

# Meet A Mate Online

Master Internet Dating and meet your best love match available

## Lesson 10 EBook

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How to choose the best dating websites to market yourself



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## Lesson 10 -

### How to have an amazing and memorable first date

**5. USE CONFIDENT BODY LANGUAGE** – Prior to your first encounter – you should practice in the mirror how you look when you move, how you walk and talk, and how you use your hands when you are talking or listening to someone. Using the right body language is one of the easiest things you can learn to do to make yourself more attractive.

You want to learn to move with supreme confidence and deliberation. You want to command your posture to exhibit self-assurance. Notice how you stand from a sitting position – how you sit down in a chair, how you use your hands when you're talking to make a point, or even when you're trying to listen to someone.

You want to move like a confident man or woman with a purpose would. You want to pick out a role model you admire and practice walking and moving like them. Confident masculine men tend to take up a lot of space, sensual confident feminine women move tend to move very seductively, almost like a cat. Your body language is supremely important when trying to make a good impression.

You especially want to avoid using needy, approval type body language like too much smiling, too much nodding in agreement and leaning forward too much. You don't want to make quick, awkward movements that show that you're trying too hard for their approval.

Make sure you maintain lots of eye contact, especially when meeting them. When you first meet you will want to hold the eye contact for a second longer than what is customary – this is an especially powerful technique that causes instant attraction. It is known as “sticky eyes” and you can use it selectively throughout your encounter.

Remember to use the triangle technique where you shift your gaze from their left eye to their right eye, down to their mouth, then to back to their left. Do this for a few times in a row. Let your eyes linger for a few seconds on each eye, and four seconds on their mouth. You will notice a definite shift in their face and body language that tells you how effective this works.

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**6. BE A CHALLENGE** - You have to have the mindset going in that you are qualifying them – not the other way around. David DeAngelo – one of the most successful dating trainers ever, says that while setting up your first encounter, you should let them know in an e-mail, text or over the phone that “It’s going to be nice to get to know you better – and if nothing else, we can just be friends”.

Dave says this is a critical part of your first encounter. He says that it totally disarms them, and makes them wonder why they’re not attractive enough to you – and that they are going to have to be your friend for this to work. It also puts you in a better frame of mind going in so that you won’t come across as too needy or desperate.

Jason Capital, another up and coming expert on attracting women says this to a woman in a playful teasing way: “You’re really attractive and cool, but I’m not quite sure if you’re my type.” If you use this tease at the right moment when the conversation is going great – it’s magical.

**7. DON’T COME ACROSS NEEDY OR DESPERATE** – This is one of the worst things you can do when you meet a person for the first time. Women are better at reading desperation than men are and they can smell this a mile away. Do not smile too much, touch too much – or be overly friendly or too chatty. Make them earn your approval.

For the men, it’s my experience that women are a lot like cats – if you pay them too much interest or attention, they’ll move away – however, cats will approach the person in the room that seems to be the least interested in it. If you’ve ever tried to pet a cat, you’ll know what I mean.

If you try to chase anything, they will usually retreat, except for maybe a rabid pit bull which I don’t advise. I realize this may all sound counter-intuitive – but try and imagine James Bond – the epitome of coolness – and model his behavior.

The challenge is to show interest without seeming desperate or needy. There are several ways to do this, but that is another topic for a whole different book. You can enroll in the Internet Dating Workshop for more free lessons there.

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For both men and women, initial personal encounters intended to lead to a relationship are best achieved by a **give** and **take** dynamic. It's an escalation of flirtatious and playful "tug of war" exchanges that happen when you first show someone interest in them and then take it away.

It's a mating dance and ritual that is hard coded in the DNA of the animal kingdom, and it's certainly no difference with humans. There are progressive stages of **courtship** that generally must occur for initial encounters to be successful.

**8. DO NOT INDULGE IN SELF-PITY** – Don't talk about ex's, past **relationships**, trouble with the law or government, that stint in prison, your employer or any problems going on with your life for the first encounter. Whining, complaining, and indulging in **self pity** are all such unattractive qualities and will almost assure that you won't get a second date.

You want to keep the mood upbeat and humorous, and avoid topics that are unpleasant, violent, awkward or disarming. In fact, when you first meet, you should avoid a normal conversation as long as possible. You really do want to stand out from all the **others**, and keep your love interest a little off balance by keeping the mood playful, humorous and a little offbeat.

**9. DO NOT MAKE IT SOUND LIKE A JOB INTERVIEW** – like "where were you born – how many brothers and sisters do you have and what **high school** did you go to. That is a sure way to have a boring, uneventful conversation.

You are there to have fun, so you want to keep the conversation light and **playful**. I like to start off with something really absurd and off the wall.

You'll want to discuss feel good or funny topics. Be prepared to make fun of **current events**, the latest movies or plays, or whatever is appropriate for the occasion. Pick out other couples in the room and playfully guess the status of their relationship and what they are going to do when they get home. You want to create attraction and fun, not boredom or controversy.

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Only as a last resort should you start asking interview questions – but then try to switch the conversation back to topics that make your date feel good about themselves– something that you can playfully tease them about, and get them to reveal something **personal** about themselves that they wouldn't normally reveal to strangers.

Vin DiCarlo says you should try and “shape” the conversation. Studies have shown that people tend to want to live up to expectations. For example, you might say, “You really seem like a fun and interesting person.” They will try and live up to that belief by acting fun and interesting.

**10. WHAT TO TALK ABOUT:** Prior to Jay Leno introducing his guests on the set, he asks them to think of a recent funny, exciting, profound or interesting incident that happened to them, and he then he sets it up to start out the interview.

You should do the same. Think in advance about how you're going to set it up in the conversation. I'm sure you've got your own stories, but here's a few that I've used before with great success. For example, one of the first things you will probably be asked is – “How are you?”

You should have something ready like – “Funny that you asked – I just asked a friend's wife when the baby was due – and she told me she wasn't pregnant”. Or you could say, “On the way over here I saw some guy get hit in the head by a beer bottle someone threw out of a car” They'll ask, “Was he OK?” You'll say, “Yeah, he's fine - it turned out it was only a light beer.”

Talk about something funny or **embarrassing** that recently happened to you. Be prepared with some funny, or entertaining or interesting stories about yourself or someone you know that won't make it sound like you're boasting about anything or revealing too much personal history about yourself. You'll set the tone for the entire evening.

**11. ASK THE RIGHT QUESTIONS:** You have two ears and one mouth. You should **listen** twice as much as you talk. You want to ask questions that make your potential partner feel good – ones that promote **attraction** – pay close attention to what he or she is saying and they will tell you what you need to know to make them interested in you. For example, here's a few questions you might ask:



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- What really turns you on – what are you passionate about?
- What made you happy growing up?
- What would you be doing if you weren't here tonight with me?
- Do you ever think about what would you do if you just won the lottery?
- If you could have dinner with anyone alive or dead, who would it be?
- Tell me about the first time you fell in love (This one is awesome because it will stir up emotions)

*THE AMORADO ATTRACTION RULE IS:  
PLAYFULLY TEASE AND CHALLENGE THEM SHOWING POTENTIAL INTEREST,  
WHILE AT THE SAME TIME DEMONSTRATING THAT YOU ARE INDIFFERENT  
TO ANY ATTRACTION THEY HAVE FOR YOU.  
YOU BECOME A CHALLENGE, AND THAT WILL CAUSE THEM TO CONTINUE  
TO TRY HARDER, WHICH WILL CAUSE MORE INTEREST AND ATTRACTION  
FOR YOU.*

- What's the most adventurous thing you've ever done?
- What fun things did you do growing up (again, you're tapping into deep emotions)?
- What fun things did you do in High School?
- If you had a full expenses paid vacation anywhere in the world, where would you go?
- What would you do when you were there?

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- If you could choose any person in the world to go with you, who would that be?
- Where do you see yourself next year, or in 3 or 5 years?
- If you could go back in time, who would you like to meet, and why?
- Who's your favorite comedian?
- What is your most embarrassing moment?
- What's the craziest place you've ever had sex?

You want to get them to reveal exciting and fun times they have had in the past. You will cause them to emotionally feel good which will raise their interest and attraction to you.

Listen carefully to what they are telling you. You will be able to tell which topics or events create the most excitement or passion for them. Go deeper into those subjects to continue to create a closer bond with them.

**12. BE A MYSTERY** - Do not try to impress them with your accomplishments, how much money you have, where you spend your vacations or what a great catch you are. Make them want to pull it out of you – in dribs and drabs – remember, if you want to become more attractive, you want to be the pursued, not the pursuer. Of course always remember that it will have to be a give and take dance.

When you initially pursue too aggressively – they often become less attracted to you. When you employ the Amorado Attraction Rule – if there is any spark at all between you, your date will become more attracted to you. Make it a back and forth dance, because after all – this is part of the human mating ritual. Once you practice this technique a little – you will master it quickly and you'll have so much fun you'll be unstoppable.

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Of course, if you act indifferent for too long, your date's pursuit of you will start to diminish. You will need to be keenly alert to when this starts to happen. It's at this point where you will want to reward their efforts with encouragement. You'll want to let them casually know verbally or with body language that their game is working on you, and if they're lucky there will probably be another date.

You can do this with more eye contact, touching and mirroring and matching their movements. You can use your body language to communicate more interest in them by moving closer, touching them more and having more eye contact; however you will still continue to keep the interaction light and playful. You want it to become a little tug of war, a give and take dance. This is all part of the primal human mating ritual.

Like anything in life, it will take some time to perfect these techniques, but I guarantee that the more you practice them, the better you will become. I also know that when you first start to e-mail, text or talking to a new potential partners, it may seem a little awkward at first – however the more you do it, the better you will become – and before you know it, you'll have so much fun bringing others out of their shell. You'll become the pro – and when you do, your newfound confidence will make you more desirable and you'll find yourself initiating contact with all kinds of people just for the fun of it.

I truly wish you all the happiness and success you deserve – and finding your best love match available is the so important to your happiness and fulfillment in life. Bear in mind that nothing happens until YOU spark the attraction – so be prepared, and remember to:

