



FIRST DATE RULES FOR THE SMART WOMAN - HOW TO GET A SECOND DATE AND WHEN TO RUN FOR THE FIRE ESCAPE by Life and Style's Sex and Couples Expert, Simone Bienne

What to wear

Be sexy, but not too sexy. It's that fine line between looking like you've made a bit of an effort but not too much of one. If you like to show off your cleavage, less is more. Choose your clothes the night before, so you don't get yourself in a sweaty panic minutes before you meet up. Pick an outfit you've worn before and you have good memories from. Wearing it again on a first date will have positive associations, which will give you an extra surge of confidence. As for make-up, keep your lips a natural shade and concentrate on your eyes. Scientists have found out that that men are more attracted to women who wear eye make up, because it highlights and enlarges the eyes.

What not to talk about.

The number one subject that is off limits is: Exes. Talking about yours or his defeats the purpose of why you're there – to get to know *each other*. And you're definitely not there to counsel him. If he asks for your advice over something so soon, it's a good indication of what a relationship with him will be like. His needs will come first; yours second. When you know each other better, it's a compliment to ask for each others opinion. Until then, keep healthy boundaries. The golden rule is don't be intimate too soon.

What to listen out for

If he makes any negative comments, but mainly about women, be wary. Be doubly cautious if it's about his mum or an ex. If he can't speak positively about the women he's been closest to, it's likely he has intimacy and attachment issues. No matter how fabulous you think you could be together, until he deals with his anger, you'll end up hurt. On the other hand if he effusively talks about his mum, you'll have a hard job living up to his idolised image of her. It's also a sign he hasn't been able to fully separate from her and could be a bit of a mummy's boy. He could (unconsciously) see you as her replacement to look after him. Unless you ask him, not mentioning his mum at all on a first date is a good sign!

What to look out for

Over half of our communication is done non-verbally. So when you're on a first date, check out his body language. It will give you some clues about how much he likes you. Men are easier to read than women, because they are less expressive. If he looks in to your eyes, this shows he's genuine. But watch out if it's longer than about 5 seconds. If it is, he could be trying to seduce you.

When he's standing up, he will point his shoulders and torso towards you if he is keen. He also might tuck his thumbs into his belt buckles. Men do this unconsciously so your attention is drawn to, yes you guessed it! If he's not interested, he'll avoid eye contact. He may slump in his chair,



leaning away from you. And if he half smiles from the corner of his mouth, he wants to get you into bed and not much more.

How to impress

If you like him, let him know by leaning in towards him. (But do make sure you still give him some personal space!). Keep looking into his eyes. Sit or stand with your shoulders back, which will give off a sign of healthy confidence, even if you're shaking inside! It will also make your breasts look great, whatever their size. If your collar bone is exposed, touch it. This draws a man's attention to your femininity, which they love.

Going home alone?

If he mentions sex, in any shape or form, that's exactly what, and only what he wants from you. We all know a lot of blokes will try to sleep with a woman on a first date. But believe me, if he actually thinks the two of you have a future, he won't suggest asking you back for coffee. Sex too soon short circuits the dating process. Don't be in a rush. Get to know him and then decide if you want to share a bed. I can't say this enough! On account of our emotional make-up and the chemicals we produce during orgasm, walking away unattached from sex is much harder to do for women. No one has ever regretted waiting too long to have sex. And in the real world, sex is so much better with someone you have invested time in getting to know.

Do you really like him?

How long does it take you to decide whether you *really* like someone? By the second bottle of Pinot Grigio? When he pays for dinner? Or may be after a few dates? However fair you think you are, you're just like the rest of us. Quick to judge. And that's ok. It's because we're all a lot smarter than we realise. Recent research in the love lab has shown our brains process the emotional, social and economic potential of Mr Right in just 30 seconds. A lot of women (and I used to be one of them) ignore this information or gut feeling, and end up with a guy, just because he has shown an interest. This isn't enough to make a relationship work. Nor is it good enough for you. Don't spend time with Mr Wrong, even if he is a nice bloke. Trust your first instinct. It's usually right.

If you never want to see him again, be honest!

We've all been the one at the end of the phone waiting for the call. So we know how painful that can be. If you don't want a second date, be honest about it. Tell him you've had a good time, but it isn't going to go any further. Treat him how you'd like to be treated. Do this and not only will you save yourself the effort of dodging calls and blanking texts, if you're a believer in karma, Mr Right



will show up sooner, rather than later. Without sounding too bonkers, I really believe that. Because I've seen it work with clients.... One of whose wedding I'm going to next year.