

# mxFlirt



Getting married on the first date (like Cameron Diaz and Ashton Kutcher in *What Happens in Vegas*) – not a good alternative to playing hard to get.



# GET THIS

New research suggests playing hard to get might not be the best way to get lucky at all, writes **KATIA LOISEL-FUREY** from *Perfect Dates*

You're sitting at the bar wearing your sexiest little black dress and winner smile, scanning the room nervously for Mr Right.

From across the crowded room you see him, immaculately dressed, an air of confidence surrounding him.

A sexy smile dances on his lips as his eyes lock with yours, and for that split second you feel as though you're the only two people in the room.

Blood rushes to your face like a tidal wave and you quickly look away to compose yourself.

As you turn back for a second look, dress hitched up a notch, lips loaded with your best Angelina Jolie pout,

a niggling thought stops you dead in your tracks. If men are the hunter and prefer the thrill of the chase, shouldn't we play hard to get?

### Stats and stuff

Problem is, every time we turn on the TV or read a magazine we get different advice. So how does a single woman attract the man of her dreams?

A global study titled *Real People, Real Answers, Real Stories* found that more than 90 per cent of men wouldn't approach a woman if there was no sign of interest from them and that fear of rejection was the main reason they wouldn't approach.

In reality most men would

rather do 20 rounds in a boxing ring than risk being rejected by you.

### Selective difficulty

Scientists have suggested that we favour "selective difficulty".

Which means we're attracted to people who play hard to get for everyone else, except us, with 96 per cent of men surveyed preferring the direct approach.

The theory of selective difficulty has been tested using a version of online dating.

Three women were given their online matches. One was keen to meet all of her dates, the second played hard to get and rejected all the men and the third showed interest in only one man.

Of the male participants, 100 per cent preferred the woman who was only interested in them.

### Give the myth the flick

If you're looking for Mr Right rather than a player who only wants another notch in his belt, it's time to give the playing-hard-to-get myth the flick.

Next time your eyes meet his, give him a cheeky grin and a loaded look that says "come hither", then count to four before looking away and watch as he makes a beeline in your direction.

■ [www.top-flirting-tips.com](http://www.top-flirting-tips.com) and for more on the *Real People, Real Answers, Real Stories* study, visit [www.innasegal.com](http://www.innasegal.com)

## HOW WAS IT FOR YOU?



**"Focus on your own ambitions and your own path of knowledge."**

Hello Dr Bella,

I am a 26-year-old man who goes out and tries to meet new people. I have had some relationships with women. There has been nothing long term, unfortunately. I feel that there is no one out there for me, it shits me and gets me down some days. I have never had a blind date but I have tried everything else. Speed dating, personal ads, meeting through friends, SMS dating, internet dating, singles' functions, pubs, clubs, nightclubs, cooking classes, dance classes. I am not big on speed dating any more and I am so sick of older women saying I am still a baby. Can you please help me? I would appreciate it as I am coming to the end of my tether.

Thanks,

*Confused-Lost-Desperate*

Dear Confused-Lost-Desperate,

Well I guess the obvious answer is blind dates. Sorry, scratch that. Kudos for being so proactive. This is necessary when wrangling love. Recall my 'six Cs of avoiding lifelong loneliness':

1) CHANCE. Colloquially this is the most romantic way to meet someone. If not across a crowded room, eyes meeting across the office floor plan, a mate's barbecue, or at closing time, also suffice. We allot a great deal of significance to the spontaneous meeting of two strangers, encoding "magic" onto the encounter. Embracing a life-is-full-of-surprises attitude will incur more chance encounters. Looking the best you can – grooming, clothes and fitness – won't hurt either. Actually, it'll help more than is politically correct to state.

2) GO CYBER. Whether seeking love 'til death do us part or love for the evening, a popular avenue of choice is

internet communique. Less stigma than before and more common sense than old-school dating methods, normally I would advise such. But, considering you're tired of cyber kisses, I suggest you keep your profile up, but spend more time on foot. 3) COMPANY. In hopes of gaining company, treat finding love like a company. Be your own CEO and creative events organiser. Give it all you've got: singles activities, speed dating, old-age homes. Do some market research: ask your friends and exes for ruthless appraisal of your most off-putting habits. If you learn what your strengths are, you can play to them. Read about the art of seduction; it's actually rather formulaic. If all else fails, hire a dating coach.

4) COMMUNITY. Use your pre-made social universe to your advantage. Ask friends and relatives to make introductions. Friends-of-friends often end up being lovers-of-yours. Keep it local – frequenting the same coffee shops, supermarkets, gym and pubs at similar times, enables people to build up small interactions, possibly leading to bigger, sexier, things. 5) CURIOSITY. Bitterness and cynicism are the antithesis of love. Keep hope alive by being playful and daring. 6) CONFIDENCE. Exude an aura of confidence. As publisher Malcom Forbes said: "Too many people overvalue what they are not and undervalue what they are."

For all of you out there who feel terminally single, focus on your own ambitions and your own path of knowledge. Luxuriate in this time for yourself and building a fuller you. This is the secret to being attractive.

*Best of luck in love, Dr Bella xx*

## BOYS WILL BE BOYS

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BTW

Please write in by emailing me at [dearbella@mx.net.au](mailto:dearbella@mx.net.au) or visiting [www.drbella.com.au](http://www.drbella.com.au).