



## Dating again

“In a Nutshell”

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### Do's:

- Try to be happy with yourself – others will naturally gravitate towards you.
- Make sure you're open and friendly; having more friends boosts our chances.
- Circulate more: join clubs, classes and dating sites.
- Invite him/her out for a coffee – nothing too formal, a comfortable environment.
- Pay attention. Ask questions, listen, and then ask questions based on his/her answers.
- Remember – a date is just a date, nothing more, so be yourself!
- Tell him/her you had a lovely time or send a text afterwards if you want to meet again.

### Don'ts:

- Treat a date as if you are interviewing him/her as a suitable life partner.
- Do not drink too much – it creates false perception of your time together.
- Invest everything in a new relationship or allow yourself to feel desperate.
- Discuss everything with friends and family.
- Focus on things that could go wrong.
- Think too far ahead or be impatient.