

**MEETING
SOMEONE
YOU LIKE**



It's the million-dollar question for anyone who's dating: How do you meet someone these days? True, there's a ton of dating apps out there, singles' events, speed dating, matchmaking, etc. Maybe you've tried one, or all, of these without success. The truth is that meeting someone you like is less about *where* you meet someone and more about *how* you go about it; it's not so much *which* dating app you choose, but *how* you use the app.

In this chapter, you'll explore the mental hurdles that can keep you stuck on the starting blocks of dating. Perhaps you never seem to meet anyone you actually like, you're not over your ex yet, or you're terrified of being rejected (again). Whatever obstacle you may be facing, you'll find practical action steps on how to overcome it and get more results in your dating life. You'll create an online dating profile that works, identify a great first message to send, and determine whether you should actually listen to your friends' dating advice. This chapter is designed to help give you the confidence and skills to get out there.

The Fear of Being Rejected Is Holding You Back

You'd like to meet new people, but you're terrified of rejection. You're worried that more knockbacks will affect your self-esteem. You feel down because your messages online aren't getting responses. As for speaking to someone in real life...you'd rather go to a job interview. How do you start meeting people when you have an overwhelming fear of rejection?



*Follow these steps
to get started:*

1 Change how you see rejection.

Everyone faces the possibility of rejection—not just in dating, but in careers and even on social media. When someone doesn't reply to your message or doesn't select you at speed dating, they're not rejecting the entirety of "you"; they're just not experiencing compatibility with the snapshot impression they got of you at that moment. Just because the front cover of the book wasn't exactly what they were looking for, doesn't mean the content of the book is bad.

2 Recognize that everything is a filter.

Start seeing dating as a two-way process. Dating is about discovering mutual compatibility. If they don't respond to your message or are rude when you say hello to them at a party, start to think about whether this is the kind of person you would want as a partner.

3 See the opportunity in rejection to learn about yourself.

It may teach you more about what you want in a partner, or give you feedback on what to work on. Dating is also one big communication skills exercise. So if you're not getting many matches, that doesn't mean there's something wrong with "you," but you may want to improve how you communicate who you are online (or in person).



DON'T ENTERTAIN THE BELIEF THAT YOU'RE NOT GOOD ENOUGH. Rejection is an opportunity to see that this wasn't the right person, or opportunity, to experience the love and connection that you deserve.



HERE'S HOW

Stop approaching people (online or offline) with the belief that they have the power to accept or reject you. Don't approach dating like you're applying for a role in their life. Instead, think, "I'm open to meeting new people at the moment, so I'm going to see if we have a connection." If you don't, that doesn't mean there's something wrong with you; it just wasn't a match.

Think This:

"My success with dating isn't about any one person. I need to keep meeting new people until I get that 'click.'" Your goal is to find one of the many great partners out there for you. So don't place too much importance on any one interaction. It's all about the bigger picture of you meeting enough people to find someone(s) that you're compatible with.

Say This:

"I want to create opportunities in my dating life, so I'm going to be curious about getting to know people."
"No one person's opinion of me defines who I am."
"I accept it if someone isn't interested because I trust that there are plenty of people who will be."

WHAT NEXT?

Overcoming the fear of rejection can also be about acknowledging your wins during the dating process. You sent out ten dating app messages this week; great work! You plucked up the courage to ask them out on a date; high five for getting that far! You had a couple of fun dates even if it didn't ultimately work out; that's still good!

You Want to Meet Someone IRL

You feel frustrated by the lack of results on dating apps, and you think you'd find it more rewarding to meet someone the old-school way. Your parents may have met at the local roller disco, but does anyone do that anymore? How can you expand your dating options into real life, without coming off as creepy?



*Follow these steps
to get started:*

1 Understand that attraction is your reason to approach and connection is your reason to ask for a date.

While physical attraction might get you to put one foot in front of the other, have a firm rule for yourself that unless there's a connection (where they're also trying to click with you) you won't be asking them on a date.

2 Say something personal, but not *that* personal.

Physical compliments can easily come off as too much. The other person may feel objectified and uncomfortable. So instead choose to say something personal but not in any way explicit. "I like that you're reading a real book," "I like how you're always smiling," and "I like how confidently you walked in just now."

3 Look out for reciprocation (there's that word again) from them.

Say hi at an airport (it could be so romantic!), and someone might be unsure how to respond. Don't get too far ahead of yourself without checking in with them that they seem comfortable. They should be in no rush to leave the conversation, offering some information about themselves (read on for more of a step-by-step guide on this) and making eye contact. If they appear uncomfortable, get out of there! You need to invest your time in people who are open to the same things as you.

**NOT
THAT**

DON'T ASSUME EVERYONE SEES THINGS THE SAME WAY.

Some people would be all up for meeting a date at the gym—others will feel like that's their sacred workout space. Before you know what someone is comfortable with, proceed with caution. Avoid physical compliments ("you've got great legs"...ah!) and don't keep pushing if someone is at all hesitant.



HERE'S HOW

So let's imagine you've started the conversation: Where do you go from here? A good first litmus test of someone's comfort level is to swap names. If they don't reciprocate, wish them a good day and exit stage left. If they do reciprocate, share some more information about yourself. This sounds counterintuitive, but giving the other person some background information on you will help them to trust you more. "I don't know about you, but my friend from work dragged me here tonight; I live over on the other side of town" doesn't sound particularly clever, but it imparts a lot of information to the other person about who you are.

Think This:

"I need a good intention to approach someone." Instead of thinking "OMG I'm flirting with them!" change your mindset to: "I'm curious about them," "I'm going to make their day," or "I'm just going to see what they're about."

Say This:

"Hi, I know I'm gate-crashing your night out, but I just had to say..."

"I like how you are [insert something unique they're doing]."

"I don't know about you, but I [tell them something about yourself to put them at ease]."

WHAT NEXT?

A lot of the success of meeting someone in real life isn't about how smart, funny, smooth, or confident you are: It's about whether they want the same things.