2: On top of that, most highly attractive profiles online are fake. They are hired fake people, [working for big corporate dating mills](#), pretending to be interested in you to keep you in the site's membership group. Of course they will always be on a two week trip, or have family in for two weeks, or have some other story to grab your attention and think the site is working but not be available. The scam is designed so you will think there is action but forget about them after the two weeks is up. If someone can't find 30 minutes for a coffee date with you within 5 days, they are fake. Report them. The fake profiles harden both men and women and cause them to double-down on their mercenary tactics. If someone hasn't put a date and time on the calendar

for a first meeting, within a few days of contact, you may be getting Played.

#3: Men and women have two totally different biological brain structures and thinking process. [SEE THESE](#) science studies. This causes men and women to interpret the words of each gender in different ways. In internet dating you use brief text and short text based communication which is interpreted one way by men and a different way by women. Online, people tend to assume the worst of all possible assumptions relative to the meaning of a phrase because the internet is an "untrusted society". Many people are looking for validation of their negative fears about the opposite sex and find the worst of intentions in the shortest of texts. This increases the assumption of predatory behavior online. Many people do not have the skills to see many possible meanings. This makes meeting in person, ASAP, critical in online dating.

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DISCOVERY CHANNEL STUDY

Discovery Channel's Science of Sex Appeal- Cliff Notes:

<http://dsc.discovery.com/videos/science-of-sex-appeal/>

- Social, media and genetic programming makes you do things you do not mean to do in the dating process. To be successful in dating you have to actually NOT go with your "intuition" or "first impressions" because science now shows us that it is a TRICK. Science now shows that reacting to pictures only, online, will only get you great sex and NEVER get you a deep or long lasting relationship.
- You will not pick a person whose eye separation and distance from nose to brow is not the same as yours unless you consciously make yourself only look at the person in profile view. You unconsciously judge attraction based on equilateral positioning of all facial elements and geometric distances between points on the face.
- Women are generally repelled by men's scent (except when they are within a day or two of ovulation)...
- One research study illustrated that women tend to choose partners based on status or resources as a priority. Groups of women, selected at random, were shown photos of similarly dressed men of relatively equal attractiveness. Following a baseline numerical rating of attractiveness, later groups were shown the same pictures, but with an indication of social and economic status -- five- or six-figure incomes. The attractiveness ratings rose or fell significantly in direct correlation to perceived income level. Men put fins

and flames on their cars and wear giant watches in order to create status-attraction to attract women.

- When women are ovulating; their voices change to a higher pitch to attract men, their skin tone changes to attract men, their pelvic muscles tighten to create a shimmier walk, they interpret smells differently and they output different kinds of attracting odors.
- The more a man sways his shoulders in a swagger, the more women will be attracted to him. The more a woman sways her hips, the more men will be attracted to her.
- And the science of partner selection continues with human odor as a factor. Couples can discern the special smell of their partner. Every man has a unique smell -- 'eau de man.' Research has demonstrated that odor affects us at a subconscious level. We can't control it. No two people smell the same or have the same 'HMC', as it is called. There is an optimum match for HMC.
- Women are generally repelled by men's scent (except when they are within a day or two of ovulation); but men, when exposed to vaginal secretions, are consistently attracted. In experiments where men inhale imperceptible low doses of artificial copulants, the attractiveness rating of women shown in pictures is higher. Copulants impair men's ability to discriminate whether a woman is attractive. The scent of copulants prevents them from thinking clearly. (Odor also helps us steer clear of relatives and has performed the evolutionary role of "incest avoidance.")
- With chemistry-inspired flirting, lust, and love all continuously active below our level of consciousness, can we maintain attraction to one partner? Attraction has many stages, beginning with a single biochemical jolt resulting in a change reaction. Anecdotal reports indicate the 'first kiss'

is highly memorable in the attraction that builds (or fails to build). The abundant testosterone in saliva increases the sex drive.

- Men are genetically programmed at the core of their genes for tens of millions of years to sleep with as many women as possible in order to keep the species going. Just as women are programmed to want a baby like crazy as soon as they turn 18. A good college education or strict parents are not going to change this. Recent science has found a shot that can cause monogamy in men and a shot that can cause baby anxiety reduction in women.
- Even more sex appeal chemistry influences occur through the dopamine triggered in our brains. Dopamine is the brain's pleasure chemical that produces a high that can be addictive, energy producing, and exhilarating. Biochemistry shows the link between dopamine and testosterone with exhilaration and lust. But dopamine is not uniquely linked to sex appeal. The thrill of sports, bungee jumping for instance, can produce a dopamine rush. What about love?
- Many of our unconscious preferences and behaviors are conditioned by our chemistry. Studies report that women find slightly feminized pictures of the same man more attractive when they are not ovulating. Married women are biologically driven to promiscuous behavior as reported by an experiment based on digital movies of the female participants dancing during a "girls' night out." The women with long term partners and on their fertility cycles were the most provocative. This was concluded from movement and appearance analyzed through pixels and an estimated percentage of skin showing. These committed women sent out more sexual signals than the available ones. In contrast,

other research pinpoints the role of the chemical oxytocin in monogamy for women.

- Many of our unconscious preferences and behaviors are conditioned by our chemistry. Studies report that women find slightly feminized pictures of the same man more attractive when they are not ovulating. Married women are biologically driven to promiscuous behavior as reported by an experiment based on digital movies of the female participants dancing during a "girls' night out." The women with long term partners and on their fertility cycles were the most provocative. This was concluded from movement and appearance analyzed through pixels and an estimated percentage of skin showing. These committed women sent out more sexual signals than the available ones. In contrast, other research pinpoints the role of the chemical oxytocin in monogamy for women.
- The science on sexual attraction claims that evolution prepares us to stay together just long enough to raise children. One study across 58 societies demonstrated a dual reproductive system going from pair bonding to straying at about the four-year mark in a relationship. The study conclusion: we are fundamentally built to stray. Does this mean that our exhilarating experience of early love is destined to be undermined by our inherent biology? Will we always fail at long-term love?
- Science claims that the chemistry of passion, lust, and love bind us together for a limited period of time. Haven't most of us figured that out at a personal level? My observation is we already know we need to build for the future before the reality storm hits. Yet many of us neglect our marriages and relationships anyway. Over focus on careers or children, and

overindulging in our selfish habits through individual use of time frequently lead to rampant neglect of our partners. Science help us?

- It takes just three minutes to fall in love, scientists revealed today. What the heart wants, it can establish fairly quickly, according to American psychologists who studied the behaviour of 10,500 newly-introduced couples. "Some people say they're looking for one kind of person, then choose another. Others say they don't even know what they're looking for," said Robert Kurzban of the University of Pennsylvania. "But our data suggest that, however it happens, people know it quickly when they see it." He claimed would-be lovers generally understand their own worth on the dating market, and so are able to judge potential compatibility within moments of meeting. Psychologists analysed the interactions between speed-dating participants, where men and women are given just three minutes to assess each other before moving on to the next person. At the end of a session each individual indicates which of the 25 or so people he or she met they would like to see again. "Although they had three minutes, most participants made their decision based on the information that they probably got in the first three seconds," Kurzban said. "Somewhat surprisingly, factors that you might think would be really important to people, like religion, education and income, played very little role in their choices." Psychologists have often likened relationships to transactions whereby people select mates based on the qualities their other half has to offer, such as power and money. But Kurzban's data reveals that when people meet face-to-face, things like smoking preferences and bank accounts are not of great importance. Actual behaviour is

worth more than stated beliefs, he said, particularly in the case of speed-dating when participants do not want to risk a bad date and so have more incentive to follow their hearts and desires. The researchers caution that speed dating is not necessarily typical of how people usually interact. Their findings will be published in US journal Evolution and Human Behaviour."

COMMENTS:

Paul- *"Dating" is partially about sex? Didn't you learn this in high school or college? There isn't a single thing that you do in dating that you don't already do with your friends except:*

A. Have sex

B. Get free dinners

Susan- *"Stanford, Berkeley and MIT studies show that 30% of the first 4 weeks of dating are sex. It drops to a much smaller % after marriage. There isn't any other purpose for it. It was created by social and church leaders to create more workers for the factories and more believers to pay into the church coffers. So, If you are a good republican and want to support industry and church you will want to date and have sex. If you are a good democrat and you believe in happiness and fulfillment of human potential then you will want to date and have sex. So if one is "dating" or advertising their willingness to date on global dating sites, one would presume that they get the concept that dating is about, leads to, is focused on and drives towards sex. Dating is a staged series of routines you would never do with your friends. It causes you to act abnormal. Do your friends walk on the "horse side of the street"?, Do you friends put you through an evaluation system when you meet their friends? The only*

differential is the sex followed by the transactional nature of the women expecting the man to pay for everything."

Paula- *"Everyone likes sex except the repressed, so you should enjoy it as soon as you can. Do you want to look back and say: "oh, I really missed out and now my life is over"?... That doesn't sound very fun."*

So you can use surgery to try to create what you think is "sex appeal" but....

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The **Science of Sex Appeal**, one of the most important series
you will ever watch if you are dating:

<http://dsc.discovery.com/videos/science-of-sex-appeal/>

<http://youtu.be/MVhKSzSpXMA>

<http://youtu.be/1JSqpCjbdcM>

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SEX- What is it good for?

A few expert articles on the subject:

[Why women moan during sex](#)

*[Ian Kerner](#), a sexuality counselor and New York Times best-selling author, blogs about sex weekly on *The Chart*. Read more from him on his website, [GoodInBed](#).*

All you have to do is watch nearly any depiction of female orgasm on screen to get an idea of how a woman is “supposed” to react during sex.

From "When Harry Met Sally" to "Sex and the City" to your basic porn film, women in the throes of passion aren't just shouting their ecstasy from the rooftops - they're moaning with pleasure. Loudly.

But is this just cinematic license, or is there really something to noisy sex?

Experts wondered the same thing. Last year, Gayle Brewer of the University of Central Lancashire and Colin Hendrie of the University of Leeds published their research on the topic - technically known as “copulatory vocalization” - in the [Archives of Sexual Behavior](#). In the study, they asked 71 sexually active heterosexual women between ages 18 and 48 for more details about vocalization during sex.

The researchers found that many of the women did make noise, but not necessarily while they were having an orgasm. Instead, 66% said that they moaned to speed up their partner's climax, and 87% stated that they vocalized during sex to boost his self-esteem.

[Are female orgasms really just a 'bonus'?](#)

“While female orgasms were most commonly experienced during foreplay, copulatory vocalizations were reported to be made most often before and simultaneously with male ejaculation,” write the researchers. Women also reported making noise to relieve boredom, fatigue and pain/discomfort during sex.

So is female vocalization during sex just a performance for a guy’s benefit? (After all, Meg Ryan’s over-the-top moans were meant to prove a point to “Harry” that men are easily duped by a fake orgasm.)

“There isn’t a lot of research in this area,” says [Kristen Mark](#), a sexuality researcher at Indiana University, “but we’re bombarded with images through mainstream media that tell us moaning is associated with orgasm and sexual pleasure. So it would be a fairly wise faking strategy to moan since men already tend to associate moaning with orgasm.”

Of course, there’s nothing smart about faking it.

“If you’re faking an orgasm, you are signaling to your partner that he is doing everything right, when in fact he isn’t,” says sex educator and author [Patty Brisben](#). “Use moaning as a way of signaling that you are excited and things really are feeling good, not as a way to hide that they aren’t.”

Fake or not, women aren’t the only primates who vocalize during sex. Research in the animal kingdom reveals that female baboons, for example, have a variety of copulation calls, which

appear to relate to their fertility: The vocalizations tend to become more complex when the females are closer to ovulation, and also vary when a female is mating with a higher-ranked male baboon. And female macaque monkeys give a shout to help trigger their mates' orgasm, too.

Performances and primatologists aside, vocalizing during sex can actually be a great tool to help women get what they want in bed. As I discussed in [my column](#) a couple of weeks ago on the topic of talking about sex, it isn't always easy to translate sexual thought into action, so a little strategic moaning can definitely help get the point across.

"Women are learning to take responsibility for their own sexual needs and wants in the bedroom," explains Brisben. "We need to take this one step further and give ourselves permission to become teachers. Use vocalization to teach your partner what feels good. It can help you say, 'stop, go, yes, more please' - without sounding like a traffic cop."

And when it comes to noise, "partner benefit isn't the only piece of the puzzle," says Kristen Mark. "Perhaps making noise turns some women on and helps them experience pleasure."

Brisben concurs: "I think there are many women who need to be vocal to help themselves achieve orgasm - it helps move them and their orgasm along. There are certainly phases. As a woman gets into it, she may become extremely vocal, and then move into a period of quiet as she is on the verge."

So do what feels right to you. Any other benefits are just a great bonus. And when it comes to "copulatory vocalization," perhaps

men should take a lesson from the ladies.

"Women understand that moaning is a turn-on for guys, and many women ultimately enjoy it because they've made an effort to push a little beyond what comes naturally," says Logan Levkoff, a sex educator and author of a guide for men entitled "[How To Get Your Wife to Have Sex With You](#)."

"But sexual self-esteem is a two-way street, and, for their part during sex, guys should aim for more than a single grunt at the end. It's not about faking or doing something you don't want to, but more about being sexually present and in sync with each other."

So let's all make some noise.

Post by: [Ian Kerner Ph.D. - sex counselor](#)

Filed under: [Ian Kerner Ph.D. - sex counselor](#) • [Sex](#)

Darwin Was Wrong About Dating

(C) New York Times

By DAN SLATER

A COUPLE of evolutionary psychologists recently published a book about human sexual behavior in prehistory called "Sex at Dawn."

Upon hearing of the project, one colleague, dubious that a modern scholar could hope to know anything about that period, asked them, "So what do you do, close your eyes and dream?"

Actually, it's a little more involved. Evolutionary psychologists who study mating behavior often begin with a hypothesis about how modern humans mate: say, that men think about sex more than women do. Then they gather evidence — from studies, statistics and surveys — to support that assumption. Finally, and here's where the leap occurs, they construct an evolutionary theory to explain why men think about sex more than women, where that gender difference came from, what adaptive purpose it served in antiquity, and why we're stuck with the consequences today.

Lately, however, a new cohort of scientists have been challenging the very existence of the gender differences in sexual behavior that Darwinians have spent the past 40 years trying to explain and justify on evolutionary grounds.

Of course, no fossilized record can really tell us how people behaved or thought back then, much less *why* they behaved or thought as they did. Nonetheless, something funny happens when social scientists claim that a behavior is rooted in our evolutionary past. Assumptions about that behavior take on the immutability of a physical trait — they come to seem as biologically rooted as opposable thumbs or ejaculation.

Using evolutionary psychology to back up these assumptions about men and women is nothing new. In "The Descent of Man, and Selection in Relation to Sex," Charles Darwin gathered evidence for the notion that, through competition for mates and

sustenance, natural selection had encouraged man's "more inventive genius" while nurturing woman's "greater tenderness." In this way, he suggested that the gender differences he saw around him — men sought power and made money; women stayed at home — weren't simply the way things were in Victorian England. They were the way things had always been.

A century later, a new batch of scientists began applying Darwinian doctrine to the conduct of mating, and specifically to three assumptions that endure to this day: men are less selective about whom they'll sleep with; men like casual sex more than women; and men have more sexual partners over a lifetime.

In 1972, Robert L. Trivers, a graduate student at Harvard, addressed that first assumption in one of evolutionary psychology's landmark studies, "[Parental Investment and Sexual Selection](#)." He argued that women are more selective about whom they mate with because they're biologically obliged to invest more in offspring. Given the relative paucity of ova and plenitude of sperm, as well as the unequal feeding duties that fall to women, men invest less in children. Therefore, men should be expected to be less discriminating and more aggressive in competing for females.

It was an elegant, powerful application of evolutionary theory to the mating game. The evolutionary psychologists of the 1980s and '90s built on Mr. Trivers's theory to explain a wide array of stereotypical gender differences in mating.

In 1993, David M. Buss and David P. Schmitt used parental

investment theory to explain why men should be expected to “devote a larger proportion of their total mating effort to short-term mating.” Because men invested less time and effort in their offspring, they evolved toward promiscuity, while women evolved away from it. Promiscuity, the researchers hypothesized, would have been more damaging to the female reputation than to the male reputation. If a man mated with a promiscuous woman, he would never be able to ensure his paternity. Men, on the other hand, could potentially enhance their status by pursuing a short-term mating strategy. (Think Kennedy, Clinton, Spitzer, Letterman and so forth. My space is limited.)

One of the earliest critics of this kind of thinking was Stephen Jay Gould. He wrote in 1997 that parental investment theory “will not explain the full panoply of supposed sexual differences so dear to pop psychology.” Mr. Gould felt that the field had become overrun with “ultra-Darwinians,” and that evolutionary psychology would be a more fruitful science if it didn’t limit itself “to the blinkered view” that evolutionary explanations accounted for every difference.

BUT if evolution didn’t determine human behavior, what did? The most common explanation is the effect of cultural norms. That, for instance, society tends to view promiscuous men as normal and promiscuous women as troubled outliers, or that our “social script” requires men to approach women while the pickier women do the selecting. Over the past decade, sociocultural explanations have gained steam.

Take the question of promiscuity. Everyone has always assumed — and early research had shown — that women desired fewer sexual partners over a lifetime than men. But in 2003, two behavioral psychologists, Michele G. Alexander and Terri D. Fisher, published the results of a study that used a “bogus pipeline” — a fake lie detector. When asked about actual sexual partners, rather than just theoretical desires, the participants who were not attached to the fake lie detector displayed typical gender differences. Men reported having had more sexual partners than women. But when participants believed that lies about their sexual history would be revealed by the fake lie detector, gender differences in reported sexual partners vanished. In fact, women reported slightly more sexual partners (a mean of 4.4) than did men (a mean of 4.0).

In 2009, another long-assumed gender difference in mating — that women are choosier than men — also came under siege. In speed dating, as in life, the social norm instructs women to sit in one place, waiting to be approached, while the men rotate tables. But in one study of speed-dating behavior, the evolutionary psychologists Eli J. Finkel and Paul W. Eastwick switched the “rotator” role. The men remained seated and the women rotated. By manipulating this component of the gender script, the researchers discovered that women became less selective — they behaved more like stereotypical men — while men were more selective and behaved more like stereotypical women. The mere act of physically approaching a potential romantic partner, they argued, engendered more favorable assessments of that

person.

Recently, a third pillar appeared to fall. To back up the assumption that an enormous gap exists between men's and women's attitudes toward casual sex, evolutionary psychologists typically cite a classic study published in 1989. Men and women on a college campus were approached in public and propositioned with offers of casual sex by "confederates" who worked for the study. The confederate would say: "I have been noticing you around campus and I find you to be very attractive." The confederate would then ask one of three questions: (1) "Would you go out with me tonight?" (2) "Would you come over to my apartment tonight?" or (3) "Would you go to bed with me tonight?" Roughly equal numbers of men and women agreed to the date. But women were much less likely to agree to go to the confederate's apartment. As for going to bed with the confederate, zero women said yes, while about 70 percent of males agreed.

Those results seemed definitive — until a few years ago, when Terri D. Conley, a psychologist at the University of Michigan, set out to re-examine what she calls "one of the largest documented sexuality gender differences," that men have a greater interest in casual sex than women.

Ms. Conley found the methodology of the 1989 paper to be less than ideal. "No one really comes up to you in the middle of the quad and asks, 'Will you have sex with me?' " she told me recently. "So there needs to be a context for it. If you ask people what they would do in a specific situation, that's a far more

accurate way of getting responses.” In her study, when men and women considered offers of casual sex from famous people, or offers from close friends whom they were told were good in bed, the gender differences in acceptance of casual-sex proposals evaporated nearly to zero.

IN light of this new research, will Darwinians consider revising their theories to reflect the possibility that our mating behavior is less hard-wired than they had believed?

Probably not. In an article responding to the new studies last year, Mr. Schmitt, a leading voice among hard-line Darwinians, ceded no ground. Addressing Ms. Conley’s finding that women were more likely to agree to casual sex with a celebrity, Mr. Schmitt argued that this resulted from “women’s (but not men’s) short-term mating psychology being specially designed to obtain good genes from physically attractive short-term partners.” He continued: “When women’s short-term-mating aim is activated (perhaps, temporarily, because of, e.g., high-fertility ovulatory status or desire for an extramarital affair, or more chronically, because of, e.g., a female-biased local sex ratio or a history of insecure parent-child attachment), they appear to express relatively focused desires for genetic traits in ‘sexy men’ that would biologically benefit women when short-term mating.”

In other words: Nothing new here, it’s all evolution.

Steven Pinker, the Harvard psychologist and popular author, also backs the Darwinians, whom he says still have the weight of

evidence on their side. "A study which shows you can push some phenomenon around a bit at the margins," he wrote to me in an e-mail, "is of dubious relevance to whether the phenomenon exists."

But the fact that some gender differences can be manipulated, if not eliminated, by controlling for cultural norms suggests that the explanatory power of evolution can't sustain itself when applied to mating behavior. This wouldn't be the first time we've pushed these theories too far. How many stereotypical racial and ethnic differences, once declared evolutionarily determined under the banner of science, have been revealed instead as vestiges of power dynamics from earlier societies?

Citing the speed-dating study, Mr. Pinker added, "The only reason this flawed paper was published was that it challenged an evolutionary hypothesis ... in particular a sex difference — as the Larry Summers incident shows, claims about sex differences are still politically inflammatory in the academy." Here, he was referring to the much criticized 2005 comments Mr. Summers made when he was Harvard's president suggesting that women's underrepresentation in science and engineering was attributable not to socialization but to "different availability of aptitude at the high end."

Perhaps these phenomena exist. Perhaps men do, over all, pursue more short-term mating. But given new research, continued rigid reliance on evolution as an explanation seems to risk elevating a limited guide to teleological status — a way of thinking that

scientists should abhor.

“Some sexual features are deeply rooted in evolutionary heritage, such as the sex response and how quickly it takes men and women to become aroused,” said Paul Eastwick, a co-author of the speed-dating study. “However, if you’re looking at features such as how men and women regulate themselves in society to achieve specific goals, I believe those features are unlikely to have evolved sex differences. I consider myself an evolutionary psychologist. But many evolutionary psychologists don’t think this way. They think these features are getting shaped and honed by natural selection all the time.” How far does Darwin go in explaining human behavior?

Dan Slater is [the author](#) of the forthcoming “Love in the Time of Algorithms: What Technology Does to Meeting and Mating.”

The Pros and Cons of One-Night Stands

Written by Kim Droze

(C) Kim Droze

Maybe you just got dumped, haven't had sex in longer than you'd like to admit or are just really horny. Whatever the reason, a one-night stand could be the cure. However, if you're new to sex with strangers, you might be a little leery. Before you hit the clubs on the prowl, check out these pros and cons to make sure

the experience is really what you want.

Let's start with the pros of a one-night stand. The benefits of a tryst with a sexy stranger can include:

- Mind-blowing Sex - One-night stands are often the result of body shots and beer buckets, which can lower shyness and increase

experimentation. You're never going to see him again, so go ahead and try that pretzel-twist or fake British accent if that's what gets you going.

- Ego Boost - Feeling like you've lost your mojo? Making eyes from across the room and closing the deal with ease can make you feel like the world's sexiest woman.

- Feeling Liberated - Been shackled to the missionary position and polite kissing with boring dudes? Use this as a way to break out of the mold of the "good girl" and enjoy sex like a man.

- "No really, baby, I did it for you." - A recent study published in the Journal of Human Sexuality showed that friends with benefits, one-night stands and booty calls can actually help people make better decisions when they finally decide to enter long-term relationships.

On the other hand, exploring the sexual playground could leave you getting sand kicked in your face. The cons could come along with a quickie.

- Sexually Transmitted Diseases - You don't know this person very well and therefore are in the dark about his or her sexual health and history. You may also be inebriated, which can cause you to do things, like have sex without protection, that you normally

would not

- You Could Become Depressed - Making one-night stands a regular thing could mean you're seeking something you can't get from regular relationships. Beware of these interactions if you start feeling used or guilty.

- Becoming Attached - Sorry, ladies, but some of us have a hard time separating sex and emotions. If the thought of a guy sneaking out in the night or not taking you to brunch after you've spent the night doing the nasty makes you upset, you should skip the one-night stand.

Got the good and bad and you're still ready to go? When trolling for a one-time night of passion, you can put these tactics to the test to get what you are looking for.

- Put yourself in the right situation - Places like weddings, holiday parties, dance clubs and hotels are breeding grounds for one-night stands. People are in high spirits, drinking and ready to have a good time.

- Look Like You're Having Fun - No one is going to hit on you if you look like your dog just died. Get out on the dance floor, tell jokes, do a shot - show guys that up for anything and looking to have fun.

- Protect Yourself - Keep an eye on your drink, and if you leave with a guy, let your friends know where you are going and when you expect to be back. Pop a few condoms in your clutch - nothing makes a temporary experience more permanent than a baby or disease.

- Play it Cool - Even if you are new to one-night stands, don't tell your potential hookup, and don't expect a relationship. By keeping your expectations in check you can prevent possible

disappointment.

- Be Mysterious - The point of this exercise is to be anonymous and fleeting. Don't even use your real name if you can help it, and refrain from contacting him on social media post-coitus.

- Don't Feel Guilty - Society has programmed women to feel bad about exploring and embracing their sexuality. You won't feel sexy or be able to enjoy the experience if you're worried about looking like a "slut" the whole time.

- Stick with a Stranger - Hooking up with a friend, coworker or a relative of a friend can cause awkwardness in the light of day. Keeping it strictly-stranger can help you avoid problems and embarrassing run-ins.

In the end, you should do what you feel comfortable with and not feel pressured. If you find yourself in a situation that scares you or makes you feel uncomfortable, get out of there. Just because you started something with a guy doesn't mean you have to finish it. On the other hand, it can be a great exercise in pushing your personal boundaries and creating new life experiences to do something out of the ordinary and challenge yourself.

By thinking through the options beforehand you can ensure that you are making the right decision - even if you feel bad about it later, don't beat yourself up for too long. After all, you will never see that person again and you don't even need to tell your friends about the one-night stand if you don't want to. Keeping it to yourself can be a great little secret that adds to your mystery and relationship wisdom.

Susan- "the Bottom line is that internet men use women for sex and internet women use men for cash. The women are going out with a

different guy each night. The men buy dinner in order to sit next to a cute girl that night. That is how it works, it is no more complicated than that. Use a condom. All your friends are doing it. You can live a lonely righteous life or you can LIVE."

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The End of Courtship

(C) New York Times- 2013

By ALEX WILLIAMS

MAYBE it was because they had met on OkCupid. But when the dark-eyed musician with artfully disheveled hair asked Shani

Silver, a social media and blog manager in Philadelphia, out on a "date" Friday night, she was expecting at least a drink, one on one.

"At 10 p.m., I hadn't heard from him," said Ms. Silver, 30, who wore her favorite skinny black jeans. Finally, at 10:30, he sent a text message. "Hey, I'm at Pub & Kitchen, want to meet up for a drink or whatever?" he wrote, before adding, "I'm here with a bunch of friends from college."

Turned off, she fired back a text message, politely declining. But in retrospect, she might have adjusted her expectations. "The word 'date' should almost be stricken from the dictionary," Ms. Silver said. "Dating culture has evolved to a cycle of text messages, each one requiring the code-breaking skills of a cold war spy to interpret."

"It's one step below a date, and one step above a high-five," she added. Dinner at a romantic new bistro? Forget it. Women in their 20s these days are lucky to get a last-minute text to tag along. Raised in the age of so-called "hookup culture," millennials - who are reaching an age where they are starting to think about settling down - are subverting the rules of courtship. Instead of dinner-and-a-movie, which seems as obsolete as a rotary phone, they rendezvous over phone texts, Facebook posts, instant messages and other "non-dates" that are leaving a generation confused about how to land a boyfriend or girlfriend.

"The new date is 'hanging out,' " said Denise Hewett, 24, an associate television producer in Manhattan, who is currently developing a show about this frustrating new romantic

landscape. As one male friend recently told her: "I don't like to take girls out. I like to have them join in on what I'm doing - going to an event, a concert."

For evidence, look no further than "Girls," HBO's cultural weather vane for urban 20-somethings, where none of the main characters paired off in a manner that might count as courtship even a decade ago. In Sunday's opener for Season 2, Hannah (Lena Dunham) and Adam (Adam Driver), who last season forged a relationship by texting each other nude photos, are shown lying in bed, debating whether being each other's "main hang" constitutes actual dating. The actors in the show seem to fare no better in real life, judging by a monologue by Zosia Mamet (who plays Shoshanna, the show's token virgin, since deflowered) at a benefit last fall at Joe's Pub in the East Village. Bemoaning an anything-goes dating culture, Ms. Mamet, 24, recalled an encounter with a boyfriend whose idea of a date was lounging in a hotel room while he "Lewis and Clarked" her body, then tried to stick her father, the playwright David Mamet, with the bill, according to a Huffington Post report.

Blame the much-documented rise of the "hookup culture" among young people, characterized by spontaneous, commitment-free (and often, alcohol-fueled) romantic flings. Many students today have never been on a traditional date, said Donna Freitas, who has taught religion and gender studies at Boston University and Hofstra and is the author of the forthcoming book, "The End of Sex: How Hookup Culture is Leaving a Generation Unhappy, Sexually Unfulfilled, and

Confused About Intimacy."

Hookups may be fine for college students, but what about after, when they start to build an adult life? The problem is that "young people today don't know how to get out of hookup culture," Ms. Freitas said. In interviews with students, many graduating seniors did not know the first thing about the basic mechanics of a traditional date. "They're wondering, 'If you like someone, how would you walk up to them? What would you say? What words would you use?' " Ms. Freitas said.

That may explain why "dates" among 20-somethings resemble college hookups, only without the dorms. Lindsay, a 25-year-old online marketing manager in Manhattan, recalled a recent non-date that had all the elegance of a keg stand (her last name is not used here to avoid professional embarrassment). After an evening when she exchanged flirtatious glances with a bouncer at a Williamsburg nightclub, the bouncer invited her and her friends back to his apartment for whiskey and boxed macaroni and cheese. When she agreed, he gamely hoisted her over his shoulders, and, she recalled, "carried me home, my girlfriends and his bros in tow, where we danced around a tiny apartment to some MGMT and Ratatat remixes."

She spent the night at the apartment, which kicked off a cycle of weekly hookups, invariably preceded by a Thursday night text message from him saying, 'hey babe, what are you up to this weekend?' (It petered out after four months.)

Relationship experts point to technology as another factor in the upending of dating culture.

Traditional courtship - picking up the telephone and asking someone on a date - required courage, strategic planning and a considerable investment of ego (by telephone, rejection stings). Not so with texting, e-mail, Twitter or other forms of "asynchronous communication," as techies call it. In the context of dating, it removes much of the need for charm; it's more like dropping a line in the water and hoping for a nibble.

"I've seen men put more effort into finding a movie to watch on Netflix Instant than composing a coherent message to ask a woman out," said Anna Goldfarb, 34, an author and blogger in Moorestown, N.J. A typical, annoying query is the last-minute: "Is anything fun going on tonight?" More annoying still are the men who simply ping, "Hey" or "sup."

"What does he think I'm doing?" she said. "I'm going to my friend's house to drink cheap white wine and watch episodes of 'Dance Moms' on demand."

Online dating services, which have gained mainstream acceptance, reinforce the hyper-casual approach by greatly expanding the number of potential dates. Faced with a never-ending stream of singles to choose from, many feel a sense of "FOMO" (fear of missing out), so they opt for a speed-dating approach - cycle through lots of suitors quickly.

That also means that suitors need to keep dates cheap and casual. A fancy dinner? You're lucky to get a drink.

"It's like online job applications, you can target many

people simultaneously - it's like darts on a dart board, eventually one will stick,"

said Joshua Sky, 26, a branding coordinator in Manhattan, describing the attitudes of many singles in their 20s. The mass-mailer approach necessitates "cost-cutting, going to bars, meeting for coffee the first time," he added, "because you only want to invest in a mate you're going to get more out of."

If online dating sites have accelerated that trend, they are also taking advantage of it. New services like Grouper aren't so much about matchmaking as they are about group dates, bringing together two sets of friends for informal drinks.

The Gaggle, a dating commentary and advice site, helps young women navigate what its founders call the "post-dating" landscape, by championing "non-dates," including the "group non-date" and the "networking non-date." The site's founders, Jessica Massa and Rebecca Wiegand, say that in a world where "courtship" is quickly being redefined, women must recognize a flirtatious exchange of tweets, or a lingering glance at a company softball game, as legitimate opportunities for romance, too.

"Once women begin recognizing these more ambiguous settings as opportunities for romantic possibility," Ms. Massa said, "they really start seeing their love lives as much more intriguing and vibrant than they did when they were only judging themselves by how many 'dates' they had lined up."

THERE'S another reason Web-enabled singles are rendering traditional dates obsolete. If the purpose of the first date was to

learn about someone's background, education, politics and cultural tastes, Google and Facebook have taken care of that.

"We're all Ph.D.'s in Internet stalking these days," said Andrea Lavinthal, an author of the 2005 book "The Hookup Handbook." "Online research makes the first date feel unnecessary, because it creates a false sense of intimacy. You think you know all the important stuff, when in reality, all you know is that they watch 'Homeland.' "

Dodgy economic prospects facing millennials also help torpedo the old, formal dating rituals. Faced with a lingering recession, a stagnant job market, and mountains of student debt, many young people - particularly victims of the "mancession" - simply cannot afford to invest a fancy dinner or show in someone they may or may not click with.

Further complicating matters is the changing economic power dynamic between the genders, as reflected by a number of studies in recent years, said Hanna Rosin, author of the recent book "The End of Men."

A much-publicized study by Reach Advisors, a Boston-based market research group, found that the median income for young, single, childless women is higher than it is for men in many of the country's biggest cities (though men still dominate the highest-income jobs, according to James Chung, the company's president). This may be one reason it is not uncommon to walk into the hottest new West Village bistro on a Saturday night and find five smartly dressed young women dining together - the nearest man the waiter. Income equality, or superiority, for women muddles the old, male-

dominated dating structure.

"Maybe there's still a sense of a man taking care of a woman, but our ideology is aligning with the reality of our finances," Ms. Rosin said. As a man, you might "convince yourself that dating is passé, a relic of a paternalistic era, because you can't afford to take a woman to a restaurant."

Many young men these days have no experience in formal dating and feel the need to be faintly ironic about the process - "to 'date' in quotation marks" - because they are "worried that they might offend women by dating in an old-fashioned way," Ms. Rosin said.

"It's hard to read a woman exactly right these days," she added. "You don't know whether, say, choosing the wine without asking her opinion will meet her yearnings for old-fashioned romance or strike her as boorish and macho."

Indeed, being too formal too early can send a message that a man is ready to get serious, which few men in their 20s are ready to do, said Lex Edness, a television writer in Los Angeles.

"A lot of men in their 20s are reluctant to take the girl to the French restaurant, or buy them jewelry, because those steps tend to lead to 'eventually, we're going to get married,'" Mr. Edness, 27, said. In a tight economy, where everyone is grinding away to build a career, most men cannot fathom supporting a family until at least 30 or 35, he said.

"So it's a lot easier to meet people on an even playing field,

in casual dating," he said. "The stakes are lower."

Even in an era of ingrained ambivalence about gender roles, however, some women keep the old dating traditions alive by refusing to accept anything less.

Cheryl Yeoh, a tech entrepreneur in San Francisco, said that she has been on many formal dates of late - plays, fancy restaurants. One suitor even presented her with red roses. For her, the old traditions are alive simply because she refuses to put up with anything less. She generally refuses to go on any date that is not set up a week in advance, involving a degree of forethought. "If he really wants you," Ms. Yeoh, 29, said, "he has to put in some effort."

COMMENTS:

Tom Greggers-

That Cheryl Yeoh sounds like a stuck-up gold-digger, just using one man after-the-other to buy her meals, tickets and stuff; but I bet some ladies would say she was "old fashioned"... Who is right?

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Why men and women can't be "just friends":

It is IMPOSSIBLE. Watch the movie below and then ask yourself the question again.

Andrea- *"If one person is attracted to the other there will eventually be tension. That person will either secretly obsess or feel that they*

are biding-their-time, stalk, sabotage real dates or otherwise be a pill. If you are both totally unattractive then it might work but rarely does."

Brad- *"This is a myth they teach you in college where everybody is getting more sex than they can stand so you have to say that the ones you are not sleeping with (because every night is already booked) are "friends" but actually they are just on stand-by. When you get out of college that whole friends thing goes back to hunter/gatherer."*

Don't be naive. Don't create rationalizations. Learn the absolute truth, below:

Have you seen "When Harry met Sally?"

While it may "feel nice to think this isn't true, the plain truth is: IT IS TRUE!

Platonic Friendships: Men & Women Can't Be 'Just Friends

By Adrian F. Ward
(C) Huffington Post. All Rights Reserved.

Can heterosexual men and women ever be “just friends”? Few other questions have provoked debates as intense, family dinners as awkward, literature as lurid, or movies as memorable. Still, the question remains unanswered. Daily experience suggests that non-romantic friendships between males and females are not only possible, but common—men and women live, work, and play side-by-side, and generally seem to be able to avoid spontaneously sleeping together. However, the possibility remains that this apparently platonic coexistence is merely a façade, an elaborate dance covering up countless sexual impulses bubbling just beneath the surface.

New research suggests that there may be some truth to this possibility—that we may think we’re capable of being “just friends” with members of the opposite sex, but the opportunity (or perceived opportunity) for “romance” is often lurking just around the corner, waiting to pounce at the most inopportune moment.

In order to investigate the viability of truly platonic opposite-sex friendships—a topic that has been explored more on the silver screen than in the science lab—researchers brought 88 pairs of undergraduate opposite-sex friends into...a science lab. Privacy was paramount—for example, imagine the fallout if two

friends learned that one—and only one—had unspoken romantic feelings for the other throughout their relationship. In order to ensure honest responses, the researchers not only followed standard protocols regarding anonymity and confidentiality, but also required both friends to agree—verbally, and in front of each other—to refrain from discussing the study, even after they had left the testing facility. These friendship pairs were then separated, and each member of each pair was asked a series of questions related to his or her romantic feelings (or lack thereof) toward the friend with whom they were taking the study.

The results suggest large gender differences in how men and women experience opposite-sex friendships. Men were much more attracted to their female friends than vice versa. Men were also more likely than women to think that their opposite-sex friends were attracted to them—a clearly misguided belief. In fact, men's estimates of how attractive they were to their female friends had virtually nothing to do with how these women actually felt, and almost everything to do with how the men themselves felt—basically, males assumed that any romantic attraction they experienced was mutual, and were blind to the actual level of romantic interest felt by their female friends. Women, too, were blind to the mindset of their opposite-sex friends; because females generally were not attracted to their male friends, they assumed that this lack of attraction was mutual. As a result, men consistently overestimated the level of attraction felt by their female friends and women consistently underestimated the level of attraction felt by their male friends.

Men were also more willing to act on this mistakenly perceived mutual attraction. Both men and women were equally attracted to romantically involved opposite-sex friends and those who were single; “hot” friends were hot and “not” friends were not, regardless of their relationship status. However, men and women differed in the extent to which they saw attached friends as potential romantic partners. Although men were equally as likely to desire “romantic dates” with “taken” friends as with single ones, women were sensitive to their male friends’ relationship status and uninterested in pursuing those who were already involved with someone else.

6 Signs Your Guy Friend Wants to Get Into Your Pants

LEGAL NOTE: If you are not at least 18-years old, please do not read what follows click the Red "X" now! Thank you in advance.

We are about to figuratively blow the lid off of a topic some women have wondered about for years. You may have some sneaking suspicions about one or more of your guy friends. You think he may just want to get to know you a little better, if you know what I mean, but you're not positive. I cannot tell you how many times I've heard from women "I am so bad at this dating stuff, I never know when a guy likes me!." Well, wonder no more, because the answers are mere seconds away. Let's cut this introduction short and jump right in:

I don't know who is friend-zoning who here, but stuff is going down.

From: get-your-girl.maxupdates.tv

1. You've Been Friends For a Long Time

By the way, "long time" is defined as more than a couple of months. I know I am breaking Guy Code here, but what I am about to say is the truth. If you're "friends" with a guy, especially for some amount of time, he has thought about the possibility of you and him, well, you know. We can't help feeling this way, it's just how it is. We're the victims of our feelings, really. This doesn't necessarily mean we would act on any feelings, but know that the feelings exist.

2. The "What Would He Do If..." Test

I can't remember where I got this from, but man, is it ever the truth. Imagine yourself entering his bedroom with few or no clothes, looking him right in the eye and saying "take me." If, in your fantasy, he would oblige, then he wants you. If he would say something else, then he has no feelings for you.

Most women, when they think about it, will probably be surprised with the conclusions they come to.

3. He's Jealous

This is a bit of a sneaky trick, but man, is it effective.

Casually mention a guy you think might be a good fit for you and see how he reacts. If he seems to have a strong visceral reaction against the aforementioned gentleman, he probably is into you. To be sure, mention another guy or two in the next week and see

what he does. What you're looking for is a trend. If he shoots down every potential suitor, he is more than interested.*

4. Sex Has Come Up

This is another dead giveaway. If you guys have casually spoken about sex, then there is a very good chance he would like to be more than a friend to you. The deeper the conversation gets, the more likely it is he wants you. Guys generally aren't comfortable talking about deep sexual stuff with just any woman. It has to be the right woman. If this is happening, then the "right" woman is you!**

5. He Has Complimented You

I don't mean he's complimented your intelligence or personality, I mean either a body part or something you've worn. If he says the skirt you're wearing looks nice, it means he is really paying attention. Why? Because he's into you. If he says you have great legs or are generally sexy, then it's a good bet he has thought about you sexually. Trust me on this one.

6. Flirting

This might be the strongest indicator, but also the one that goes unnoticed most often. If he is flirting with you in any way, then he is probably into you. What I mean is, does he tickle you or crack jokes that he wouldn't crack around other people? Maybe you guys are very touchy-feely when you're together. If you notice any kind of flirting on his end, that is a strong indicator that there is a purpose behind it.

Man, do I feel bad about myself after this post. I feel like I have given light to a few things that perhaps were better off left in darkness. I can feel myself being excommunicated from the male community as we speak. I hope it was worth it!

* Some of you may be wondering, "well, couldn't he pretend he doesn't care when he's actually dying on the inside?" It's possible, no doubt, but come on, how many guys know how to scheme and deceive that well? Not many.

** Yes, for those of you who read the Cuddle Buddies post last week, you now see why it's so hard to keep those things platonic. Guys don't spill their guts to anyone, they usually reserve that stuff for someone special.

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Men & Women have totally different brain processes.

Have you ever wondered why men can never explain their feelings and women can never understand male territorial turf protection?

Are you curious about why men-friends sabotage any new guy that comes on the scene when a woman tells them they are

dating or why men feel compelled to engage in sports?

Is the other gender totally baffling to you?

Here is a video about the science between our different brains:

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Does having "things in common" matter?

Everyone on a dating site has "things in common". They want a relationship, they are open to a relationship, they do some things for work and some things for fun. The term "things in common" came from high-society social protocol training in older countries where it meant that certain people were from

the same bloodlines and economic classes or not.

Most dates, dating periods and marriages end in divorce and break-ups. Those are mathematic facts. Most of those relationships started out with each person seeing "things in common", which is, essentially, a checklist of matching factoids. So, based on social history, "getting to know you" and "things in common" lists may not be relevant to a great relationship if both of you are not repressed or fixed into a limited social bubble.

Dating sites are about checklists and computers and not actual experiences you share together. If you decide to pick people to meet, based on a checklist, the percentage of divorce and break-ups is much higher.

In reality, if you both have actual fun and rewarding experiences together, the things in common checklist often does not matter relative to past experiences.

If you collect stamps and your potential partner does not list "stamp collecting" on their dating site list of interests should you delete their profile?

Have you considered that each person has had millions of experiences, enjoys millions of things and that there are billions of things in the world that neither of you have even experienced yet, together or apart?

Many people enjoy everything that is fun to do. Do not limit people because they could not fit all of their interests in a preformatted HTML dating site form.

As two people play together they grow together and develop common interests. In a good relationship, the relationship gets stronger when you both discover new things and introduce each other to things that you have expert knowledge, or past experience in. Diversity is the spice of life.

Don't cut potential people out because one page of text didn't list everything you did for fun last week if your are attracted to other aspects of the person. You might be missing the best relationship you ever had.

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Marriage Guide:

There are many points of view on this ranging from:

http://www.huffingtonpost.com/tracy-mcmillan/why-youre-not-married_b_822088.html

to

<http://en.wikipedia.org/wiki/Marriage>

This section was developed by a vast number of couples, half of whom had failed in their relationships and learned from that and half of whom had succeeded in their relationships.

Some parents teach their daughters not to develop a career and to just "find a man and get married". Because men control the business and jobs opportunities in America, some women feel that it is men's jobs to take care of them because men have cut them out of the system.

When Oxytocin, and other chemicals, are released in the brain at certain ages, during sex and in social situations, it causes men and women to be inextricably, chemically, drawn to wanting to have a baby. The body does this in order to expand the species by creating a desire to rationalize the devotion of 20 years of your life to making more new people for the society. Some people see this as a plus, some people see this as a negative. Every city is rife with shell-shocked 45 year old recent-divorcees wondering what they just did for the last 20 years and "how did that happen?". Every city is also full of happily married families. There are an equal number of views on both perspectives.

Of all the decisions you make in your life, few are as important as who you choose to marry or live with. Make a bad choice and you can spend your days and nights mired in unhappiness or consumed by anxiety or depression, conditions that not only rob your mental health but undermine your physical health as well.

You might be consigned to economic instability or subjected to physical or verbal abuse. Or you might find yourself struggling as a single parent. The consequences of a poor choice, and of marital dissatisfaction or even disruption, are far-reaching, extending even to the next generation.

So, do yourself a big favor and make sure you choose a mate wisely. Yes, you need some basic relationship skills like communication, problem solving and conflict resolution. But, you also need a partner who's willing to engage in all of them with you and create what most of us want more than anything -- a sense of closeness to someone else.

There is, ladies and gentlemen, a science of mate selection, as it's known in the psych biz. Relationships are not mysterious entities that enter your life through a magical flash of lightning sometimes called "chemistry." That, folks, has nothing to do with the ability to form an enduring bond.

Love isn't blind at all. Healthy relationships are in fact built on love, trust, commitment, intimacy and attachment.

Step One: You meet someone you like -- and, importantly, someone who demonstrates unquestionably that feelings are mutual. Then what you need to do, contends psychologist John Van Epp, is to pace the growing closeness so that you have the opportunity to explore the attitudes and behaviors that foretell the future. Time is an important factor in this.

As you grow to know someone, says Van Epp, you determine what you can and can't trust. You also rely on him/her to meet certain needs. As time goes by, you develop some level of

commitment. And finally, in a romantic relationship, there is sexual chemistry, which prompts touch.

These are the five bonding forces that form the glue of your relationship, he stresses. And, here's the catch -- they must grow together in a balanced way. You must keep your heart and your head in harmony. So you never let one of the five forces too far ahead of your progress in any of the others

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A relationship begins with knowing someone, and the state of what you know controls the other dynamics. Your knowledge of someone grows with mutual self-disclosure and diverse experiences together, shared together over time. It's important to see the way your partner functions in a variety of settings -- with friends, with family, with bosses and coworkers, with strangers, with children.

There are five crucial areas to deeply explore and come to know during the dating process:

- Family background and childhood dynamics.
- Attitudes and actions of the conscience and maturity.
- The scope of your compatibility potential.
- The examples of other relationship patterns.
- Strength of relationship skills. These are the areas that best predict what a person will be like as a spouse and parent. Using this approach, Van Epp insists, you can follow your heart without losing your mind.

Conflicts in the Relationships Have you ever had a disagreement or misunderstanding with your spouse? If you're truthful, the answer will most certainly be "Yes!". Conflict in relationships is inevitable. Even the best relationships experience conflict from time to time. The key to success in relationships is how couples handle their conflicts and differences.

Some typical issues that often spark conflict in relationships are:

Money—regardless of how much money a couple has, it is often the biggest source of marital conflict. It's important for spouses to discuss their values and feelings about money so each partner can try to understand the other. Working out a budget and planning finances usually require negotiation and compromise, but they are important tasks that help couples set priorities and goals for the future.

In-laws—are usually most problematic in the early years of a relationships. In-law issues can trigger conflict within the entire family. Spouses can deal with in-law problems by sharing their feelings and discussing what kind of relationship they want with their in-laws. Expressing negativity about in-laws usually just makes things worse.

Sex—this is an emotional issue and many spouses are afraid of getting hurt or rejected by their partners so they avoid discussing their feelings about sexual issues. In order for couples to resolve conflicts about sexual matters, it is crucial that they communicate directly, specifically and lovingly about their needs.

Child-rearing—is a time-consuming task that requires huge amounts of energy. Husbands and wives often have conflicting views on how to parent, based on how they were raised. Whatever decisions and rules parents make, it's important that they are united in front of the children. Otherwise, kids will learn to play one parent off the other, which contributes to further conflict in the relationships.

It's important to remember that if conflict and negativity are unresolved, that the good aspects of a relationships usually diminish. Although some conflict is unavoidable, it is critical for spouses to manage their differences in constructive ways in order for the relationships to be healthy.

About half of all relationships in the United States end in divorce. It is obvious that many people do not get married and live "happily ever after." However, relationships continues to be an

important goal for most Americans. In fact, over 90 percent of adults will get married at least once in their lifetime. Most spouses start out full of hopes and dreams and are truly committed to making their relationships work. Yet as the reality of living with a less than perfect spouse sets in and the pressures of life build, many individuals feel less romantic and do not find as much satisfaction in their relationships. All relationships change over time. But with hard work and dedication, people can keep their relationships strong and enjoyable. How is it done? What does it take to create a long-lasting, satisfying relationships?

A volume of research indicates that most successful relationships share some key characteristics. This guide will explore these in detail. It will also focus on marital conflict and the skills needed to handle it effectively. Finally, the guide will discuss ways that spouses can strengthen their relationships.

Characteristics of happy and satisfying relationships Consider the positive aspects of your relationships. What are you doing that works well and brings you and your spouse joy and happiness? If you have a satisfying relationships, chances are that your relationship has high levels of positivity, empathy, commitment, acceptance, love and respect. These are some of the characteristics that researchers have found to be common in successful relationships. Let's look at each of these factors.

Positivity John Gottman, one of the nation's leading experts on marital relationships, has found that the main difference between stable and unstable relationships is the amount of positive thoughts and actions spouses engage in toward each other. Through careful observation of hundreds of couples, he

has come to the conclusion that successful spouses have far more positive than negative interactions. If there is too much negativity — criticizing, demanding, name-calling, holding grudges, etc. — the relationship will suffer. However, if there is never any negativity, it probably means that frustrations and grievances are not getting air time and unresolved tension is accumulating inside one or both partners. The key is balance between the two extremes. There are many ways to foster positivity in a relationships. Being affectionate, truly listening to each other, taking joy in each other's achievements and being playful are just a few examples of positive interactions that help make relationships successful.

Empathy Another characteristic of happy relationships is empathy. Empathy means understanding a person's perspective by putting oneself in his or her shoes. Many researchers have shown that empathy is important for relationship satisfaction. People are more likely to feel good about their relationships and spouse if their partner expresses empathy towards them. Husbands and wives are more content in their relationships when they perceive that their spouses truly understand their thoughts and feelings.

Commitment Successful relationships involve both spouses' commitment to the relationship. When two people are truly dedicated to making their relationships work, despite the unavoidable challenges and obstacles that come, they are much more likely to have a relationship that lasts. In most Western cultures, individualism is highly valued. Individualism focuses on the needs and fulfillment of the self. Being attentive to one's own needs is important, but if it is not balanced by a concern for the needs of others, it can easily lead to selfishness in relationships.

Husbands and wives who only focus on themselves and their own desires are not as likely to find joy and satisfaction in their relationships. However, when spouses are committed to investing in their relationships and are willing to sacrifice some of their own preferences for the good of the relationship, they usually have high-quality relationships.

Acceptance One of the most basic needs in a relationship is acceptance. Everyone wants to feel valued and respected. When people feel that their spouses truly accept them for who they are, they are usually more secure and confident in their relationships. Often, there is conflict in relationships because partners cannot accept the individual preferences of their spouses and try to demand change from one another. When one person tries to force change from another, he or she is usually met with resistance. However, research has shown that change is much more likely to occur when spouses respect differences and accept each other unconditionally. Basic acceptance is vital to a happy relationships.

Mutual love and respect Perhaps the most important components of successful relationships are love and respect for each other. This may seem very obvious — why would two people get married who did not love and respect each other? The fact is, as time passes and life becomes increasingly complicated, the relationships often suffers as a result. It is all too easy for spouses to lose touch with each other and neglect the love and romance that once came so easily. It is vital that husbands and wives continue to cultivate love and respect for each other throughout their lives. If they do, it is highly likely that their relationships will remain happy and satisfying.

Managing conflict Have you ever experienced a disagreement, difference of opinion, or misunderstanding with your spouse? If you answer truthfully, the answer will almost certainly be, "Yes, of course." Conflict in relationships is inescapable. All marital relationships — even the best ones — will experience at least some conflict from time to time. However, many people are successful and happy in their relationships, despite the conflicts that arise. The key to their success is how they handle their conflicts and disagreements. This section will explore many issues related to conflict, such as common areas of contention in relationships, gender differences in communication styles, and the importance of proper management of conflict. It will also discuss skills for handling conflict and how to solve problems in relationships.

Common areas of conflict Although all relationships are different, spouses frequently experience several common areas of conflict. Here are brief descriptions of some typical issues that spark conflict in relationships.

Money

Regardless of the amount of money a couple has, it is often the biggest source of marital conflict. Husbands and wives often have very diverse ideas about how money should be handled because they have experienced different family values and goals regarding money. Potential disagreements about money include how to spend it, how much to save and who should be responsible for paying the bills. It is important for spouses to discuss their values and feelings about money so each partner can try to understand the other. Constructing a budget and financial planning often require negotiation and compromise, but they are important tasks and aid spouses in identifying their

priorities and goals for the future.

In-laws

Conflicts over in-laws are usually most problematic in the first years of relationships. A common issue that arises is one partner feeling that his or her in-laws are too critical or intrusive. Husbands and wives may disagree about the length and frequency of their parents' visits. Some people may also feel that their spouse is too dependent upon his or her parents. All of these in-law issues can trigger conflict within the family. Spouses can deal with in-law problems by sharing their feelings and discussing what kind of relationship they would like with their in-laws. It is important to avoid being accusatory and speaking critically of one's in-laws, especially during such talks. Expressing negativity towards in-laws tends to worsen the situation because it alienates spouses from each other and promotes defensiveness.

Sex

Sex is an emotion-filled issue and many spouses are afraid of getting hurt or rejected by their partners in this area. Thus, people frequently avoid discussing their feelings and expectations about sex. Even when partners do talk about sexuality issues, they are often embarrassed and speak indirectly about their feelings. These patterns can lead to conflict in the marital relationship. Difficulties with sex often reflect problems in other areas of the relationships as well. In order for couples to resolve conflicts about sexual matters, it is crucial that they communicate directly and specifically about their needs and desires. Many people feel very vulnerable in this area, so it is important that the discussion be done in a gentle, loving manner.

Children

Child rearing is a time-consuming task that requires huge amounts of energy. It's easy for spouses to become frustrated with each other over this issue. Husbands and wives often have conflicting views about how to parent because they were raised differently. Agreement about the best way to raise children may not always be possible, so it is necessary that spouses learn to compromise and negotiate in this area. Whatever decisions and rules parents make, it is important that they be united in front of their children. Otherwise, the children will learn to play one parent off the other, further contributing to marital disharmony.

Gender differences in conflict

Due to a combination of social and biological factors, men and women have different styles of interacting and handling conflict. Women raise concerns and problems far more often than men do. Men are more likely to avoid conflict and downplay the strong emotions that they feel inside. When men close down and suppress their feelings, women often become more insistent that they discuss the issues that have been raised. At this point, however, men only want to withdraw further. These different ways of interacting can lead to frustration and misunderstandings.

In order to overcome frustration with communication styles, it is essential that both husbands and wives improve their methods of dealing with conflict. Wives need to make sure that they bring up issues gently and in a positive, non-confrontational manner. A soft, gentle approach in introducing a topic for discussion usually has a greater chance of leading to a satisfactory solution for both partners. Husbands need to respond to their wives'

concerns and complaints in a respectful manner. They can learn to recognize when their wives need to talk and take a more active role in resolving issues instead of withdrawing. It is each partner's responsibility to respect and honor his or her spouse and make an effort to communicate as effectively as possible.

The importance of managing conflict well Although some conflict is unavoidable, it is critical that spouses manage their differences in constructive ways. There are several reasons for this. First, if husbands and wives do not handle conflict effectively, it is likely that negativity will increasingly become part of their relationship. As unresolved conflict and negativity grow in a relationships, the good aspects of the relationship often diminish and partners become disenchanted with each other. Second, research has shown that, when spouses are unhappy in their relationships, they tend to experience more physical and emotional problems than do happily married couples. People who are satisfied with their relationships even tend to live longer than those in unhappy relationships.

This finding leads to a third reason why it is important for spouses to manage their conflict well. A strong and satisfying relationships establishes a firm foundation from which spouses can function. When the quality of relationships is positive and supportive, partners can better attend to their personal responsibilities and obligations. A strong relationships also provides people with a greater opportunity to develop their personalities and talents than does an unhappy union. Although relationships requires a considerable amount of time and effort, it is crucial that partners care for their own needs and development as well. They can best do this when the relationship is warm and encouraging and they know how to handle marital

conflict effectively.

Finally, it is essential that spouses practice good conflict management skills for the sake of their children. Conflict and hostility are extremely harmful to children's well-being. Many studies have shown that marital conflict leads to poor outcomes in children, such as decreased self-esteem, greater stress and anxiety, low achievement at school and behavioral problems. Conversely, spouses who support each other and have peaceful relationships are more likely to have well-adjusted, competent children. However, an unhappy relationship should not be preserved solely for the children's sake. Children in two-parent families marked by a lot of conflict often fare worse than those in families that have undergone a peaceful divorce. Whatever the situation, it is important that spouses learn to manage their disagreements effectively and control the amount of conflict in their relationship. This will help foster the well-being of themselves and their children.

Skills for handling conflict Because managing conflict is so important, it is essential that you practice certain skills that will enable you to handle conflict well. The following sections highlight some of the skills needed for dealing with differences and disagreements effectively.

Open communication

Good communication can be difficult at times — especially during conflict. People often hear a different message than what the speaker intended. There are several possible reasons for this. First, spouses are often preoccupied with their own concerns or are preparing a rebuttal and do not really listen to what their partners are saying. Second, spouses may perceive their

partners' messages negatively if they are tired or in a bad mood. Finally, different styles of communicating can also result in misunderstandings.

Partners can learn to communicate better by developing more effective ways of speaking and listening. It is important to take turns in a conversation so each can have the opportunity to express his or her thoughts and ideas. The person talking should focus on his own feelings and not attempt to read his partner's mind. He should also be positive and avoid making accusations or criticizing his spouse. The person listening needs to be aware of her body language. Eye rolling, negative facial expressions and crossing one's arms may signal disapproval to the person who is speaking. Even if the listener does not agree with what her partner is saying, she needs to make an attempt to understand his viewpoint and be respectful. Showing genuine interest in someone's feelings and refraining from giving unsolicited advice go a long way in creating an atmosphere that is conducive to positive communication.

Ideas for effective marital communication

- When your spouse talks to you, try to understand what he or she is feeling.
- Give your partner both verbal and nonverbal feedback so he or she will know that you have understood what he or she meant.
- Be aware of the nonverbal messages you send when someone is talking to you, such as facial expressions or body posture. These can be very powerful!

- Refrain from voicing judgmental comments and jumping to conclusions before your partner is done speaking.
- Show respect for your spouse's perspective, even if you do not agree with it.
- Take the time to really listen when your spouse needs to talk. Doing this will help him or her feel that you value his or her opinions and ideas.
- When you need to have an important discussion, remove distractions as much as possible so you can talk with each other more easily. For example, take a walk outside in order to get away from the telephone or talk in your bedroom where the children will not interrupt.
- Communicate clearly and directly so your partner will have a greater opportunity to understand you.
- When you are speaking, focus on expressing your own feelings, not trying to guess what your partner is thinking.

Controlling negative thoughts

The way a person treats others usually reflects the kinds of thoughts he or she has about them. This pattern holds true for spouses, especially during times of conflict. When partners focus on each other's shortcomings and weaknesses, they often fall prey to having negative thoughts about each other. This negative thinking makes it more likely that they will treat each other unkindly.

Suppose a wife comes home from work at the end of a long, hard day in a bad mood. Her husband is in the kitchen making dinner and calls out, "How was your day?" Instead of responding to his question, the wife snaps at him for having left his coat and briefcase on the kitchen table. How might the husband react? If he is in the habit of thinking positively about his wife and giving

her the benefit of the doubt, he may think, "She must have had a really hard day." He might stop what he is doing and give his wife his full attention so he could try to find out what is really bothering her. However, if the husband takes offense at his wife's complaint and thinks, "Here I am, cooking dinner, and all she can do is criticize me," he will be more likely to respond negatively to his wife's complaint and further escalate the conflict.

Research supports these ideas about the power of one's thoughts. Relationships researchers have determined that stable relationships have more positive than negative interactions, while the opposite is true for unstable unions. Because negative interactions are often fueled by one's thoughts, negative thinking can have a significant impact upon a relationship. Therefore, because the substance of a person's thoughts is often a powerful determinant of his actions, it is very important for spouses to control the way they think about each other. Husbands and wives can do this during times of conflict by focusing on the troublesome issue instead of their partner's flaws. By keeping their feelings about the issue and their spouse separate, it is more likely that they will manage conflict better and have a healthier relationship.

Forgiveness

Because there will be hurt feelings and conflict from time to time in every relationships, it is very important that spouses forgive each other when arguments and disagreements occur. Forgiveness enables partners to stay emotionally connected and keep their relationships positive. If people want their relationships to grow and become stronger, they must be willing to forgive their spouses whenever necessary. When spouses do not forgive each other, remain bitter and hold grudges, they

often experience physical and emotional problems. Thus, forgiveness is important to the individual health of each partner as well as to the health of the relationship!

Problem solving

All couples will encounter problems in their relationships that will require problem solving skills. At these times, it is very important that the spouses work together as a team, instead of insisting on their point of view and working against each other. It is crucial to understand problems before attempting to solve them. Problem solving is a much smoother process when spouses have discussed the issue thoroughly and each partner feels understood. Surprisingly, research has shown that after a good discussion about a troublesome issue, most people are so satisfied that there is no need to come up with a solution to the problem. Usually, people just want the opportunity to express themselves and feel as if they have really been understood.

Of course, many problems still need to be resolved, even after open, productive discussion. Markman, Stanley and Blumberg, a team of prominent relationships researchers, have identified an effective process for solving problems.

- It helps to set a specific time to work on the problem so that partners can mentally and emotionally prepare. During the meeting, spouses should think of as many solutions to the problem as possible, ruling out nothing until all possible solutions have been presented.
- The next step is to choose the solution, or combination of solutions, that will best solve the problem. It is likely that

negotiation and compromise will be necessary at this step of the problem solving process.

- After testing the chosen solution for an agreed upon length of time, it is important for spouses to discuss the solution and whether the problem is being solved adequately. If not, adjustments should be made.

Not every issue that arises will require such an extensive problem solving process, but these steps can help couples solve their problems in a calm, controlled manner.

Changing oneself first It is common for husbands and wives to overlook their own weaknesses and focus instead on the faults of their spouse. In some relationships, one person feels that his or her partner is the cause of their marital problems and the only one who really needs to change in order for the relationship to improve. This may occasionally be true. However, in the vast majority of relationships, both partners make a contribution to the conflict and problems that arise.

It is crucial that spouses realize that the only person's behavior they can control is their own. In relationships, it is typical for partners to become annoyed or irritated with what they perceive to be their spouses' personal shortcomings, unusual habits and weaknesses. For example, a wife may feel upset because her husband arrives home from work late on a regular basis. Or, the husband may resent how his wife cuts him off in the middle of conversations. Frustration over shortcomings such as these often builds over time, motivating people to insist that their partners change. However, people usually end up discovering that their demands are not granted and their efforts to change their partners have failed.

Instead of trying to compel each other to change, it is more effective for partners to honestly assess themselves and think about what they can do to make the relationship better. Considering the contributions they make to disagreements and trying to overcome their own weaknesses will accomplish far more than dwelling on their spouse's faults. **When husbands and wives stop trying to change each other and instead shift their attention to improving their own behavior, they will likely be more content, even if their partner continues to do the things that they do not like**

When spouses choose to make changes in themselves first, regardless of what their partner does, they are often surprised to find that the overall quality of their relationship improves dramatically. In an ideal situation, of course, both spouses continually strive to improve themselves and overcome their weaknesses. However, one spouse is often more committed to self-improvement than the other, at least for a while. Nevertheless, even if the other person does not feel a need to change himself or herself, the relationships will likely improve through the efforts of the one trying to change.

Strengthening the marital relationship Although it is important for spouses to learn how to resolve differences, having a good relationships requires more than just being able to manage conflict effectively. What else is needed to create a strong and satisfying relationships? Recent research has shown that the most satisfied spouses have relationships based on good friendship. Nurturing the positive aspects of the marital relationship on a regular basis is also important. This final section will highlight ways in which husbands and wives can

strengthen their relationships, including being good friends, performing daily acts of kindness, sharing enjoyable times and creating family traditions.

Remain good friends Many people say that having a friendship with their spouse is an important goal of their relationships. Life usually becomes more complicated as relationships progresses. If a marital relationship is not built upon a solid foundation of friendship, it may become more difficult for partners to stay connected over time. It is also easy for spouses to become less polite and respectful to each other as time passes because they feel more comfortable with each other. However, spouses who remain good friends throughout life usually find much more enjoyment and satisfaction in their relationship.

There are many things spouses can do to keep their friendship alive.

- Set aside a specific time each day to talk and reconnect. In some relationships, spouses stop confiding in each other and stop having stimulating discussions, only to later discover that they do not know each other very well anymore. All people change over time, and partners need to continue to learn about each other's thoughts, feelings, and ideas.
- Another way to maintain friendship in relationships is to have weekly "dates." Dates allow spouses to spend time along together, which can be especially important if they have children. Partners can also build friendship by trying to avoid conflict during "couple times," making the time spent together more enjoyable and memorable.

How to be best friends

- Talk.
- Hold hands.
- Go for walks.
- Dance.
- Play games.
- Work on a mutual project together.
- Plan little surprises for each other.
- Laugh together.
- Compliment each other often.
- Create memories together.
- Leave unexpected notes of praise.
- Develop signals that say "I love you."
- Go on a date.
- Say "thank you" for little kindnesses.
- Talk about your dreams.
- Listen to music.
- Say "I love you."
- Remember birthdays and anniversaries.
- Have a candlelight dinner.
- Go for an evening or afternoon drive.

Adapted from Kansas State MU Extension Perform daily acts of kindness Another way for couples to strengthen their relationships is to express fondness and concern for each other on a daily basis. Showing kindness in little ways is important for several reasons. First, it enables spouses to increase their love for each other and become better friends. It also keeps little annoyances from being blown out of proportion, which helps the relationship stay strong. Daily acts of kindness can also promote

the growth of romance in the relationships. When many people think about romance, they envision going away for a weekend to celebrate their anniversary or receiving a dozen roses. Instances such as these are certainly romantic. However, John Gottman has found that true romance is best preserved when partners frequently respect and care for each other in ordinary ways.

There is an endless variety of little things spouses can do to show thoughtfulness to each other on a daily basis. A few examples include writing love notes or sending special e-mail messages, helping each other with a project and preparing a favorite breakfast. It is important that spouses do not take for granted the power of such actions. Performing small, simple acts of kindness regularly can have a dramatic impact upon the quality of one's relationships.

Share enjoyable times Most relationships start out with a lot of emphasis on dating and having fun together. After they get married, many spouses become busier and stop making special times a priority. However, **it is very important for partners to take the time to enjoy their relationship** Research has shown that the amount of fun time spouses spend together is a major factor in the happiness of their relationships. Sharing enjoyable times prevents people from getting bored with their relationships and helps rejuvenate them when they are very busy and preoccupied with other cares and concerns.

In order for spouses to increase the amount of enjoyment in their relationship, it is likely that they will have to deliberately plan leisure time into their schedules. Planning and scheduling goes a long way in ensuring that the activity will actually happen and not be shoved aside by a more pressing matter. Spouses can

have fun together in simple ways, such as going on picnics, taking walks, laughing together and having long talks. They can also plan more extensive times for pleasure, such as all-day outings or vacations. It does not matter what the activity is, as long as it allows both partners to relax and enjoy each other's company.

Create family traditions Observing family traditions and rituals is another way spouses can strengthen their relationships. Traditions and rituals serve many important functions in families. First, they enable husbands and wives to figure out what is important to them and their relationship. They also give meaning and predictability to relationships and families. Rituals help couples recharge themselves from the stresses of everyday life and increase the amount of intimacy in their relationships. A relationships that is marked by many traditions and rituals is often richer and more purposeful than those that are not.

There are many ways to incorporate traditions and rituals into the marital relationship.

- Having a private conversation at the end of each day is one common ritual observed by many spouses.
- Going on a weekly date is another typical relationships ritual. However, traditions and rituals can be less formal than these examples. In fact, many relationships include traditions and rituals of which the spouses may be unaware.
- Kissing each other goodbye each morning, talking on the phone during lunch and taking walks on a regular basis are all examples of less obvious rituals.

- Many spouses also have rituals connected to special days, such as Valentine's Day and wedding anniversaries.

These traditions enable them to reaffirm their love and devotion to one another. Whether traditions and rituals in relationships are simple or elaborate, they are important and give the relationship shared meaning and significance.

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Boundary Issues: Using Boundary Intelligence To Get the Intimacy You Want and the Independence You Need in Life, Love, And Work, by Jane Adams, PhD:

- **Define To Ourselves and Articulate To the Other What Our Own Boundary Style Is:**
- **Identify How That Affects Ours and the other person's perceptions of priorities made and boundaries drawn in context of the relationship.**

1. Awareness: Why? Have boundaries; why have defined or NOT defined them?
2. Insight: understand what are our own and others' impulses, desires, and decisions are and utilize knowledge to relieve internal and external conflict between us.
3. Intention: Why blurring of boundaries, lack of definition, how does the intention or lack of intention affect our relationship?: Develop strategy to resolve conflict: Need to compromise to share losses and future gains together for health of relationship
4. Action: Implement Course of Action

- *Man would identify by agreed on period if he is serious*
- *Based on that, he would cease dating activities or anything else that might give impression that she is not important.*
- *Activities Include:*
- *Man would see women on an as-needed business basis in any setting that is prudent and does not violate the relationships.*
- *In event that business requires one-on-one meetings to be held in traditional office during normal business hours.*

How this policy applies to meeting strangers in public or service

providers: financial planners, real estate, friends? Employees that you would inevitably hire and inadvertently develop a crush on you

- *Being civil and friendly is the norm.*
- *Differentiate business prospects from flirtations; If you like public flirtations, you're not ready for a truly serious relationship in my opinion.*
- *If they ask you personal questions, inquire about their boyfriend or husband, tell them you have a serious girlfriend and are happy, even if I made you miserable that day.*
- *Steer conversation away from personal chatter.*

How Does This Policy Apply To Women He Already Knows?

- *Communications With women, if he is serious would be business related only.*
- *Sexual suggestively or flirtatious communications, phone calls, conversations, jokes, or e-mail are out of bounds to either receive or to send.*
- *If he has been the object of this behavior by an acquaintance and they have no significant business production, he would cut them out of his social circle.*
- *He should not be in proximity of a woman whereas she would be able and close enough to touch him in a suggestive manner. (Physical Boundary)*

- *He should not be in any conversation either in the phone or in person to a point that he can be propositioned (or boundaries have not been set either with the person or in the conversation).*

Pre-Nuptial Terms If the idea of bringing up a prenup seems uncomfortable...you are not alone. Many people carry preconceived notions (and baggage) about prenups (prenuptial agreements also known as premarital agreements). However, more and more couples are using the prenup process to stimulate important conversations about how they define and safeguard their marital union (lifestyle, roles, financial responsibility). While prenups have received a lot of public and media attention lately, many people still don't understand their value. Not convinced yet? Read on.

Why?

Bringing up the subject of a prenuptial agreement can be a great way to learn more about your expectations, dreams and hopes. By starting down this communication path now, you are well on your way to creating a mutually fulfilling partnership. Whether you have high assets or are just starting out, have children or don't, there are dozens of reasons a prenup is beneficial to you and your spouse. Here are just a few:

- To determine how you and your spouse define equality in your partnership
- To establish the value of non-monetary contributions to a relationships, such as being a stay at home spouse and

career sacrifices

- To cover your pre-relationships nest egg (such as your home, pension plan, stock portfolio, or property with emotional value)
- To protect gifts and inheritances you receive
- To ensure that in the event of death or divorce, you will avoid difficult disputes over property (such as family businesses, stock options, professional degrees, licenses and practices, pension plans, and copyrights)
- To ensure that children from a prior relationships receive their intended inheritance
- To allocate any pre-relationships ownership/partnership in a business
- To protect yourself from your partners' pre-relationships debt, ie credit card debt or prior loans

When?

Sliding a prenup across the dinner table a week before the wedding is not the appropriate time to bring up this important conversation! Conversations about concerns, expectations, and responsibilities are best had early in the relationship. As your relationship gets more serious, your conversations should get more detailed and specific.

Where?

Where do you normally discuss topics important to your partnership, such as life goals, finances or family? Find or create a calm, neutral spot where you will both feel open, at ease and unpressured. Whether it's your living room sofa, an afternoon walk or a quiet dinner, you'll want to create an environment

where both of you are most comfortable- mentally and physically.

How?

You've gone through the why, when, and where, now here's the "how". Even when couples understand the reasons for these relationships contracts, many aren't sure just how to initiate the discussion. Take a look at these suggestions to get you started on the "HOW".

- Openly, honestly, directly
- State your specific concerns
- Present an idea to be implemented by the two of you over time
- Invite discussion about any underlying issues that arise
- Work out your issues collaboratively

Conversation starters:

"I believe that relationships is a fifty-fifty proposition, and I'm concerned about giving up my job to become a full-time stay at home spouse. Can we establish a principle of 50-50 sharing at the outset?"

"Let's talk about our future, what we both want, our lifestyles, our present and future finances. I want to make sure all our money issues are addressed and resolved in an agreement. Then we won't have them hanging over us when we get married."

"One thing I have to consider before I get married is my parents'

business. I need to be confident that the business will remain in the family in the event the unthinkable occurs."

There's HELP!

Need more help bringing the topic of a prenup up and having the conversation? This guide will help anyone who is looking to effectively build a strong and honest long-term relationship.

Prenup No-no's

- Springing a prenup upon your intended
- Presenting the idea of a prenup as a fait accompli
- Suggesting a prenup at the last moment
- Being overbearing or heavy handed

REMEMBER: Don't let a prenup fall to the bottom of your "To Do" list. The discussions you have revolving around the prenup are conversations you **WILL** have once you are married. Getting to know your partner's position on these important aspects **early** can help head-off more difficult discussions during the relationships. If you can't talk about touchy issues, it doesn't bode well for the relationships.

We agree to sign a prenuptial agreement

The terms will be:

Notice: This free prenuptial agreement form is provided for general informational purposes. Before you utilize any legal form you find on the Internet, you should have it reviewed by a lawyer in your jurisdiction to be sure that it meets your legal needs, and will be held valid by a court in the jurisdiction where you reside. For best results, both parties to a prenuptial agreement should be represented by counsel of their choice, the agreement should be custom-drafted to their specific circumstances and the law of the jurisdiction in which they reside, and the prenuptial agreement should be executed at least a month before the wedding date.

Prenuptial Agreement This pre-marital agreement is made on this ___ day of _____, 200__, between _____ and _____ .

Whereas the parties intend to marry under the laws of the State of _____, and wish to set forth in advance of their relationships the rights and privileges that each will have in the property of the other in the event of death, divorce, or other circumstance which results in the termination of their relationships;

Whereas the parties have made to each other a full and complete disclosure of their assets, as set forth in Exhibits 1 and 2 to this agreement;

Whereas both parties have been represented by independent counsel of their own choosing, and whereas both parties have

received a full and complete explanation of their legal rights, the consequences of entering into this pre-marital agreement, and the rights they would possess were it not for their voluntary entry into this agreement; and

Whereas both parties acknowledge that they have read and understand this agreement, have not been subjected to any form of coercion, duress, or pressure, and believe this agreement to be fair and to represent their intentions with regard to their assets and to any estate that shall result from their relationships;

The parties hereby agree as follows:

1. Each party shall separately retain all of his or her rights in his or her separate property, as enumerated in Exhibits 1 and 2 to this agreement, free and clear of any claim of the other party, without regard to any time or effort invested during the course of the relationships in the maintenance, management, or improvement of that separate property.
2. At all times, the parties shall enjoy the full right and authority with regard to their separate property as each would have had if not married, including but not limited to the right and authority to use, sell, enjoy, manage, gift and convey the separate property. Both parties agree to execute any documentation necessary to permit the other to exercise these rights, provided the act of executing the documentation does not impose upon them any legal or financial responsibility for the separate property of the other.

3. The parties agree that each shall be responsible for any tax obligations associated with their separate property.
4. The parties agree that neither shall contest the validity or provisions of any will, account, trust agreement, or other instrument executed by the other which disposes of his or her separate property or which creates any interest therein in another. To the extent that such an action would create any right or interest in the separate property of the other, both parties hereby waive any right in the property of the other, whether created by statute or common law, including but not limited to any right to elect against the will of the other, or to take an intestate share of the other's property. The wife hereby waives any dower interest in the husband's separate property, and the husband hereby waives any curtesy interest in the wife's separate property.
5. In the event of separation or divorce, the parties shall have no right against each other for division of property existing of this date.
6. Both parties acknowledge that they possess sufficient education and job skills to adequately provide for their own support, and hereby waive any claim to spousal support (alimony) except in the event that:
 1. One of the parties suffers medical disability and the other remains both employed and physically able, in which case the disabled party may receive reasonable spousal support consistent with state law until such time as the disability is resolved, or the other spouse retires or becomes disabled from working, either by agreement or by judicial determination;
 2. The parties mutually agree that one of the parties shall reduce his or her work hours, or shall refrain from working, in order to care for any children born during

the course of the relationships, in which case, if the parent's employability is affected by this full or partial withdrawal from employment, that parent may receive reasonable remedial spousal support consistent with state law for a period of not more than two years, either by agreement or judicial determination.

7. In the event of separation or divorce, marital property acquired after relationships shall remain subject to division, either by agreement or by judicial determination.
8. This agreement shall be binding and inure to the benefit of the parties, their successors, assigns, and legal representatives.
9. Without regard to the location of any property affected by this agreement, this agreement shall be interpreted and enforced under the laws of the state of _____. In the event that any portion of this agreement shall be held invalid or unenforceable, it is the intent of the parties that all provisions of this agreement be regarded as separable, and that all remaining provisions remain in full force and effect. It is further the desire of the parties that all provisions of this agreement be considered as evidence of their intentions by any court, arbitrator, mediator, or other authority which seeks to divide their estate, and that their intentions be respected whatever the legal status of this agreement or any of its terms.
10. This Agreement and the exhibits attached hereto contain the entire agreement of the parties. This Agreement may only be amended by a written document duly executed by both parties.

Signed this _____ day of _____, 20__

Fiance

Fiancée

Signed in the presence of:

Witness

Witness

[Note- Each witness should sign separately. You may wish to execute the agreement before a notary public.]

Post-Marital Endorsement The parties, having entered into this prenuptial agreement in advance of their wedding, which was held on the ___ day of _____, 200__, hereby reaffirm that they entered into this agreement voluntarily, free from coercion, duress, or pressure, with the benefit of the advice of independent counsel of their own choosing, and continue to believe this agreement to be fair and to represent their intentions with regard to their assets and to any estate that shall result from their relationships.

Signed this _____ day of _____, 20__

Husband

Wife

Signed in the presence of:

Ladies: Don't be this person:

<http://MillValleyConfidential.weebly.com>

Men: Don't be this person: <http://www.datingtrek.com/stop-attracting-jerks.php>

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Teen Dating

Urgent Message to young girls from a Mom:

Women have chemicals in their brains that release after sex (one is called oxytocin), that makes them manically possessive about the person they just had the sex with. Men have no such chemical and men will be off sleeping with your best friend, right after having sex with you, without thinking twice about it.

Women have another set of chemicals in their brain that force them to want babies at puberty in order to make more humans for breeding. These baby-desire chemicals blind many girls to the fact that they will lose 25 years of their lives by getting pregnant.

Think of all of the 40 year old divorcees you always see going on about "why the hell did I do that?" They all realize that they got:

- Two decades of fighting with little people who don't want to do a single thing you say.
- No sleep for 1/4 of their life.
- Lack of income because bosses don't hire women with babies.
- Being poor because of the no job and the expensive medical bills.
- Never being on-time for anything because kids don't follow schedules.
- The inability to go out because guys don't date girls with kids and you have to stay home and watch the kid all the time.
- All your good property destroyed because kids just don't care about objects.
- Posting horrible things about you on their Facebook page.
- If you are having a baby as an income-source, The amount of money you think you will get from Alimony or State child support is now not enough to pay for all of the other losses.

This is only part of the list. There are hundreds of other things that haunted teen mom's forever over a trick of Mother Nature. She's kind of a bitch sometimes, gals.

Babies may look cute in the TV commercials but the reality is far different. Don't take my word for it, risk a large part of your life and try it yourself, or not.

Drinking will make you have sex. If you drink on a date in your teens, your body will not yet know how to handle the drugs in alcohol and you will do things you do not realize you are doing. Be very careful.

Until humans reach the age of 25, their brains are incapable of complete reasoning. The front of the brain has not fully formed yet. That is why insurance companies do everything they can to keep kids out of cars. That is why teens will suddenly have sex without thinking about the consequences. Part of this is the human species trying to get the species to make babies as fast as possible in order to continue humankind. Notice, in later years, the whole sex drive/must-have-a-baby thing goes away. Here is a great article about the science of this:

National Geographic: [Beautiful Brains](#)

Moody. Impulsive. Maddening. Why do teenagers act the way they do? Viewed through the eyes of evolution, their most exasperating traits may be the key to success as adults.

By David Dobbs

Although you know your teenager takes some chances, it can be a shock to hear about them.

One fine May morning not long ago my oldest son, 17 at the time, phoned to tell me that he had just spent a couple hours at the state police barracks. Apparently he had been driving "a little fast." What, I asked, was "a little fast"? Turns out this product of my genes and loving care, the boy-man I had swaddled, coddled, cooed at, and then pushed and pulled to the brink of manhood, had been flying down the highway at 113 miles an hour.

"That's more than a little fast," I said.

He agreed. In fact, he sounded somber and contrite. He did not object when I told him he'd have to pay the fines and probably for a lawyer. He did not argue when I pointed out that if anything happens at that speed—a dog in the road, a blown tire, a sneeze—he dies. He was in fact almost irritatingly reasonable. He even proffered that the cop did the right thing in stopping him, for, as he put it, "We can't all go around doing 113."

He did, however, object to one thing. He didn't like it that one of the several citations he received was for reckless driving.

"Well," I huffed, sensing an opportunity to finally yell at him, "what would you call it?"

"It's just not accurate," he said calmly. "'Reckless' sounds like you're not paying attention. But I was. I made a deliberate point

of doing this on an empty stretch of dry interstate, in broad daylight, with good sight lines and no traffic. I mean, I wasn't just gunning the thing. I was driving.

"I guess that's what I want you to know. If it makes you feel any better, I was really focused."

Actually, it did make me feel better. That bothered me, for I didn't understand why. Now I do.

My son's high-speed adventure raised the question long asked by people who have pondered the class of humans we call teenagers: What on Earth was he doing? Parents often phrase this question more colorfully. Scientists put it more coolly. They ask, What can explain this behavior? But even that is just another way of wondering, What is wrong with these kids? Why do they act this way? The question passes judgment even as it inquires.

Through the ages, most answers have cited dark forces that uniquely affect the teen. Aristotle concluded more than 2,300 years ago that "the young are heated by Nature as drunken men by wine." A shepherd in William Shakespeare's *The Winter's Tale* wishes "there were no age between ten and three-and-twenty, or that youth would sleep out the rest; for there is nothing in the between but getting wenches with child, wronging the ancientry, stealing, fighting." His lament colors most modern scientific inquiries as well. G. Stanley Hall, who formalized adolescent studies with his 1904 *Adolescence: Its Psychology and Its Relations to Physiology, Anthropology, Sociology, Sex, Crime, Religion and Education*, believed this period of "storm and stress" replicated earlier, less civilized stages of human development. Freud saw adolescence as an expression of

torturous psychosexual conflict; Erik Erikson, as the most tumultuous of life's several identity crises. Adolescence: always a problem.

Such thinking carried into the late 20th century, when researchers developed brain-imaging technology that enabled them to see the teen brain in enough detail to track both its physical development and its patterns of activity. These imaging tools offered a new way to ask the same question—What's wrong with these kids?—and revealed an answer that surprised almost everyone. Our brains, it turned out, take much longer to develop than we had thought. This revelation suggested both a simplistic, unflattering explanation for teens' maddening behavior—and a more complex, affirmative explanation as well.

The first full series of scans of the developing adolescent brain—a National Institutes of Health (NIH) project that studied over a hundred young people as they grew up during the 1990s—showed that our brains undergo a massive reorganization between our 12th and 25th years. The brain doesn't actually grow very much during this period. It has already reached 90 percent of its full size by the time a person is six, and a thickening skull accounts for most head growth afterward. But as we move through adolescence, the brain undergoes extensive remodeling, resembling a network and wiring upgrade.

For starters, the brain's axons—the long nerve fibers that neurons use to send signals to other neurons—become gradually more insulated with a fatty substance called myelin (the brain's white matter), eventually boosting the axons' transmission speed up to a hundred times. Meanwhile, dendrites, the branchlike extensions that neurons use to receive

signals from nearby axons, grow twiggy, and the most heavily used synapses—the little chemical junctures across which axons and dendrites pass notes—grow richer and stronger. At the same time, synapses that see little use begin to wither. This synaptic pruning, as it is called, causes the brain's cortex—the outer layer of gray matter where we do much of our conscious and complicated thinking—to become thinner but more efficient. Taken together, these changes make the entire brain a much faster and more sophisticated organ.

This process of maturation, once thought to be largely finished by elementary school, continues throughout adolescence. Imaging work done since the 1990s shows that these physical changes move in a slow wave from the brain's rear to its front, from areas close to the brain stem that look after older and more behaviorally basic functions, such as vision, movement, and fundamental processing, to the evolutionarily newer and more complicated thinking areas up front. The corpus callosum, which connects the brain's left and right hemispheres and carries traffic essential to many advanced brain functions, steadily thickens. Stronger links also develop between the hippocampus, a sort of memory directory, and frontal areas that set goals and weigh different agendas; as a result, we get better at integrating memory and experience into our decisions. At the same time, the frontal areas develop greater speed and richer connections, allowing us to generate and weigh far more variables and agendas than before.

When this development proceeds normally, we get better at balancing impulse, desire, goals, self-interest, rules, ethics, and even altruism, generating behavior that is more complex and, sometimes at least, more sensible. But at times, and especially at

first, the brain does this work clumsily. It's hard to get all those new cogs to mesh.

Beatriz Luna, a University of Pittsburgh professor of psychiatry who uses neuroimaging to study the teen brain, used a simple test that illustrates this learning curve. Luna scanned the brains of children, teens, and twentysomethings while they performed an antisaccade task, a sort of eyes-only video game where you have to stop yourself from looking at a suddenly appearing light. You view a screen on which the red crosshairs at the center occasionally disappear just as a light flickers elsewhere on the screen. Your instructions are to not look at the light and instead to look in the opposite direction. A sensor detects any eye movement. It's a tough assignment, since flickering lights naturally draw our attention. To succeed, you must override both a normal impulse to attend to new information and curiosity about something forbidden. Brain geeks call this response inhibition.

Ten-year-olds stink at it, failing about 45 percent of the time. Teens do much better. In fact, by age 15 they can score as well as adults if they're motivated, resisting temptation about 70 to 80 percent of the time. What Luna found most interesting, however, was not those scores. It was the brain scans she took while people took the test. Compared with adults, teens tended to make less use of brain regions that monitor performance, spot errors, plan, and stay focused—areas the adults seemed to bring online automatically. This let the adults use a variety of brain resources and better resist temptation, while the teens used those areas less often and more readily gave in to the impulse to look at the flickering light—just as they're more likely to look away from the road to read a text message.

If offered an extra reward, however, teens showed they could push those executive regions to work harder, improving their scores. And by age 20, their brains respond to this task much as the adults' do. Luna suspects the improvement comes as richer networks and faster connections make the executive region more effective.

These studies help explain why teens behave with such vexing inconsistency: beguiling at breakfast, disgusting at dinner; masterful on Monday, sleepwalking on Saturday. Along with lacking experience generally, they're still learning to use their brain's new networks. Stress, fatigue, or challenges can cause a misfire. Abigail Baird, a Vassar psychologist who studies teens, calls this neural gawkiness—an equivalent to the physical awkwardness teens sometimes display while mastering their growing bodies.

The slow and uneven developmental arc revealed by these imaging studies offers an alluringly pithy explanation for why teens may do stupid things like drive at 113 miles an hour, aggrieve their ancients, and get people (or get gotten) with child: They act that way because their brains aren't done! You can see it right there in the scans!

This view, as titles from the explosion of scientific papers and popular articles about the "teen brain" put it, presents adolescents as "works in progress" whose "immature brains" lead some to question whether they are in a state "akin to mental retardation."

The story you're reading right now, however, tells a different

scientific tale about the teen brain. Over the past five years or so, even as the work-in-progress story spread into our culture, the discipline of adolescent brain studies learned to do some more-complex thinking of its own. A few researchers began to view recent brain and genetic findings in a brighter, more flattering light, one distinctly colored by evolutionary theory. The resulting account of the adolescent brain—call it the adaptive-adolescent story—casts the teen less as a rough draft than as an exquisitely sensitive, highly adaptable creature wired almost perfectly for the job of moving from the safety of home into the complicated world outside.

This view will likely sit better with teens. More important, it sits better with biology's most fundamental principle, that of natural selection. Selection is hell on dysfunctional traits. If adolescence is essentially a collection of them—angst, idiocy, and haste; impulsiveness, selfishness, and reckless bumbling—then how did those traits survive selection? They couldn't—not if they were the period's most fundamental or consequential features.

The answer is that those troublesome traits don't really characterize adolescence; they're just what we notice most because they annoy us or put our children in danger. As B. J. Casey, a neuroscientist at Weill Cornell Medical College who has spent nearly a decade applying brain and genetic studies to our understanding of adolescence, puts it, "We're so used to seeing adolescence as a problem. But the more we learn about what really makes this period unique, the more adolescence starts to seem like a highly functional, even adaptive period. It's exactly what you'd need to do the things you have to do then."

To see past the distracting, dopey teenager and glimpse the

adaptive adolescent within, we should look not at specific, sometimes startling, behaviors, such as skateboarding down stairways or dating fast company, but at the broader traits that underlie those acts.

Let's start with the teen's love of the thrill. We all like new and exciting things, but we never value them more highly than we do during adolescence. Here we hit a high in what behavioral scientists call sensation seeking: the hunt for the neural buzz, the jolt of the unusual or unexpected.

Seeking sensation isn't necessarily impulsive. You might plan a sensation-seeking experience—a skydive or a fast drive—quite deliberately, as my son did. Impulsivity generally drops throughout life, starting at about age 10, but this love of the thrill peaks at around age 15. And although sensation seeking can lead to dangerous behaviors, it can also generate positive ones: The urge to meet more people, for instance, can create a wider circle of friends, which generally makes us healthier, happier, safer, and more successful.

This upside probably explains why an openness to the new, though it can sometimes kill the cat, remains a highlight of adolescent development. A love of novelty leads directly to useful experience. More broadly, the hunt for sensation provides the inspiration needed to "get you out of the house" and into new terrain, as Jay Giedd, a pioneering researcher in teen brain development at NIH, puts it.

Also peaking during adolescence (and perhaps aggrieving the ancients the most) is risk-taking. We court risk more avidly as teens than at any other time. This shows reliably in the lab,

where teens take more chances in controlled experiments involving everything from card games to simulated driving. And it shows in real life, where the period from roughly 15 to 25 brings peaks in all sorts of risky ventures and ugly outcomes. This age group dies of accidents of almost every sort (other than work accidents) at high rates. Most long-term drug or alcohol abuse starts during adolescence, and even people who later drink responsibly often drink too much as teens. Especially in cultures where teenage driving is common, this takes a gory toll: In the U.S., one in three teen deaths is from car crashes, many involving alcohol.

Are these kids just being stupid? That's the conventional explanation: They're not thinking, or by the work-in-progress model, their puny developing brains fail them.

Yet these explanations don't hold up. As Laurence Steinberg, a developmental psychologist specializing in adolescence at Temple University, points out, even 14- to 17-year-olds—the biggest risk takers—use the same basic cognitive strategies that adults do, and they usually reason their way through problems just as well as adults. Contrary to popular belief, they also fully recognize they're mortal. And, like adults, says Steinberg, "teens actually overestimate risk."

So if teens think as well as adults do and recognize risk just as well, why do they take more chances? Here, as elsewhere, the problem lies less in what teens lack compared with adults than in what they have more of. Teens take more risks not because they don't understand the dangers but because they weigh risk versus reward differently: In situations where risk can get them something they want, they value the reward more heavily than

adults do.

A video game Steinberg uses draws this out nicely. In the game, you try to drive across town in as little time as possible. Along the way you encounter several traffic lights. As in real life, the traffic lights sometimes turn from green to yellow as you approach them, forcing a quick go-or-stop decision. You save time—and score more points—if you drive through before the light turns red. But if you try to drive through the red and don't beat it, you lose even more time than you would have if you had stopped for it. Thus the game rewards you for taking a certain amount of risk but punishes you for taking too much.

When teens drive the course alone, in what Steinberg calls the emotionally "cool" situation of an empty room, they take risks at about the same rates that adults do. Add stakes that the teen cares about, however, and the situation changes. In this case Steinberg added friends: When he brought a teen's friends into the room to watch, the teen would take twice as many risks, trying to gun it through lights he'd stopped for before. The adults, meanwhile, drove no differently with a friend watching.

To Steinberg, this shows clearly that risk-taking rises not from puny thinking but from a higher regard for reward.

"They didn't take more chances because they suddenly downgraded the risk," says Steinberg. "They did so because they gave more weight to the payoff."

Researchers such as Steinberg and Casey believe this risk-friendly weighing of cost versus reward has been selected for because, over the course of human evolution, the willingness to

take risks during this period of life has granted an adaptive edge. Succeeding often requires moving out of the home and into less secure situations. "The more you seek novelty and take risks," says Baird, "the better you do." This responsiveness to reward thus works like the desire for new sensation: It gets you out of the house and into new turf.

As Steinberg's driving game suggests, teens respond strongly to social rewards. Physiology and evolutionary theory alike offer explanations for this tendency. Physiologically, adolescence brings a peak in the brain's sensitivity to dopamine, a neurotransmitter that appears to prime and fire reward circuits and aids in learning patterns and making decisions. This helps explain the teen's quickness of learning and extraordinary receptivity to reward—and his keen, sometimes melodramatic reaction to success as well as defeat.

The teen brain is similarly attuned to oxytocin, another neural hormone, which (among other things) makes social connections in particular more rewarding. The neural networks and dynamics associated with general reward and social interactions overlap heavily. Engage one, and you often engage the other. Engage them during adolescence, and you light a fire.

This helps explain another trait that marks adolescence: Teens prefer the company of those their own age more than ever before or after. At one level, this passion for same-age peers merely expresses in the social realm the teen's general attraction to novelty: Teens offer teens far more novelty than familiar old family does.

Yet teens gravitate toward peers for another, more powerful

reason: to invest in the future rather than the past. We enter a world made by our parents. But we will live most of our lives, and prosper (or not) in a world run and remade by our peers. Knowing, understanding, and building relationships with them bears critically on success. Socially savvy rats or monkeys, for instance, generally get the best nesting areas or territories, the most food and water, more allies, and more sex with better and fitter mates. And no species is more intricately and deeply social than humans are.

This supremely human characteristic makes peer relations not a sideshow but the main show. Some brain-scan studies, in fact, suggest that our brains react to peer exclusion much as they respond to threats to physical health or food supply. At a neural level, in other words, we perceive social rejection as a threat to existence. Knowing this might make it easier to abide the hysteria of a 13-year-old deceived by a friend or the gloom of a 15-year-old not invited to a party. These people! we lament. They react to social ups and downs as if their fates depended upon them! They're right. They do.

Excitement, novelty, risk, the company of peers. These traits may seem to add up to nothing more than doing foolish new stuff with friends. Look deeper, however, and you see that these traits that define adolescence make us more adaptive, both as individuals and as a species. That's doubtless why these traits, broadly defined, seem to show themselves in virtually all human cultures, modern or tribal. They may concentrate and express themselves more starkly in modern Western cultures, in which teens spend so much time with each other. But anthropologists have found that virtually all the world's cultures recognize adolescence as a distinct period in which adolescents prefer

novelty, excitement, and peers. This near-universal recognition sinks the notion that it's a cultural construct.

Culture clearly shapes adolescence. It influences its expression and possibly its length. It can magnify its manifestations. Yet culture does not create adolescence. The period's uniqueness rises from genes and developmental processes that have been selected for over thousands of generations because they play an amplified role during this key transitional period: producing a creature optimally primed to leave a safe home and move into unfamiliar territory.

The move outward from home is the most difficult thing that humans do, as well as the most critical—not just for individuals but for a species that has shown an unmatched ability to master challenging new environments. In scientific terms, teenagers can be a pain in the ass. But they are quite possibly the most fully, crucially adaptive human beings around. Without them, humanity might not have so readily spread across the globe.

This adaptive-adolescence view, however accurate, can be tricky to come to terms with—the more so for parents dealing with teens in their most trying, contrary, or flat-out scary moments. It's reassuring to recast worrisome aspects as signs of an organism learning how to negotiate its surroundings. But natural selection swings a sharp edge, and the teen's sloppier moments can bring unbearable consequences. We may not run the risk of being killed in ritualistic battles or being eaten by leopards, but drugs, drinking, driving, and crime take a mighty toll. My son lives, and thrives, sans car, at college. Some of his high school friends, however, died during their driving experiments. Our children wield their adaptive plasticity amid

small but horrific risks.

We parents, of course, often stumble too, as we try to walk the blurry line between helping and hindering our kids as they adapt to adulthood. The United States spends about a billion dollars a year on programs to counsel adolescents on violence, gangs, suicide, sex, substance abuse, and other potential pitfalls. Few of them work.

Yet we can and do help. We can ward off some of the world's worst hazards and nudge adolescents toward appropriate responses to the rest. Studies show that when parents engage and guide their teens with a light but steady hand, staying connected but allowing independence, their kids generally do much better in life. Adolescents want to learn primarily, but not entirely, from their friends. At some level and at some times (and it's the parent's job to spot when), the teen recognizes that the parent can offer certain kernels of wisdom—knowledge valued not because it comes from parental authority but because it comes from the parent's own struggles to learn how the world turns. The teen rightly perceives that she must understand not just her parents' world but also the one she is entering. Yet if allowed to, she can appreciate that her parents once faced the same problems and may remember a few things worth knowing.

Meanwhile, in times of doubt, take inspiration in one last distinction of the teen brain—a final key to both its clumsiness and its remarkable adaptability. This is the prolonged plasticity of those late-developing frontal areas as they slowly mature. As noted earlier, these areas are the last to lay down the fatty myelin insulation—the brain's white matter—that speeds transmission. And at first glance this seems like bad news: If we

need these areas for the complex task of entering the world, why aren't they running at full speed when the challenges are most daunting?

The answer is that speed comes at the price of flexibility. While a myelin coating greatly accelerates an axon's bandwidth, it also inhibits the growth of new branches from the axon. According to Douglas Fields, an NIH neuroscientist who has spent years studying myelin, "This makes the period when a brain area lays down myelin a sort of crucial period of learning—the wiring is getting upgraded, but once that's done, it's harder to change."

The window in which experience can best rewire those connections is highly specific to each brain area. Thus the brain's language centers acquire their insulation most heavily in the first 13 years, when a child is learning language. The completed insulation consolidates those gains—but makes further gains, such as second languages, far harder to come by.

So it is with the forebrain's myelination during the late teens and early 20s. This delayed completion—a withholding of readiness—heightens flexibility just as we confront and enter the world that we will face as adults.

This long, slow, back-to-front developmental wave, completed only in the mid-20s, appears to be a uniquely human adaptation. It may be one of our most consequential. It can seem a bit crazy that we humans don't wise up a bit earlier in life. But if we smartened up sooner, we'd end up dumber.

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Online Dating Math

Men respond to 100% of the contacts from women online, yet women only respond to 3% of the guys. This leaves men with no choice but to use partial cut and paste because they would otherwise have to spend 50 hours a week composing personal messages that nobody ever looked at or that never did them any

good. So: Men DO cut-and-paste. Women don't answer most of the emails from men. So women should not yell at men if they think they cut and pasted the first contact email and men should not get mad if every person they write to does not respond to them. Men must put out a huge number of inquiries in order to even get even a small number of responses.

Most people would find it amazing that when someone offers their heart, extends their emotions and makes themselves vulnerable by letting another person know of their interest, even if part or all of the computer message is pasted, that there are people out there who would emotionally abuse them by attacking them in their first response email. You are using a computer to exchange notices of interest with strangers. Forget about whether or not the first notification email was cut-and-paste or not. It is only an issue after you have met in person.

It is a numbers game if you use a computer because that is how the computer thinks. You have to meet 1000 people to find the "perfect" marital partner (60 to 70% of marriages end in divorce now) and 100 people to find the "perfect" girlfriend or boyfriend.

There 200,000 single women and 200,000 single men in any major city. Only 10 are right for each person. How do you find those
10?

You are using a COMPUTER to get sex or love or both. This is a database system that is running numbers so you can meet in person ASAP. Until you meet you are just interacting with a computer. Of course you will naturally respond: "But I am not a

number”..

but to the computer you are ; because that is the way it works. You have to get off the computer and “In person” as fast as possible because the conflict between the computer interface and human contact begins the degradation of the process the second you both are connected.

It only gets worse as soon as you both exchange your first email. “Go live”, get out into the "real world" as that is the only key to success.

“Its a numbers game. 50% of the people won't be attracted to you but you may be attracted to all or most of them so that can be heartbreaking, 50% of the people will be attracted to you but you will only be attracted to 25% of them, of the 25% you are attracted to, one of you will have an issue about sex, money, politics or entertainment choices which will cause one to terminate, of the final few, if you met them on the internet, they are forced to date so many people because of the sudden volume of introductions that they may not pay attention to, or appreciate you, so you have to meet them soon because most people select their partner within a week.”

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Ladies: Don't be this person:

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All these studies:



A list that some people use for "husband qualification."

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The Jeffries Article

[Stuart Jeffries](#)

Is Online dating destroying love? Online dating is now one of the most common ways to start a relationship. But is it fulfilling our dreams – or shattering our cherished ideal of romance?

Online dating: offers the dream of true love but, for many, casual sex is the aim. Photograph: Alamy 'I'm telling you, this is Love Year Zero, the Year of True Love, the Real Thing.' So writes cinderella69 (AKA Jennifer – she was born in 1969) in her blog about her [online dating](#) experiences. "You couldn't do this until now. You went on waiting and waiting for your Prince, and you still had a long wait ahead of you, because he didn't know you were waiting, poor thing. Now you're on the net, and everyone knows it. It can't fail to work. All you have to do is look."

She's right. Last millennium 72% of us met our partners at school or university, at work or in networks of family or friends. The other 28%, presumably, met the loves of their lives by tripping over them as they lay in their own filth outside a Black Country pub. Or such were mating rites in my day. The [internet](#) is revolutionary because it renders it easy for us to make contact with people we don't know and, better yet, those who don't necessarily live within the Dudley travel-to-work area/look like trolls/cite assembling Airfix models as their favourite hobby even though they're 43, etc.

According to [a new survey by psychologists at the University of Rochester in the US](#), online [dating](#) is the second most common way of starting a relationship – after meeting through friends. It has become popular in part, says one of the report's authors, Professor Harry Reis, because other methods are widely thought of as grossly inefficient. "The internet holds great promise for helping adults form healthy and supportive romantic partnerships, and those [relationships](#) are one of the best predictors of emotional and physical health," he says.

The Guardian, for example, has had its own and very successful online dating site, [Soulmates](#), since 2004 – more than 650,000 have registered. It can put you in touch with Guardian readers – true, that may be some people's worst nightmare, but it does mean you won't get propositioned online by someone whose leisure activities are attending English Defence League demos and you won't have to explain on a date that Marcel Proust wasn't an F1 racing driver.

Online dating offers the dream of removing the historic obstacles to true love (time, space, your dad sitting on the porch with a shotgun across his lap and an expression that says no boy is good enough for my girl). And online dating sites, which in the US are growing at 70% a year, surely make it easier than ever to meet the Prince Charming or the Fairytale Princess of your, frankly, infantile dreams. At least that's what cinderella69 believes.

But she's also wrong: it often fails to work – not least because elsewhere in cyberspace there are people like Nick, who aren't looking for love from online dating sites, but for sexual encounters as perishable and substitutable as yoghurt. In his sex blog, Nick works out that he got 77.7% of the women he has met through online dating sites into bed on the first night, and that 55% of his dates were "one-offs", three were "frigid", two were "not too great", eight "hot" and two "atomic". I know, I know: who'd have thought atomic sex was desirable rather than a trip to A&E waiting to happen? Thanks to the internet, such spreadsheets of love have replaced notches on the bedpost and can be displayed

hubristically online.

But there's another problem for the lie-dream of online romantic fulfilment: in the hypermarket of desire, as in a large Tesco's breakfast cereal aisle, it's almost impossible to choose.

"When you look at their profiles, they're all the same," wails channelchris in her blog. "Charming, sporty, generous, funny, 'no mind games', good-looking, sensual ... They practically guarantee you'll be on cloud nine."

When everyone is presenting themselves as practically perfect in every way, then you're bound to worry you've signed up for a libido-frustrating yawnathon.

The foregoing sex bloggers are quoted by Sorbonne sociologist Jean-Claude Kaufmann in his new book [Love Online](#), in which he reflects on what has happened to romantic relationships since the millennium. The landscape of dating has changed completely, he argues. We used to have *yentas* or parents to help us get married; now we have to fend for ourselves. We have more freedom and autonomy in our romantic lives than ever and some of us have used that liberty to change the goals: monogamy and marriage are no longer the aims for many of us; sex, reconfigured as a harmless leisure activity involving the maximising of pleasure and the minimising of the hassle of commitment, often is. Online dating sites have accelerated these changes, heightening the hopes for and deepening the pitfalls of sex and love.

"I've been researching love and coupledness for 30 years and now the internet has brusquely changed the rules of dating," Kaufmann tells me. "Love isn't an eternal given – it evolves with societies. And people want to know how it functions now. It's urgent to analyse it."

Kaufmann isn't the only intellectual analysing the new landscape of love. Behavioural economist [Dan Ariely](#) is researching online dating because it affects to offer a solution for a market that wasn't working very well. Oxford evolutionary anthropologist Robin Dunbar will soon publish a book called [The Science of Love and Betrayal](#), in which he wonders whether science can help us with our romantic relationships. And one of France's greatest living philosophers, Alain Badiou, is poised to publish [In Praise of Love](#), in which he argues that online dating sites destroy our most cherished romantic ideal, namely love.

Ariely started thinking about online dating because one of his colleagues down the corridor, a lonely assistant professor in a new town with no friends who worked long hours, failed miserably at online dating. Ariely wondered what had gone wrong. Surely, he thought, online dating sites had global reach, economies of scale and algorithms ensuring utility maximisation (this way of talking about dating, incidentally, explains why so many behavioural economists spend Saturday nights getting intimate with single-portion lasagnes).

Online dating is, Ariely argues, unremittingly miserable. The main problem, he suggests, is that online dating sites assume that if you've seen a photo, got a guy's inside-leg

measurement and star sign, BMI index and electoral preferences, you're all set to get it on à la Marvin Gaye, right? Wrong. "They think that we're like digital cameras, that you can describe somebody by their height and weight and political affiliation and so on. But it turns out people are much more like wine. When you taste the wine, you could describe it, but it's not a very useful description. But you know if you like it or don't. And it's the complexity and the completeness of the experience that tells you if you like a person or not. And this breaking into attributes turns out not to be very informative."

So he decided to set up a website that could better deliver what people want to know about each other before they become attracted. His model was real dates. "Dates are not about sitting in the room and interviewing each other about questions; they're often about experiencing something together in the real world. If you and I went out, and we went somewhere, I would look at how you react to the outside world. What music you like, what you don't like, what kind of pictures you like, how do you react to other people, what do you do in the restaurant. And through all these kind of non-explicit aspects, I will learn something about you."

His online system gave visitors an avatar with which to explore a virtual space. "There were pictures and images and there were words and movies and bands, all kinds of stuff, and when you came to another little avatar, you could start chatting. It wasn't about where you went to school and what's your religion; it was about something else, and it turns out it gave people much more information about each

other, and they were much more likely to want to meet each other for a first date and for a second date."

Badiou found the opposite problem with online sites: not that they are disappointing, but they make the wild promise that love online can be hermetically sealed from disappointment. The septuagenarian Hegelian philosopher writes in his book of being in the world capital of romance (Paris) and everywhere coming across posters for [Meetic](#), which styles itself as Europe's leading online dating agency. Their slogans read: "Have love without risk", "One can be in love without falling in love" and "You can be perfectly in love without having to suffer".

Badiou worried that the site was offering the equivalent of car insurance: a fully comp policy that eliminated any risk of you being out of pocket or suffering any personal upset. But love isn't like that, he complains. Love is, for him, about adventure and risk, not security and comfort. But, as he recognises, in modern liberal society this is an unwelcome thought: for us, love is a useless risk. "I really think that love, in our world such as it is, is encircled, threatened. And I think it's a philosophical task, among others, to defend it."

Across Paris, Kaufmann is of a similar mind. He believes that in the new millennium a new leisure activity emerged. It was called sex and we'd never had it so good. He writes: "As the second millennium got underway the combination of two very different phenomena (the rise of the internet and women's assertion of their right to have a good time), suddenly accelerated this trend ... Basically, sex had become a very ordinary activity that had nothing to do with the

terrible fears and thrilling transgressions of the past." Best of all, perhaps, it had nothing to do with marriage, monogamy or motherhood but was devoted to enjoyment, to that scarcely translatable (but fun-sounding) French word *jouissance*.

Thanks to online dating sites, Kaufmann suggests, "there was now a vast hypermarket for love and/or sex, in which everyone was both a buyer and seller who openly stated what they wanted and tried to satisfy their needs as efficiently as possible. All they needed to do was sign up, pay a modest fee (getting a date costs less than going to see a film), write a blog or use a social networking site. Nothing could be easier."

In a sense, though, sex and love are opposites. One is something that could (but perhaps shouldn't) be exchanged for money or non-financial favours; the other is that which resists being reduced to economic parameters. The problem is that we want both, often at the same time, without realising that they are not at all the same thing. And online dating intensifies that confusion.

Take sex first. Kaufmann argues that in the new world of speed dating, online dating and social networking, the overwhelming idea is to have short, sharp engagements that involve minimal commitment and maximal pleasure. In this, he follows the Leeds-based sociologist [Zygmunt Bauman](#), who proposed the metaphor of "liquid love" to characterise how we form connections in the digital age. It's easier to break with a Facebook friend than a real friend; the work of a split second to delete a mobile-phone contact.

In his 2003 book *Liquid Love*, Bauman wrote that we "liquid moderns" cannot commit to relationships and have few kinship ties. We incessantly have to use our skills, wits and dedication to create provisional bonds that are loose enough to stop suffocation, but tight enough to give a needed sense of security now that the traditional sources of solace (family, career, loving relationships) are less reliable than ever. And online dating offers just such chances for us to have fast and furious sexual relationships in which commitment is a no-no and yet quantity and quality can be positively rather than inversely related.

After a while, Kaufmann has found, those who use online dating sites become disillusioned. "The game can be fun for a while. But all-pervasive cynicism and utilitarianism eventually sicken anyone who has any sense of human decency. When the players become too cold and detached, nothing good can come of it." Everywhere on dating sites, Kaufmann finds people upset by the unsatisfactorily chilly sex dates that they have brokered. He also comes across online addicts who can't move from digital flirting to real dates and others shocked that websites, which they had sought out as refuges from the judgmental cattle-market of real-life interactions, are just as cruel and unforgiving – perhaps more so.

Online dating has also become a terrain for a new – and often upsetting – gender struggle. "Women are demanding their turn at exercising the right to pleasure," says Kaufmann. Men have exercised that right for millennia. But women's exercise of that right, Kaufmann argues, gets

exploited by the worst kind of men. "That's because the women who want an evening of sex don't want a man who is too gentle and polite. They want a 'real man', a male who asserts himself and even what they call 'bad boys'. So the gentle guys, who believed themselves to have responded to the demands of women, don't understand why they are rejected. But frequently, after this sequence, these women are quickly disappointed. After a period of saturation, they come to think: 'All these bastards!'"

The disappointing experience of online dating, Kaufmann argues, is partly explained because we want conflicting things from it: love and sex, freedom and commitment, guilt-free sex without emotional entanglements and a tender cuddle. Worse, the things we want change as we experience them: we wanted the pleasures of sex but realised that wasn't enough.

Maybe, he suggests, we could remove the conflicts and human love could evolve to a new level. "If casual sex is to be a game, it has to be based on new rules that make at least some allowance for love. Or if 'love' sounds too off-putting, for a little affection, for a little attentiveness to our partners, given they are human beings and not just sex objects."

This is the new philosopher's stone – an alchemical mingling of two opposites, sex and love. "If that could be done, the micro-adventure of online dating could mean something very different: it could be a way of escaping ordinary life, of enjoying an idyll for two that takes us far away from the world in which we usually live."

Kaufman's utopia, then, involves a new concept he calls tentatively LoveSex (which sounds like an old Prince album, but let's not hold that against him). Kaufmann suggests that we have to reverse out of the cul de sac of sex for sex's sake and recombine it with love once more to make our experiences less chilly but also less clouded by romantic illusions. "We have to discover ways of loving on a strictly temporary basis."

Or, more likely, realise that we can never have it all. We are doomed, perhaps, to be unsatisfied creatures, whose desires are fulfilled only momentarily before we go on the hunt for new objects to scratch new itches. Which suggests that online dating sites will be filling us with hopes – and disappointments – for a good while yet.

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ARTICLE TWO

([Health.com](#)) -- Thanks to the proliferation of online dating, would-be couples are now almost as likely to meet via email or a virtual "wink" as they are through friends and family. Psychologists highlight pitfalls of online dating - CNN.com
By Amanda Gardner, Health.com 2012-02-06T21:32:14Z
CNN.com

The review stresses that websites are a valuable resource for daters -- as long they don't put too much stock in the profiles. (Health.com) -- Thanks to the proliferation of online dating, would-be couples are now almost as likely to meet via email or a virtual "wink" as they are through friends and family.

In 1992, when the Internet was still in its infancy, less than 1 percent of Americans met their partners through personal ads or matchmaking services. By 2009, 22 percent of heterosexual couples and 61% of same-sex couples reported meeting online, one survey found.

Single people have more options than ever before, as websites such as Match.com and eHarmony have dramatically widened the pool of potential dating partners. But that may have a downside. According to a new review of online dating written by a team of psychologists from around the country, dating websites may warp a person's outlook and expectations in ways that can actually lower the chances of building a successful relationship.

Health.com: 29 days to a healthier relationship

"Online dating is great. It allows people access to potential partners they otherwise would not have," says Eli J. Finkel, Ph.D., the lead author of the new review, which was commissioned by the Association for Psychological Science and will appear in the February issue of the journal *Psychological Science in the Public Interest*. "However, specific things the online dating industry does [do] undermine some of its greatness."

One of the weaknesses of online dating is an over reliance on "profiles," the researchers say. Although most dating websites feature photos and detailed, searchable profiles covering everything from personality traits to likes and dislikes, this information isn't necessarily useful in identifying a partner, Finkel and his coauthors write.

That's partly because daters don't always know what they want in a mate -- even though they generally think they do. Studies suggest that people often lack insight into what attracts them to others (and why), and therefore the characteristics they seek out in an online profile may be very different from those that will create a connection in person, the review notes.

Health.com: Finding love online, despite health problems

"Pretty much all of online dating works through profiles," says Finkel, an associate professor of social psychology at Northwestern University, in Evanston, Illinois. "But you can spend a zillion hours studying profile after profile and, at the end of that Herculean effort, how much closer are you to knowing if there's a romantic spark?"

The abundance of profiles online also may make daters too picky and judgmental, the authors say. The sheer number of options can be overwhelming, and the ease with which people can sift through profiles -- and click on to the next one -- may lead them to "objectify" potential partners and compare them like so many pairs of shoes.

"Online dating creates a shopping mentality, and that is probably not a particularly good way to go about choosing a mate," says

Harry Reis, Ph.D., one of the review's authors and a professor of psychology at the University of Rochester Medical Center, in Rochester, New York.

Health.com: 10 ways to shake up date night

The shopping mindset may be efficient online, but when carried into face-to-face interactions it can make daters overly critical and discourage "fluid, spontaneous interaction" in what is already a charged and potentially awkward situation, Reis and his coauthors write.

Communicating via email or instant message before meeting in person doesn't always cure this problem. Some online communication is a good thing, the researchers say, but too much of it can skew expectations and ultimately sabotage a match. People tend to read too much into emails and other online conversations, which increases the potential for misunderstandings and disappointment, they point out.

Some services, such as eHarmony and PerfectMatch.com, claim to minimize the guesswork involved in online dating by using mathematical algorithms to match couples according to various traits -- including, in one case, the ratio of index- to ring-finger length (said to be a marker of testosterone levels).

The authors of the review are skeptical of these claims. They weren't able to find a single rigorous study showing the effectiveness of the algorithms, and other research suggests it's extremely difficult to predict the likelihood that a relationship will succeed before two people meet.

"Not only is there no scientific evidence, despite the claims, [but] my team of co-authors have become pessimistic that there could ever be in principle an algorithm that could match people well based on the approaches these sites take," Finkel says.

To make matters worse, Finkel and his colleagues say, these algorithm-based services may encourage a counterproductive "destiny" mindset that prizes initial compatibility over other factors that are important to the long-term health of a relationship, such as the social and economic support individuals offer each other, or their ability to cope with stressful life events.

"Certain sites promise much more than they can deliver, and by inducing people to search for that perfect soul mate, they may actually be undermining the very thing [people] most want," Reis says.

None of this, however, means that online dating isn't a good way to meet people. The review stresses that websites are a valuable resource for daters -- as long as a person doesn't put too much stock in the profiles or matchmaking claims.

Finkel, for one, advises online daters to identify promising partners and move the conversation off-line as quickly as possible.

"Don't assume that more time spent browsing profiles is going to improve the odds of meeting someone who is really compatible," he says. "Be as quick and haphazard as you want with that process, because it's not meaningful."

Instead of poring over more profiles and comparing height,

weight, occupation, and interests, send a note to a potential date suggesting you meet for coffee or lunch (in a public place), and use that time to get to know the other person, Reis says.

"Don't focus on evaluating that person," he says. "Can you laugh with that person? Can you feel simpatico with that person?"

As Finkel puts it, "There's probably never going to be a substitute for getting two minutes from another person across a cup of coffee."

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Meet Quick

A majority of people that spend time talking, first, on online dating, seem to be disappointed. The majority have a wonderful set of emails and phone calls and think they have met the love of their life. .. but when they meet, the chemistry is not there and both parties are twice as hurt by the "brick wall effect" because

they have already created expectations and wishful thinking via advance communication. Most people see two different people when they look at a 2D photo of a person and then see the real person in 3D. The human brain does not function in 2D for the attraction process. The brain wants a 3D image and it will fill in placeholders, in your imagination, with "impossible to live-up-to" mental images of Brad Pitt and Angelina Jolie if you have not yet met in real life.

In reality, everybody actually makes up/or changes their mind about physical attraction, in the first 5 minutes. Most people find each other adorable on hours of phone calls but only 1% of the people said they had chemistry in person and vice versa. That has been the story that most other users on online dating have posted in tens of thousands of blogs so this appears to be the consensus.

One would be fighting an uphill battle if they try to force a computer system to act human by using it for the initial interaction. You have to meet in the real world to not get screwed up by the computer and its process. One has to get out of the digital/chat room world as fast as they can and into the tangible real world of touch, vision and the other senses. Another reason for meeting soon is that people blog that a large number of people they start emailing with, suddenly cancel future meetings because someone else they were emailing with met them sooner. In many cases, when they have to book the first meeting a week or more out, they will contact you the day before and cancel the meeting because they starting seeing others they dated within that week delay.

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Transactional Relationships

In the current recession, many people date for expense offset. One must be clear, up front, if this is their agenda. If your dating partner has visions of a traditional relationship and later finds out your plan is to use them for income, the results will never be good.

The best program is to state this up front in a clear manner. Do NOT be suggestive, the other person will almost always interpret the implied comment as the more traditional implication and sadness will result.

There is a current standard structure in most major cities: \$300/per hour with a volume commitment discount. \$3000/per month. If the person is unusually hot, has super defined abs and super model facial structure the "donation can go up to \$10,000/month. A once a week, twice a week or "anytime" get-together frequency rate is arranged between the two people.

It is a highly competitive market. There are hundreds of thousands of people doing it in each major city and super hot ones are coming here from overseas, every week, to do it. 90% of the arrangements are cancelled after the first month because the other person realizes that competitive market rates are lower than they first thought.

Wealthy men in technology cities and industrial cities consider it a business status factor to brag about their mistress to other businessmen.

The code words in ads and profiles are:

"Arrangement"
"Discrete"
"Gentleman"
"Generous"
"Studying in college"
"Complete my degree"

"Single mother"

Is being a mistress or gigelo OK? Check with your local laws, therapist and personal compass and tell the other person, in the very FIRST conversation, about this being your agenda..

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Online Dating Shills

A number of people you meet on online dating sites are paid to be on there and pretend to be single and interested in you. These kinds of people are called "Shills". The websites pay, or otherwise compensate them with free memberships or coupons, to entice you to be interested and to think you are doing better

on their website than you actually are. If your subscription is about to run out, they pop-up, and pretend interest in order to keep you on past the membership expiration point.

Then you have the affiliate programs that pay people money to refer new users. These people use a technique called “ewhoring” where they pretend to be hot women, entice silly men to sign up to the site. If you catch a shill you should post them to the shill reporting websites.

Key Shill red flags, or indicators that a person is a shill:

- Their picture looks too “movie star” or too posed and professionally lit.
- They write you and say they are going out of town for two weeks and will contact you when they return. They figure you won’t remember after two weeks.
- They make a meeting to cancel with you and then, without having any contact or communication with you between when you set the meeting and the day of the meeting, suddenly cancel the meeting.
- They said they can’t meet because of some issue that prevents them from dating, but their profile and the number of times they are online stays up.
- They won’t give you their phone number.

If you catch a shill, send us their link and we will forward it to a number of groups who are putting together regular lawsuits and class-action lawsuits against them.

In the dot-com era the mobs located in the Eastern Bloc (The term **Eastern Bloc** or **Communist Bloc** refers to the former [communist states](#) of [Eastern and Central Europe](#), generally the

[Soviet Union](#) and the countries of the [Warsaw Pact](#)) flew escorts into certain major metro areas, particularly San Francisco Bay Area, New York, Chicago and Los Angeles Basin with orders to try to marry a dot-com millionaire. Most did, were figured out, divorced and are now living in those areas in the tens of thousands. If you catch one and confront them, they simply say: " I can assure you I am no Russian escort". but that, of course, is no assurance. They work their magic on the non-free dating sites; with the majority being on the sites that charge the highest membership fees because they think those sites have the highest ticket "targets". 1/2 of the fake profiles are these "naughty girls" that are located right in the region and the other half are the same girls, and their mobster boyfriends, play-acting as potential matches remotely from the Eastern Bloc. If you do not have a brief phone talk, or the match avoids a phone call, before you meet, that is usually a key indicator that they

A number of the largest dating sites bulk purchase images of highly attractive people from the Ukraine, Russia and other foreign sources and create fake profiles. They use these fake profiles to trick new users into buying memberships. In many cases the pictures they purchase are of people who have passed away. They do this so that there is no chance that these people will see themselves on the dating sites and complain.

You can see discussions of this at:

<http://www.theinternetpatrol.com/matchcom-responds-to-matchcom-lawsuit/>

http://en.wikipedia.org/wiki/Confidence_trick

<http://www.fark.com/comments/1769754/Matchcom-sued-for-using-date-bait-shills-to-keep-subscribers-paying>

<http://www.metafilter.com/82592/Matchcom-Sued-for-Deception>

<http://forum.davidicke.com/showthread.php?t=87919>

In ongoing proof of how dating sites use dead people to trick users into using them, this horrifying story has come out. In addition to using dead Russian prostitute photos, famous dating sites are even using child suicide victims. Do you wonder why so many of the hot people you write to on dating sites never respond? Many of them don't exist:

Facebook apologies for dating ad showing Rehtaeh Parsons

Vigil to remember Rehtaeh Parsons Photos of Rehtaeh Parsons had previously been shared for use at vigils following her death in April

Facebook has apologised for publishing a dating ad featuring a photo of a 17-year-old who had killed herself after complaining of being cyber-bullied.

Canadian Rehtaeh Parsons took her own life in April having been severely bullied after a separate photo, showing her alleged rape by four boys, was circulated online, her mother has said.

Her father said on Wednesday that he had been "disgusted" by the advert.

Facebook said it had banned the company involved from the social network.

"This is an extremely unfortunate example of an advertiser scraping an image from the internet and using it in their ad campaign," a spokesman said.

"This is a gross violation of our ad policies and we have removed the ad and permanently deleted the advertiser's account.

"We apologise for any harm this caused."

The advert had used the title "Find Love in Canada!" and referred users to ionechat.com.

That website is no longer online and its owner could not be reached for comment.

Dating advert featuring Rehtaeh Parsons
Rehtaeh Parsons' father has posted a screenshot of the advert on his blog

According to Rehtaeh's mother, Leah, the Nova Scotia-based teenager had attended a party two years earlier where she had got drunk and been raped.

And a photo of the incident had subsequently been circulated online.

"People harassed her, boys she didn't know started texting her and Facebooking asking her to have sex with them since she had had sex with their friends. It just never stopped," Mrs Parsons told CBC News in April.

Two 18-year-old men have since appeared in court charged with child pornography offences. They are expected to enter pleas on 19 September.

Ms Parsons's father was alerted to the advert earlier this week and posted a message to his blog to express his anger.

"I am completely bewildered and disgusted by this," wrote Glen Canning in a message titled "Possibly the worst Facebook ad ever".

"This is my daughter, Rehtaeh. They have her in an ad for meeting singles. I don't even know what to say."

Novia Scotia's government passed a law following Ms Parsons's death, creating a police unit dedicated to pursuing cyber-bullies. The government expects it to become active before the end of the year.

Rhonda- *The government says that over 120,000 20 year old Russian girls come to America every year looking for a wealthy husband. They mostly look like Victoria Secret models, have flatter*

stomachs, pouty lips, smoother skin than a "Soccer Mom" and are willing to do just about anything sexually. So how is a 35+ year old divorced soccer Mom supposed to compete with that?

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Everything you type into a dating site or social network is recorded and used to sell you things or aim you towards certain marketing choices that you are not aware of. Don't put your whole life on the internet. See this ACLU poster, below:

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CATFISHING SCAM

Online Dating Red Flags: Warning Signs of a Catfish With more than 40 million men and women online looking for love, there are bound to be some scam artists out there. A "catfish" is a person who creates a false online identity in the hopes of luring people into romantic relationships. Nev Schulman starred in the

2010 documentary, *Catfish*, about being drawn in by a woman online claiming to be someone she wasn't. Now the executive producer of *Catfish: The TV Show* on MTV, he advises you to think before you begin your next online relationship. Look out for these early warning signs that your love interest may not be who they say they are:

The Modeling Profession. If anyone says they are a model, watch out. It means that they are recognized as a very attractive person. If the person you are talking to says they are a model, but also has another amazing career, he or she may be too good to be true. Models are generally very busy and travel a lot. Also, it's easy enough for a scam artist to access model photos online and post as their own.

Facebook Profiles. If a person's profile has fewer than 100 friends, and more specifically, if there are photos of the person with other people but the other people aren't tagged, be cautious. These may be pictures taken off an unsuspecting person's profile.

Traumatic Injuries and/or Illness. We see car accidents, deaths in the family and cancer a lot in catfish scams. This is very common because the best way to avoid meeting up is by having a traumatic experience. It will make the other person say, "Oh, my God, don't worry about meeting with me now. I will just wait until you are better." This is a way of tugging at your heartstrings and making you feel guilty. "Sympathy is an incredibly strong emotion," Nev says.

No Pictures. If a person can't immediately send you pictures of

themselves in this day and age, then you should proceed with caution. "You've got to expect and require them to show you to some degree that this is who they are," he says.

No Webcam. If a person cannot get to a webcam after repeated requests and attempts, then this is an early potential warning sign that they are trying to avoid you seeing who they really are.

From the Show

- [To Catch a Catfish: An Online Dating Predator Exposed](#)

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Why First Breakups Never Last

Have you seen that people who had wild, hot, relationships and then huge screaming "I-hate-you-forever", "you-are-scum", break-ups are right back together 30 days later?

Are you as baffled as every single other person who saw the cycle begin?

Do you remember when he or she swore up and down that they would never look at the other person again?

When two people have sex and there is an orgasm, it releases oxytocin in the brain. Oxytocin causes other chemicals in the brain to create an [addiction state](#).

Even though you know the other person is bad for you, draining, a user, etc. you still feel an **inexplicable** need to get back with them after you break up. This is caused by the chemicals in your head. There are a few solutions:

1. "The best way to get over an old man is to get under a new one". Ann Landers says to change the object of addiction.
2. Leave the area for at least 60 days. The chemical process starts to stabilize after about 60 days.
3. LISTEN to your friends.
4. Know how [addiction works](#). Love is an **Addiction**.
5. Talk to a therapist.
6. Work overtime at your job.
7. Develop a strong mind and depth through holistic study.

If someone just broke up or got divorced, and you are the "new guy" or new gal", the odds are better than 75% that you will get dumped when they temporarily go back to the ex partner.

The ex partner, especially if they are a man, will usually be territorial and defend their turf if they hear you are trying to date someone new. Besides the addiction process, the male territory

process also kicks in.

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Tattoos are very controversial in dating. Let's discuss:

Flema- *"I adorn my body to share the beauty I have found with the world."*

Andrew- *"People get pressured by their peers to get tattoos because they think they are buying acceptance from the small group that surrounds and judges them that they hang out with. In reality, that*

small group with tattoos represents only 1/2 of 1% of the world and the other 99% of the world is, always and forever, going to think you are "easy sex", "have poor judgement", "mercurial", and are "flakey" and a "loser". Your flaky friends with tattoos will eventually have their own poor judgement and become mercurial and dump you and you will dump them. Then all you have are the tattoos, regrets and judgement from the entire rest of the world. It will cut out the jobs and income you can get. The kinds of people that will try to date you are those just looking for sex... so why, exactly are you getting those tattoos?"

Sima- *"I express my sharing of my art by placing my own art on my body"*

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About Date101.org

This started out as a data publishing site for a group of university students working on a multi-campus research project. As the participant pool grew to a very large size, we received many requests to open the site so anybody could make use of it.

We have now set the site as an open public blog with Wiki-style administration.

Students from Stanford, Yale, Cal, Davis and a few other sites cooperate in the operations.

We do not charge any users or advertisers any fees.

We do not profile or collect user marketing or identity data or offer to sell such data.

We support all ages, all cultures and all outlooks.

All we ask is that you post a link to <http://www.date101.org> in dating blogs and article comments about dating online so we can help others get through the dating process.

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