

mxFlirt



BOYS WILL BE BOYS



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Picture: NICOLE CLEARY

STICKY DATE ISSUES

Whether first dates thrill you or make you nauseous, **PAUL MORRIS SEGAL** shares his tips for how to make it work

Most of us hope for a hot first date, so what's the best way to make your first date sizzle?

You've been fantasising about the perfect date all day, or all week, (OK, maybe for a few years) and now the final countdown is on.

A rabbit in the headlights is probably more relaxed than you with hours to go before the big Friday night first date.

If you hadn't told all your friends about it, you might be tempted to do a runner and you'd be out of sight faster than Usain Bolt at the Olympics.

What if you forget their name or can't string more than two words together? What if you don't realise you have spaghetti sauce dribbling down your chin? Turning up the heat (without coming across as a total desperado) isn't as hard as as daunting as you might think.

Follow these five tips and a second date will be a certainty.

The hello kiss

I'm not suggesting you dive in for a grope 10 seconds into the first date (wait at least 20 seconds), but rather take a leaf out of the European book with a peck on each cheek. If you're feeling confident, you could always slow it down.

Share something

Most people love to share dessert, so, ask your date to choose the sweets (preferably something smothered in chocolate as the endorphin phenyl ethylamine hit will heighten the attraction between you) and dig in.

Need to we

Try to use the word "we" early on. Asking, "What are we having for breakfast tomorrow?" might be a little too much, so start with: "We were lucky to get this table, weren't we?"

Little details

Reveal an intimate detail about yourself during the conversation.

The easiest way to get someone to open up is to open up to them first. By revealing one detail, not your whole life story (your date will fizzle not sizzle if you spend an hour telling a sob story), you show you are open to sharing.

Just a touch

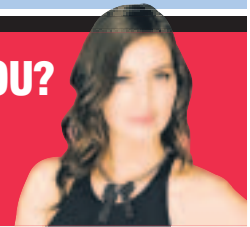
The more often you touch in a non-sexual, non-threatening way, the more comfortable your date is likely to feel around you and the easier it will be for you to turn up the flirt factor a notch.

■ **Paul Morris Segal** is the co-author of *How To Get The Man You Want* and *How To Get The Woman You Want*. Visit: www.top-flirting-tips.com

HOW WAS IT FOR YOU?

Dr Bella

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"The loss of bona fide love can make the best of us suicidal."

Dr Bella,

I am a 22-year-old Christian and while I believe it is OK for others to do whatever they wish, I have a strong commitment to waiting to have sex until after marriage.

A male in his early 30s declared he was a Christian on his online dating profile and he looked attractive. He called me on my mobile and he had a husky voice that seemed friendly.

I met up with him in a bar and I ordered a soft drink. He ordered a beer and we started talking about Christianity. He even began quoting references from the Bible that related to finding a soul mate.

As the evening drifted on, he continued drinking beers and saying the same phrase over and over again: "If you're quiet for 30 minutes and let the other person talk you can hear all the crap that comes out of their mouth."

In person, he did not look as attractive as his profile picture.

During the date he commended me on the fact that I wanted to remain pure but he confessed he was not, as he had slept with a sex worker several years ago as well as his last girlfriend.

He told me he had amended his ways. After four beers he started to become attracted to me. I thought it was weird that a Christian would drink so much - enough to affect his ability to think straight.

After five days our relationship via email and

texting turned sour and he sent a text stating he had kissed 200 girls and that he was into sleeping with many partners.

He said there were more sins than having sex before marriage. I know this is true.

How could this first date end in total disaster?

- *Charlene*

Darling, Christian or not, the world of dating is dangerous. Beware. May the lord protect your cyber ex from communicable diseases.

Dr Bella,

You made a good point in your column last week about how to be dumped gracefully. But it is how people get on with it after they have broken up that is equally as important.

People don't seem to understand that there are more important things in life than breaking up.

You only have one life, don't waste it. Especially crying over spilt milk.

See the bigger picture and move on. Then you won't hurt yourself, or anyone else when getting in a future relationship.

- *Angel*

Angel, have you ever spilt seriously good, creamy milk?

The loss of bona fide love can make the best of us suicidal. Through authentic suffering one learns to appreciate the good things in life.

Best of luck in love.



BRANCH OUT IN RED

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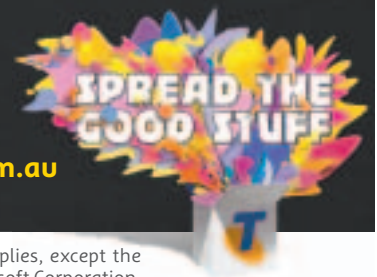
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