

Meet A Mate Online

Master Internet dating and meet your best love match available

Lesson 10 Worksheet

How to have an amazing and memorable first date



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(Continued from Lesson 9)

5. Use confident body language

you should practice in the _____ how you look when you move, how you walk and talk.

Using the right body language is one of the _____ things you can learn to do to make yourself more attractive.

avoid using needy, approval type body language like too much _____, too much nodding in agreement and leaning forward too much.

Make sure you maintain lots of _____ contact, especially when meeting them.

6. Be a challenge

You have to have the mindset going in that you are _____ them.

Give them the impression ahead of time that "It's going to be nice to get to know you better - and if nothing else we can be just _____."

This puts you in a better frame of mind going in so that you won't come across as too needy or _____.

A magical phrase to use when the date is going great is: "You're really _____ and cool, but I'm not quite sure if you're my type." This makes you more of a challenge.

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7. Don't come across as needy or desperate

This is one of the _____ things you can do when you meet a person for the first time.

The challenge is to show _____ without seeming desperate or needy.

For both men and women, initial personal encounters intended to lead to a relationship are best achieved by a _____ and _____ dynamic.

There are progressive stages of _____ that generally must occur for initial encounters to be successful.

8. Do not indulge in self pity

Don't talk about ex's, past _____, trouble with the law or government, that stint in prison.

Whining, complaining, and indulging in _____ 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 _____, and avoid topics that are unpleasant,

You really do want to stand out from all the _____,

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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 _____ did you go to.

You are there to have fun, so you want to keep the conversation light and _____.

Be prepared to make fun of _____, the latest movies or plays, or whatever is appropriate for the occasion.

get them to reveal something _____ about themselves that they wouldn't normally reveal to strangers.

10. What to talk about

think of a recent funny, exciting, profound or interesting _____ that happened to you, and he then set it up to start the conversation.

Think in advance about how you're going to set it up in the _____.

Talk about something funny or _____ that recently happened to you.

Be prepared with some _____, or entertaining or interesting stories about yourself or someone you know.

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11. Ask the right questions

You have two ears and one mouth. You should _____ twice as much as you talk.

You want to ask questions that make your potential partner feel good – ones that promote _____.

You want to get them to reveal _____ and fun times they have had in the past.

Listen carefully to what they are telling you. You will be able to tell which topics or events create the most excitement or _____ for them.

Great Questions to ask –

- 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)

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- 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?

- 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?

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12. Be a mystery

Do not try to impress them with your _____, how much money you have,

When you initially pursue too aggressively – your date will often become less _____ to you

Like anything in life, it will take some time to _____ these techniques,

you'll find yourself initiating contact with all kinds of people just for the _____ of it.

Additional Notes Below

