



6 TIPS

FOR SURVIVING

DATING

A MINI GUIDE

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HELLO, YOU!

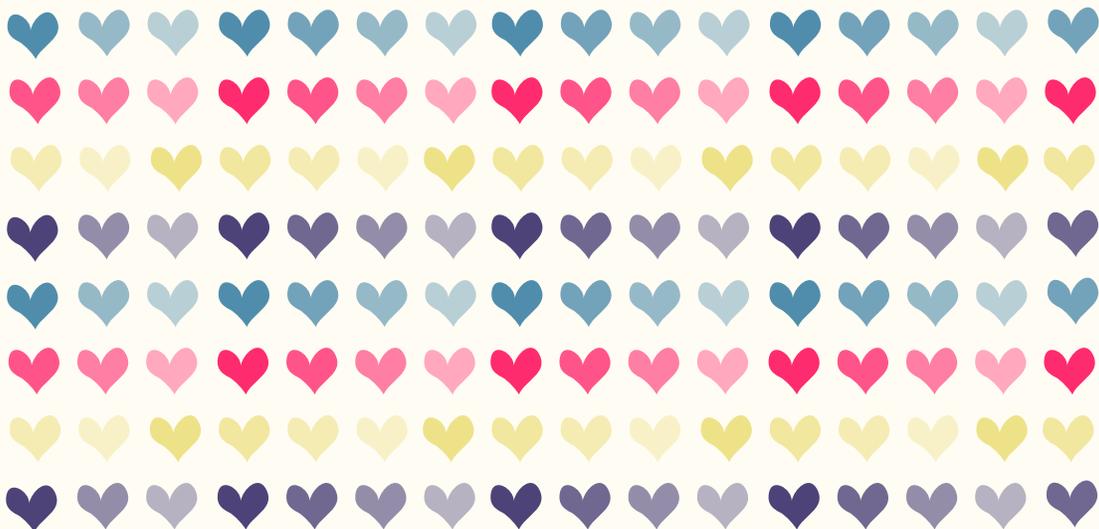
WELCOME TO THE 6 TIPS FOR SURVIVING DATING MINI GUIDE!

Thanks for downloading this.

Modern dating can be an absolute minefield. And things have gotten slightly messier these past years with the advent of online dating. It seems that we have so much more choice but at the same time, dating has gotten so much more complicated and difficult.

How does one conduct themselves on dates? How would you know if you should continue seeing them? What should I be looking out for whilst on dates?

When you set clear boundaries for yourself, pay attention to red flags and know when to move on, you are setting yourself up for more dating success and eventually, meeting the person you are meant to be with. Here in this mini guide, I offer you six tips you can use whenever you go on dates. I hope you find it useful!





1. DON'T LEAVE YOUR SELF-RESPECT & BOUNDARIES AT THE DOOR

This is the single most important thing in this guide. Dating is where you will meet lots of people with differing perspectives, ethics, values and morals.

You might meet people who have little respect for others' boundaries and do not have boundaries themselves. Be clear on what your boundaries are and do not be afraid to assert them when you need to.

When someone is doing something to make you feel uncomfortable, make it known and if they don't stop, leave the scene. A date isn't worth risking your mental health, safety and sometimes even your life over.



2. KNOW WHEN TO CUT YOUR LOSSES

Sometimes, you just *know* when a date is not going well. Instead of wasting your time (and theirs) going on countless more dates to "try and see" if you can build something, just tell them that you are done. Politely of course.

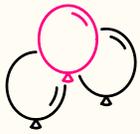
There's also little need to start over-explaining yourself and getting into unnecessary arguments over why you won't see them anymore.



3. DON'T FOCUS TOO MUCH ON THE SUPERFICIAL

Focusing too much on 'types', physical attractiveness, status, occupation and things that look good 'on paper' can really cloud your judgment of the person.

A person with an attractive face, fast car or a huge mansion bears no relevance on them sharing your values and being a good fit for you relationship-wise.



4. BE LIGHT-HEARTED. AIM TO HAVE FUN!

Dating is fun! Yes it is supposed to be. If you are constantly going on dates feeling as if you are on the hunt for a spouse, then you are putting way too much stress on yourself too early in the game.

Relax and let the person and the relationship unfold naturally. Also, you'd be meeting loads of people with different personalities. You might think you've got on like a house on fire, but they feel the opposite.

And you know what? That's fine. It has got nothing to do with you, as you have no idea what the person is really looking for in a relationship or what their life circumstances are like right now. Just chalk it up to life experience and move on. There's someone else out there waiting for you.



5. OBSERVE & PAY ATTENTION TO ACTIONS

Words sometimes can be pretty meaningless, especially when they don't match up to the person's actions. People can rock up to you and say anything, but the true litmus test always lies in their behaviour.

If someone constantly tells you they are a trustworthy person, does it show? When you are out on dates, do they look out for you or are they more concerned with themselves? How do they react when you tell them you are in pain or need help?

We sometimes have a tendency to gloss over certain situations or behaviour, dismissing them as minor or normal. But if your gut tells you something is off, listen to it.



6. ASK QUESTIONS

There are many instances of people not bothering to ask the **right** questions whilst in the dating stages, and then getting a rude shock when something is revealed down the road.

Don't be afraid to ask your date questions about themselves and their thoughts on various things. Dates are all about getting to know someone and finding out if the both of you are a good fit for one another.

It's best you find out things about the person early on than waiting months or years later when you are already emotionally invested and find it difficult to leave the relationship.

AWWW YES!

YOU MADE IT TO THE END OF THIS QUICK,
ACTIONABLE GUIDE! I TRULY HOPE YOU'VE
ENJOYED IT AND THAT IT HAS INSPIRED A NEW
DATING CONFIDENCE IN YOU!

Two quick favours to ask of you:

1. I'm creating more wonderful products just for you! And I'd like to know what areas in life you need help with. Kindly click on **this link** for a short 2 min survey!

2. If you are on **Instagram, Pinterest, YouTube or Email**, do click on the icons below to connect with me!

