

# Healthy Dating and Relationships



## Contents

<a href="#">The Essential Ingredients of a Healthy Dating Relationship.....</a>	<a href="#">3</a>
<a href="#">The Real Secret to Attracting Healthy Dating Relationships .....</a>	<a href="#">4</a>
<a href="#">Trust and Respect for a Healthy Dating relationship.....</a>	<a href="#">5</a>
<a href="#">Understanding Body Language in a Healthy Dating Relationship.....</a>	<a href="#">6</a>
<a href="#">An Approachable Attitude-The Secret to Healthy Dating.....</a>	<a href="#">7</a>
<a href="#">Dating an Older Man.....</a>	<a href="#">8</a>
<a href="#">Dating an Older Woman .....</a>	<a href="#">9</a>
<a href="#">Dating Men - What You Could be Doing Wrong.....</a>	<a href="#">10</a>
<a href="#">Dating Someone With Children.....</a>	<a href="#">11</a>
<a href="#">Dating Women - What you Could be Doing Wrong.....</a>	<a href="#">12</a>
<a href="#">Don't Let These Old Habits Spoil a Healthy Dating Relationship.....</a>	<a href="#">13</a>
<a href="#">Great Tips for Healthy Dating.....</a>	<a href="#">14</a>
<a href="#">Healthy Dating and Communication .....</a>	<a href="#">15</a>
<a href="#">Healthy Dating - How to Read What Your Partner Wants.....</a>	<a href="#">16</a>
<a href="#">Healthy Dating Tips for the Working Girl.....</a>	<a href="#">17</a>
<a href="#">Healthy Dating Tips - Learning to Trust.....</a>	<a href="#">17</a>
<a href="#">How to Ask for a Second Date.....</a>	<a href="#">18</a>
<a href="#">How to Develop a Good Rapport When Dating.....</a>	<a href="#">19</a>
<a href="#">How to Shrug off Shyness for a Healthy Dating Relationship.....</a>	<a href="#">20</a>
<a href="#">Managing the Costs of Dating.....</a>	<a href="#">21</a>
<a href="#">Meeting Dates that Share Common Interests.....</a>	<a href="#">22</a>
<a href="#">Planning a Date? Plan Different, Think Different .....</a>	<a href="#">23</a>
<a href="#">Solving Common Dating Dilemmas.....</a>	<a href="#">24</a>
<a href="#">The Characteristics of a Healthy Dating Relationship .....</a>	<a href="#">25</a>
<a href="#">The Modern Woman's Guide to Asking a Guy Out.....</a>	<a href="#">26</a>

## The Essential Ingredients of a Healthy Dating Relationship

Finding true love and maintaining a clean healthy relationship is not an impossible task. The trick lies in balancing your act. You need to have lots of virtues like affection, love, respect, patient and trust to be able to do that. The ingredients of a healthy dating relationship are simple and homemade.

### Healthy love relationships need the help of the following features:

- **Truth and Honesty:** Being true to your partner is one of the most basic prerequisites for all good relationships. A clean honest character speaks volume, it builds up trust and no matter what, and your partner will never be suspicious or doubtful about you, as you have always been amazingly truthful to him/her.
- **The Act of Forgiveness:** For good solid relationships, you have to forgive and forget the past. It is no use harboring ill feelings towards one another and pretending to be a loving couple.
- **Friendship:** Remember the famous quote, 'after the newness of a relationship dies away, only the friendship and companionship remain.' It is not sufficient to have a great physical chemistry; you should also be good friends. In every successful marriage, partners are first loyal friends to each other than anything else.
- **Patience:** If you have it in you to be patient and determined, it will help you tide over all the rough patches in a relationship. Love relations and marriages often come to an abrupt ending due to lack of patience to work out the problems with a clear head.
- **Passion:** Having flaming passion for your partner does wonders to your love life. Do not confuse passion with sex and lust, having genuine love and passion overrides the physical need for intimacy. It makes the relation strong and durable for many decades.
- **Communicating:** Effective communication teaches to you to respect each other's point of view and a healthy regard for your partner's suggestions. It helps you to talk through all the tough issues in life.
- **Monogamy:** A valued relationship is one, which is monogamous in nature. Complete truth, honesty and faithfulness to your partner are what it takes to keep a relationship fresh and thriving. If there is deep love and respect for each other, the question of polygamy doesn't even arise-you will never feel the need for a change in your love life.
- **Equality of the Sexes:** The major decisions of your lives should be decided mutually in a relationship. It is not the solo right of man alone to resolve matters that involves his partner as well. There should be complete fairness and gender equality.
- **Economic Responsibilities:** The financial burden should be equally shared for a healthy pattern. All decisions regarding money should be necessarily made together so that both partners profit from such monetary agreements.

In addition, partners in a healthy dating relationship have lots of similar traits. One should be compatible on an emotional, mental and physical level. Our life is very short, so we should value each new day and try to create a happy atmosphere for our partner and ourselves.

Dating relationships should be harbored on a long-term basis. Never look for cheap fun and excitement on a date. Such temporary relationships make it hard for anyone to hold ground, even if they find true love.

## **The Real Secret to Attracting Healthy Dating Relationships**

Most people think that attracting a man or woman is effortless, which is a very false notion. Things have changed with time and both partners expect more than mere physical attraction from their relationship. You must have noticed that some guys are able to attract the best looking women without having good looks and pots of money. Wondering how they actually do it? Well to attract a dating partner you need to have some real secret line of attack to woo him/her. If you talk about men, they perfectly know the significance of cultivating the right kind of personality, which makes women go gaga over them. If you try and understand these techniques you might just get lucky and be able to attract a healthy dating partner.

You must take the trouble to groom your personality, as appearance plays a vital role in attracting your dating partner. Now, does this perplex you? We just mentioned the fact that it wasn't imperative to be good looking and now we say looks are important. Well, appearance in the real sense doesn't mean looks alone. It can be your first impression when you talk to a dating partner. What we are trying to say here is that clothes play a significant role in shaping one's personality. The clothes you wear can judge you. A person's fashion sense can create a good impact on your dating partner. Also, fashionable clothes can define your body language. So the next time you plan to impress your sweetheart, try and implement this real secret!

Secondly, learn to smile more often, when you meet. Try not to be curt. In case you have a bad day at work, maintain your effervescent smile on your face. This creates an impression that however things go messy with you, you have an ability to cheer up and not brood over everything in life. This can create a positive impact on the person you are trying to date.

Try to be confident in your approach. Whenever you have talk to your date, show her your skills on the particular subject by putting across your views. Now, a word of caution here.– this is provided you are familiar with subject. If you aren't, then do keep your views to yourself lest you find yourself the object of ridicule. Your knowledge is bound to impress your date. Good poise skills are necessary. People desire that their dating partner be intellectually sound. So never demean yourself. But here the important thing is not being impolite or argumentative with your dating partner just to impress him/her for the sake of displaying your self-assurance skills. Strike a balance between your words.

Another secret is, understanding the art of body language. In case the conversation between you and your partner is heading in the wrong direction, then try changing the topic to a more likeable one. Observe his/her body language and make an effort to respond accordingly.

In addition, when you converse with your partner, try not to exaggerate facts about you. Your words should not contain embellished facts that might create problems and even tarnish your

image. Some people are known to brag about themselves on their first date. So, the next time you attempt to attract a partner make sure you keep some of this secrets with you and use them to your advantage.

## **Trust and Respect for a Healthy Dating relationship**

Dating relationships are great fun while they last. Dating is an inevitable part of adolescent life. People new to the dating concept can get a bit confused about it. They may not know what to expect from their date or partner. It is important to be aware of healthy and safe dating relationships.

The initial stages of dating can be enjoyable and exciting. It is wise to build up a good trustworthy and healthy dating pattern quite early in the relationship, so that it matures to a long-term bond or ends up in a friendly way.

**Here are some good old dating tips to follow:**

- **Respect:** Build your budding relationship with lot of respect and love for each other. Even your smallest gesture of love and appreciation will tend to make your partner glow with happiness. Do not be critical and harsh, but try to build a foundation with trust and mutual respect.
- **Develop Interests:** Try to develop a keen interest for your partner's hobbies. You can eventually derive mutual happiness for each other's creativity. Try to enjoy them together as a couple.
- **Apologize:** Be apologetic and say sorry if you have erred. Some men find it hard to get down from their high horse and say sorry to their love mate. But, it is very important to ask for forgiveness and make the other person realize that you are repenting for your folly.
- **Be serious:** It is good to have fun and amuse each other. But, occasionally get serious and talk about your goals and aspirations in life. Deal with difficult topics; don't keep it aside for tomorrow-or else the relationship may suffer badly.

For a budding and healthy dating relationship it is essential to respect each other's family structure, be united in times of peril, understand each other without any exchange of words, listen wholeheartedly to your partner's talks, refrain yourself from acting cruelly in a moment of anger and being able to trust your partner like you trust yourself.

Many dating couples do encounter problems and major issues where they do not agree with each other. In such a situation, it is best to break up and move on, rather than staying together and having ugly fights. Either negotiate for a compromise or say goodbye before you lose each other's respect and trust. Some relationships just happen due to instant physical attraction and good chemistry, after the bodily heat dies off, there is nothing more to it.

Conflicts and fights are a part of a healthy growing relationship, as long as they are expediently resolved. It requires both partners to be truthful, honest and considerate of the other's point of

view. Remember, it takes two hands to clap. One without the support of the other hand will make no noise at all.

Finally, when you start dating, let it happen because you genuinely care for the other person and not because all your friends are hanging out with someone. Dating is a splendid chance to know a person better, and you should go on a date only if you are fully ready for it. It would be great if your parents were okay with your dating habits.

## **Understanding Body Language in a Healthy Dating Relationship**

People around the world crave to learn the art of studying body language in a dating relationship. Body language is known as the calm, clandestine and most commanding language of all! Many of us might argue as to why body language is considered to be of so much importance. It's not necessary that we always communicate verbally. Through our body movements a lot of unsaid things can be understood.

To study body language is a science in itself. When you think of dating, it is good to know the fundamentals of body language so that you could find out how your date responds to you. There are many ways to find out if your dating partner is uninterested. Try and study their body language. Sitting in a defensive posture with arms folded, turning away from you, looking elsewhere when you speak, are all signs that your date may be uncomfortable or is trying to ignore you.

It is a known fact that when a partner is uninterested he/she makes an attempt to move away and tries to lessen contact. This is why it is essential that you understand the body language and then take a call on your date. The best option is to talk openly with your partner and if things are not working the way you feel they should then you ought not to think about going ahead with the relationship.

Be conscious of your body language when you are communicating with your partner. It is a fact believed by many that body language speaks what you think in your heart and never shows any shades of lie or deceit. Hence, what you actually think about your partner is conveyed through your body language.

Think about this: if at the back of your mind you have a feeling of disgust for your partner then it will be clearly visible through your body language. No doubt you will speak well in front of him, but your body language can make the bitter things going on in your mind more visible. So often body language just happens plainly but the consequences can be severe.

When you speak, use gestures to express yourself. This makes you more interesting to your partner, but don't go out of your way and do something to discomfort your partner. If you must, touch without sleazy intentions and believe it or not, it shows! You must hold eye contact at all times. However, never look down, it is read as a sign of weakness.

When you are in love, your eyes can speak a thousand words. Just one look could let your partner understand the depth of your love. Also, your vibrant smile and body postures can have a positive impact on your partner. You can display a lot of affection through your body language. Hence, it is good to learn the art of body language when it comes to dating your partner. It can

be one of the most effective methods of non-verbal communication. So the next time your partner makes a grim face you know what's wrong just because you have studied the art of body language.

Your body language will not only enable you to take an existent relationship to the next level, but all you folks out there who are tapping on love for the first time, the right body language will ensure that you [will](#) never be harshly rejected.

## **An Approachable Attitude-The Secret to Healthy Dating**

Do you attract men with your drop-dead looks? Or are you a loner with an attitude problem? Do you want to date someone, but feel that you do not have an approachable personality?

Actually there two ways to make a date, one is being approachable and another is to approach your date. Every woman in this world has a fan following of her own, and no matter what, she is the most attractive woman to them. Be it her father, husband, son or lover, there is someone out there for all you girls.

Being attractive doesn't necessarily mean physical beauty; it is all about being approachable with a pleasant personality. Today's women are more career-oriented and they are always busy. Even while walking, they are wrapped up in themselves. Some really look like underground spies or agents with their formidable grim face, blank eyes and stiff attitude. And it is no wonder that men think twice before approaching them, even for a casual chat, let alone asking for a date.

Being approachable does not mean that you have to cast sly glances or a sexy walk. It just means that you ought to smile more, and be pleasant and friendly to all the people you meet.

Some people carry their problems at home to work, while others may do just the opposite. Either way, they are ready to pounce on the very first person they meet. This kind of an attitude is wrong and you can never dream of finding a good partner with such a formidable approach.

Angry girls, however beautiful, look good only in movies. In real life no macho hero has it in him to tackle a wild cat.

Here are some handy suggestions for all females who want to appear demure and approachable – keep the claws hidden under those silken gloves!

- **Keep that smile on** - Even if you had the worst start to the day, do not make things difficult for others around you. Smile and let the tension out of your system. If you are pleasant and cheerful, you can attract more people.
- **Confidence** - Most men admire women who have self-confidence and think highly of themselves. It does not mean that you have to be haughty and arrogant. It rather signifies a woman who believes in herself and has self-respect. They pose a challenge to men who are bored with the clinging types.

- **Make eye contact** - It is very important to look right into the eyes of people, thus signifying that you are approachable. But, be careful not to keep staring, just make a quick eye contact and walk on.
- **Body Posture** - It is a known fact that standing with your arms crossed indicates that you are on the defensive. It signifies that you want to be left alone. But a relaxed posture with arms dangling at the sides or on the table does mean that you are approachable.
- **Seductive Dresses** - You can dress seductively so that men are naturally attracted to you. You need not put on little mini skirts or skin tight T-shirts, wear a dress that shows a little skin and leaves much to the imagination. That shows real class and attitude. Most men love mysterious and stylish women.

Hope this article is an eye opener for all you girls out there who want to make a kill with the right kind of approach.

## Dating an Older Man

The concept dating an older man is well known over the years. The combination of a younger woman and an older man is considered to be a classic relationship. It is easy to see why many women prefer dating older men – they have a status in society and are most likely to be more financially stable as compared to younger men. Most young guys are not sure about their future and neither do they have a fantastic career. As a result a lot of younger women prefer dating older men.

Dating an older man comes with benefits. The biggest and most palpable factor is maturity. Older men are very mature as compared to the younger guys. Also, by dating older men women get a lot of emotional support and a good deal of financial security. Good mannerisms and the tendency to treat women with care and respect are more inherent in older men. These are qualities that women yearn for and find attractive in a man.

Secondly, security is somewhat that all women wish for, not necessarily merely from a monetary point of view but also in terms of emotional comfort. Even if you aren't career oriented you need not worry in terms of finance. Many women are not particular in dating a man who would love to hang around playing video games and remain immature all through life. This kind of a problem is not seen when younger women date an older man.

Women who have lacked the presence of a father normally tend to look up to an older man as a kind of father figure or counselor. This is frequently advantageous to both concerned. The woman will obtain direction and get more life experiences from being with an older man. The older man also gets an opportunity to be admired by a younger woman.

No doubt dating an older man does have a lot of advantages. But very often this classic combination goes kaput. In some cases, the older man might be very rigid and will not be able to adapt to a new lifestyle. He might be very obstinate and reluctant to change his ways for the sake of his dating partner. This can surely create a rift in the relationship. The older man can be very stubborn about his specific lifestyle and this can really make his partner feel uncomfortable



in his company. Initially, the younger woman may find all this attractive and amusing. But over time, things can drastically change and their good equation can turn bad very soon.

Quite a few older men have children from their previous relationships. In such a situation his kids may not accept a younger woman in his life and can create problems. Think about this: if his children are older than you then the situation can become a bit sticky, leading to embarrassment. Even if the kids are small they could be reluctant to accept you as their stepmother.

You need to be mature enough and well prepared to handle any situation. And if you are, then there should be no looking back. It is only you who can make the best decision once you have weighed all the pros and cons. Think well before take the final step, as it involves you and your partner's emotions.

## **Dating an Older Woman**

Dating and love have no age barrier, however, dating an older woman can be a different experience than dating a female of your age. There are numerous men who are fascinated by older women for the fact that they are more mature and are experienced in every aspect of life. There is a notion that older women tend to understand men better and are more capable of handling a relationship well, as they are sure of what they want. In the quest for a perfect relationship some men prefer an older women.

Older women are quite sure about how they want to take their life ahead. When it comes to dating, they are open, understand a man's needs, and many a times can guide men on how to take their relationship ahead. Dating an older woman can be fun and interesting. However, this is possible if she has no kids to look after. That does not mean you cannot date single mothers, but it would take much more effort on your part. There are several instances where men easily get impressed by older women but fail to win them. Treating an older woman like a female of your age or close to your age is the biggest mistake that most men do.

Here are a few tips that can help you when dating an older woman.

- An older woman would always like to date a man who is mature enough and knows what he wants to do in life. This factor is also considered when it comes to commitment in the relationship. If a man comes across as confused and unsure about things in life, she would prefer not to date him, fearing he would leave the relation in future due to his uncertainties.
- Though the woman is older than you in age, she would always want a man who can take her responsibility and care for her. If you believe that she being older should shoulder your responsibility, you will turn her off completely.
- Be a gentleman and get rid of your college habits. An older woman would prefer a man who has manners and etiquettes. She would expect a more respectful behavior. A childish behavior is something she can't take.
- Many men find it difficult to accept that the woman in their life is more settled than them. However, do not let your ego get in the way. It is natural that she would be settled in life due to the age gap. Do not let this point come up at all during your dates.

- Do not lie or fake about yourself. Older women are smart enough to catch when a man is lying. Due to her past experience she has learnt the trick to see the actual man behind the face. Thus be honest and she would appreciate it.
- If you have decided to date this charming older lady, you need not get bothered to get details about her past. It's ok to have information about it, however, give it some time and she will reveal her past.

Just like any other lady, even older woman expect appreciation and compliments. Do make them feel special and you can win their heart easily. However, at the same time be sure if you really want to make a future with this lady who is elder to you.

## **Dating Men - What You Could be Doing Wrong**

When it comes to dating, both men and women have different wants and wishes. Often, when we date, we expect a lot of love from our partner, and loads of surprises. However, we fail to understand their needs and hence land up in a strained relationship. When a woman dates a man, she has a list of expectations that she wants her dream man to fulfill. But, at the same time she forgets he is an individual too and has his own expectations as well. Healthy relationships are all about give and take and a woman needs to know what her man needs.

It so happens we tend to feel that we are doing well on our part, but when the problem arises we fail to understand who and what went wrong. Here are a few things that you could be doing wrong on a date.

As stated by several men, women have the habit of cribbing about everything and can go on with it for hours and days together. When she has a problem with any thing, she would see to it that she cribs about it and asks for explanation till she finds another problem with her man. Well, a lady cribbing is a complete turn off for men and constant nagging can push them away from you. It is best to speak once about the problem and leave it there. Speaking about the same thing will make your man feel miserable and may turn him away from you.

As we all know every individual is different, we also need to accept the fact that men are different from women. Most women simply deny accepting it and keep assuming things. The way a woman perceives things, a man will perceive it completely in a different way. Thus you need to understand your man's psychology and deal with him accordingly. To help yourself you can also read books on men and women being different to understand your man better. When it comes to body language, women score well, as men don't seem to read body language well.

Many women expect their man to understand what they want without letting them know. Men have no super powers and will never be able to predict what you want. It is best to speak out what you want in a relationship than wasting time in asking him through non-verbal communication. I have seen some women who portray a different image to attract their man. However strongly you are attracted to someone, do not try to win him over by merely contemplating what men look for in a woman and forcing yourself to behave differently. This may help you start the relationship but it will soon end up once your partner learns about real you.

Other than these mistakes, women often make a silly mistake of being with a man even after facing too much of trauma and pain. Some women simply want to believe that their relationship will get better and her man will treat her well some day. Staying in a relationship with false hope is just another silly but grave mistake that women do.

It is always good to be yourself. Be realistic and see where your relationship is heading. Learn to understand a man's psychology, and most importantly, trust and respect each other.

## **Dating Someone With Children**

Sometimes dating can be complicated when there are kids involved. Often, people spurn away from dating a partner who already has children. It's no harm for you to have a dating relationship. But you need to take utmost care that this does not affect the children as well as your relationship. If the situation is handled well, then the chances of failure are remote.

It is not necessary to meet your partner's children on your first date itself. Take time and meet your partner a few more times. If you feel that you both have a strong connection and you are ready for a future commitment, then meet your partner's children. Once the two of you are comfortable and share a good rapport with each other, decide on a perfect time to meet the children. It is essential that you form a good equation with the children. Again, you need to remember that before dating your partner you were genuinely ready to accept his/her children. So you should not show a sudden change in your behavior.

Interacting with children can be very tricky. They might ask you lot of questions, embarrassing at times, and you need to have patience to answer them. Try to strike a conversation about their likes and dislikes, favorite things and more. Also, make an effort to meet the children often. Make arrangements that you can meet them at home or even go for outings. Sit with them and watch their favorite shows on TV. Play their much-loved games.

Initially the child can try to be reticent. But, a few meetings later things can seem to be much better. In order to win the heart of your partner you need to take lots of effort and form a good relationship with your partner's children. Sit down with your partner and discuss the future of the children. Assure that you will provide all the help and support for their upbringing. A lot of time your words can have a great effect on your dating relationship.

Just try and remember that however close you get with your partner don't interfere on the decisions taken by your partner regarding his/her children. Let your dating partner make a choice about their schooling, further education, etc. Try not to pass your opinion unless asked. As your dating relationship gets stronger, your partner will come to you for help or guidance on any matter. This kind of an attitude will surely strengthen your relationship with your partner. Also understand that your partner will always give lot of importance to his/her children. So you need to have the maturity to accept these things and not behave in an unruly manner.

Dating in circumstances where a partner has children is not so easy. You need to strive hard to make the relationship successful. All you have to do is make sure you build a strong rapport with the partner's children and make things uncomplicated for your partner. After the children are involved make sure that you do spend quality time with your partner too. These tips can

actually help to you create an affectionate relationship with both your dating partner and the children.

## Dating Women - What you Could be Doing Wrong

There are a few men who often find it easy to win the hearts of charming women and start dating them. However, these relationships die prematurely due to mistakes that men commit unknowingly. Not all women come across guys who really commit these mistakes, however, it is best to be aware of them and avoid such situations if you want dating to be an amazing experience. Taking care of small but important things will not make the lady run away from you.

Here are few things where men could be going wrong when dating a woman.

- **The desperado.** Many men act desperate to get the love of their life. They get too hyped up and start chasing women as if there is no tomorrow. They feel it might show her his love, but fail to realize that it only creates a wrong image. A woman might feel you are some rowdy and would want to seek a better and decent guy. It is best not to show any signs of desperation. We all get excited when we like someone, however, this could only spoil your image. Instead, play the game slow and take every step gradually.
- **The brag.** Some men simply love themselves more than anything else in the world. There are men who can never get tired boasting about themselves. They find it hard to give their date a chance to speak about her interests. This is a complete turn off and rest assured you won't see the lady ever again. We all feel proud about our work and deeds. However, constant jabbering will do you no good. Be a good listener and let the lady do some talking. This will also help you get to know and understand her better.
- **The shy guy.** Unlike jabbering men, there are some who are completely shy. You could be dashing and a warm person at heart, but cannot reveal your feelings or have an open conversation. Let me tell you that this will only make your partner feel left out. Learn to share your thoughts and let her know as often as you can how much you like her and what she means to you. Believe me, learn to communicate and it will strengthen your bond.
- **Keep your promise.** Most men promise and forget. When you say you would call her, see to it that you indeed call her. If you have promised to take her out for dinner, see that you make time for the same. Women may excuse this habit in the beginning but when it happens repeatedly, she will certainly look for a better man.
- **Never lie.** If you plan to be with your date on a long time basis, please do not lie. Lying may initially make you a hero, however, once all is revealed she won't even want to see your face. A fake personality cannot last for long. However, being true will help you make the relationship stronger.
- Give her the space and you take yours as well. Imposing decisions on her will only push her away from you. Instead, let her take time off to do her things and at the same time you plan to spend some time with your friends. Allowing each other the much-needed space is the base of healthy relationship.

Taking care of these few things can make much of a difference when you are dating. Ignoring these points can put you in an awkward situation.

## Don't Let These Old Habits Spoil a Healthy Dating Relationship

Old habits die hard, but they eventually do die if you try really hard to get rid of them. If you have dirty old habits, better throw them out of the window before you commit yourself to your dating partner. Shouting, screaming and throwing things may look great on a television daily soap, but in real life, they can wreck your relationships.

Old habits can kill a budding relationship. For instance, your need to booze practically every evening can spell disaster for your love life. Your partner may find it demeaning and terrible to continue her/his relationship with an alcoholic. While smoking, drinking, drugs and polygamy are some of the worst habitual problems, there are some who swear, fight, get angry or hit out at their partners. When relationships reach such low planes, there is no point in continuing the relationship where you are trying to hurt and bully your partner.

Habits, however old, can be broken if you determine to do it. You can start by baring it all to your partner and asking him/her to get out of it. Request your partner to be a little tolerant with you and fight it out as a couple. Throw out the iron –clad habits and replace them with good new habits, practice them with all your body and mind.

Some of us have a vile tongue; we assure ourselves that we are open and speak the truth, but that at times can be very dangerous. Honestly, how many of us would like to hear our shortcomings and faults from our dear partners. It is hurtful and painful to be blatant, learn to sugar coat your words and be careful with that tongue. The things said in a rash moment of hatred and anger cannot be undone or be forgotten.

### Some of the common dating mistakes are as follows:

- **Expecting too much** - Do not expect the world from your partner. Be happy and satisfied with what you have got. Do not underestimate or overestimate your date or love mate.
- **Speaking lies** - If you lie once, you will have to lie again and again. Such relationships based on the foundation of lies and cheatings will always come to a sad end.
- **Open communication** - Be open, but do not bare your soul to the other person. Always speak in a gentle tone, however angry you may be. Learn the art of effective communication.
- **Not expressing**-It is important to express your love, otherwise how will the other person know about your feeling towards him/her. They cannot wrench open your mind or hypnotize you to see your overflowing cup of love. Learn to be expressive and affectionate to at least one person in your life.

Old toxic habits slowly poison your mind and body. They become your second nature that is about to destroy all your good virtues. Healthy lasting relationships are built with love and care,

not by anger or ignorance. If your partner wants you to curb your smoking habit, it is a sign that he/she is concerned for you. Just start trying to minimize the number of cigarettes that you smoke in a day. A little practice and perseverance is all it takes to win great battles.

## **Great Tips for Healthy Dating**

Every so often people speculate on what precisely is the secret behind a healthy relationship? Normally healthy relations are pleasant and the best part is that they make you feel good about yourself. You can have a good relationship with anybody in your life. It can be your friends, teachers, boss, spouse, or even dating partners. With the advent of globalization, people have started believing the conception of dating.

To begin with, dating can be described as a social activity that mainly involves two people with the primary aim of understanding each other's suitability if they intend to get into an intimate relationship or get married. Here are some more great tips for a healthy dating relationship.

To begin with, never assume things. Just the fact that someone is ready to date doesn't mean that he/she is a no good character. You must remove this notion from your mind. This can be an effective start to your healthy dating relationship. If you are dating and over a period of time you feel that you have been attracted to the wrong person then try not to blame it on any external reasons. Instead, try and work out the existing problem and find its cause. Also make an effort and analyze yourself when you are in a dating relationship. You need to be very clear about your opinion of the person you are dating. What it means is you ought to be sure of what you want from this relationship, whether it is strictly to just date or go further and tie the knot.

Your personal life is best preserved when you don't try and share it with many people. Set aside the details of your private life from your close friends, and if needed, even from your family. This can really make you have a healthy dating relationship.

For the moment do not think too far into the future and what it holds for you. When you initially start dating it does not mean that commitment and the future is what you think of. That ought to be left for when you get to know each other better. Thinking a lot about future can impede your dating relationship. See that your relationship has a blend of both, love and truth. This is what will make relationship grow.

Aim not to divulge a lot of facts about your childhood to your dating partner. If your life has been traumatic then try not to narrate those stories to your partner in the initial stages of your dating. Sometimes such a kind of revelation can lead to a negative impression and your partner may feel like dumping you on your first date. Hence, it is essential that you maintain your demeanor and don't disclose too much.

Also you and your partner should try and talk about many issues like detachment, capriciousness, managing responsibilities, and diligence, et al. These are important, as it will enable you and your partner to understand about each of your qualities and what exactly you both expect in a relationship.

An additional tip for a healthy relationship is that you better avoid talking about your previous liaisons, as it might not go well with your partner. Also try not getting physical with your dating partner on your first date itself. Think twice before you act.

## **Healthy Dating and Communication**

One of the most crucial factors in a healthy dating relationship is communication. Any relationship needs to have an open communication. It means that both the partners must be comfortable talking to each other and there should not be any hard feelings after any discussion. To begin with, be confident with your dating partner and your relationship with him/her. Whatever may be the crisis, you can sit down and talk to your partner. Be honest and straightforward with your queries. Things can be solved when you actually communicate well with your partner.

Most people have this myth that an open communication can spoil a relationship. This is completely false. Communication can solve many issues among dating partners. Misunderstandings can be cleared openly rather than putting false accusations on each other. It's better not to hide your feelings and be more expressive. Also, very often women tend to think that their dating partner should understand what's going on in their mind? This is next to impossible for anyone to understand what's going in your mind. Rather, talk openly about your feelings. Say what you expect from the relationship.

Useful communication is an effective process. The first step is listening. Listen to what your partner has to say. Give him/her a fair chance to speak about any issue that you discuss. Also try not to interrupt your partner while he/she speaks. After your partner finishes you can put forth your opinions. But, never try to be dominating in your speech. Try not to focus on the anger or the snappish tone of the partner, but look beneath the surface of tumultuous emotions. Put yourself in your partner's shoes and you will realize what he/she is undergoing.

When it's your turn to talk, make sure you do so serenely and impartially. Insert words of support and, whenever probable, authenticate the other person's sentiments. When communicating, take a rain check on your self-image and a hard look at places where you can make improvements. Very soon, you'll be a better lover. You'll even become skilled at how to acknowledge compliments and truly consider that you deserve them.

Communication will ultimately make or break the dating affiliation. If you cannot speak or exchange a few words with your loved one, how will they know what you anticipate from your dating liaison? You need to know what your date desires and act accordingly. Communications will keep your dating association optimistic and meaningful.

Communication in dating is something that a lot of relationships lack. In fact, it is repeatedly one of the key factors in the break up of relationships. You can start implementing good communication skills at the beginning of your relationship. As a result you will have minor issues between you. Communication in dating is not just about what film to see or where to eat, even though this is a good way to start. Your dating relationship must have other strong parts of communications. What is imperative are dating relationship fundamentals like conviction, commitment, and sincerity. Communicating your wants and being thoughtful about your date are the qualities that will drive your relationship instead of leaving it to wane.

## Healthy Dating - How to Read What Your Partner Wants

There are several people who end up being betrayed and used like tissues. Only if you would have been able to read what your partner really wants, you could have saved any awkward situations in your life. Time and again you can get a clue or a hint about what your partner is up to and where your relationship was heading. Unknowingly the signs of betrayal are ignored only to face a disappointment in future. Not only betrayals, but also sometimes we even tend to ignore what can make our partner happy.

At the beginning of every relation, everything seems to be just great and going on well. The initial stage is when we take care to do every possible thing that can please our partners. However, as the relationship goes further and when your partner starts giving you hints as to what he or she wants, you tend to ignore them. It may happen unknowingly but the truth is, it can bring differences in the relationship.

They say women are good with understanding non-verbal communication, then why does it happen that when a man asks for something through gestures, he does not get it. Often, a woman will give you a clue that she is waiting for your compliments but does not receive any and thus feels her partner is being insensitive. The solution to this problem is communication. You must learn to communicate well and also be a good listener to understand what your partner is really saying. Both men and women are different and thus they interpret things differently. If you take the effort to be aware about how men and women tend to think, you would succeed in giving your partner what he or she wants.

Many people have questioned themselves as to why their relationship dwindled after so many years. Why were you together if destiny had to take you apart? The truth is you fail to realize and accept what the reality is. If you go back and remember your partner's behavior and words, you would realize that somewhere he or she was indirectly letting you know about the break up. For instance, when your partner suddenly starts disconnecting from you often and gives reasons for not attending your calls or meeting you, it's time to move on instead of waiting for him to return someday.

To enjoy a healthy relationship, it is important that you communicate freely and learn to tell your partner what you want and expect. Assuming that your partner understands as to what can make you happy, is silly thinking. It is best to discuss things and let each other know how you feel. Learn to see the reality and ask yourself if you deserve to be in this relationship. Do not ignore the signs of an imminent break up. Taking steps well in advance will help you deal properly with your date and save yourself from ugly situations.

Learning to read between the lines will certainly make a lot of difference in your dating game. For example, when a woman says NO she actually means Yes most of the time. Understanding men and women differently can pep up your dating experience.



## **Healthy Dating Tips for the Working Girl**

We often come across smart looking hunks at work and wish we could date them. Date we may, but often these relationships turn sour and we end up wishing someone had told us not to go around with that guy. There are quite a few men at work who look around for girls and play with their emotions only to while away their time when in office. The relationship is merely from 9 to 6 after which he does not even want to think about you, until the next morning at work again. Let us see what we can do to help you save from the trap laid by your fellow colleague, if you were in a similar situation.

The smiles and the compliments from a good-looking man easily carry girls away. A few sweet words are simply enough to make weaken a girl's knees. However, many times, these words are false. Behind this sweet smile there can be a devil with wrong intentions. This does not mean that every boy or man you come across at work is bad. It only means that you need to be careful in choosing a date from your workplace. It is better to know the person well before you start dating him.

Once you start getting a signal that a guy is completely crazy for you, make sure if he has good intentions. Find out if he is serious about dating you, or is simply looking for some entertainment at work. If you too feel for this guy, do not show it instantly because if he is not a genuine person, he can easily take you for a ride. It is best to observe him for days. Test him before you start dating. Observe the way he treats you both, at work and once you are off.

You can plan to meet him at a public place, so you get to know more about him. When you both speak, observe if he has a roving eye, checking out other women. If so, he is certainly not in love with you. However, if he truly feels for you, he would constantly want to speak with you, get to know you better and make you feel special. He would be clear about what he wants and will express it to you eventually. By spending some quality time you can realize if you really want to date this man.

A genuine man will never gossip about you and your relationship at work. However, if he does so, it is the first sign that he may be just fooling around. Sharing it with one friend is different and letting the entire office talk about is not good. If you feel the guy is really serious and you two get along well, you can try dating him. When you start meeting outside, you can get to know the true person and then get going with the relationship.

Keeping your relationship to yourself for a while at work is best. Do not make an issue of the man you are dating. It is best to keep the dating scenes away from work place and save yourself from gossip.

## **Healthy Dating Tips - Learning to Trust**

Trust is the foundation of every relationship. No matter how much you love your partner, the relationship will be successful only if you learn to trust each other. I see several relations going through trauma and stress, all because they find it hard to trust one another. There are quite a few relationships that end up sour only because either of the partners finds it difficult to deal the suspicious behavior. If you are looking forward for a healthy and happy relationship, it's time you learn to trust your partner.

Trust is an inner feeling that only you can experience. Often, people are not able to trust their partners due to past experiences. However, one needs to bury the past and start afresh. Imposing things on your current date and behaving in a suspicious manner will only push your partner away from you. Just because your ex betrayed you, does not mean you start doubting the world around you. Individuals are different and you need to stop judging them in the same light.

There are hundreds of people who sacrifice numerous things in life just to prove their loyalty and keep a relationship going. However, this does not necessarily mean that they are in healthy relationship. There are many who have faced betrayal even after being their best in the relationship. Relationships are all about taking risks and one has to take it to explore what's in store ahead. Assuming few things now and inviting stress and problems in a relationship will certainly not take it ahead.

Here are a few healthy dating tips that will help you trust your partner.

- Do not give place to unwanted thoughts. Imagining your partner to be cheating on you and thus behaving suspiciously is no way to be in a relationship. If something is troubling you, it is best to speak it out with your partner. However, be careful and do not start the blame game without proof or reasons. Speak up in a polite manner and let them know what is troubling you. Discussing will help you come to a conclusion and you might realize that it was a silly reason to get disturbed about.
- Communication is the key ingredient to every healthy relationship. To strengthen your relation, it is necessary you communicate regularly. Share what you did at work, with friends and so on. This will keep your partner informed about your moves and there would be no place for mistrust.
- Pressurizing your partner to behave in a certain manner just because you don't trust him or her will only lead your relationship to the rocks. Dominating or posing restrictions on either partner will loosen the bond, drifting each other apart. Share an equal amount of space and be considerate about each other's wishes and desires.
- Once your partner realizes your unreasonable behavior due to lack of trust, she is going to start taking herself away from you realizing how difficult it can become in the future. Thus, have control over your thoughts and nasty behavior. Respect your partner and take the risk to trust them.

It is quite difficult to say if some man or woman will stay with you forever. Relationships are all about taking risks and going with the flow. However, if you can't trust your partner, you are already destroying the charm of your relationship. By learning to trust, you can at least try to keep your relationship healthy and happy.

## **How to Ask for a Second Date**

Impressed with your first date and already wanting to have another? Well asking for a second date can be a daunting task. The fear of what he or she would feel makes you swallow your words. Asking for a second date completely depends upon how you have spent the first one. The chances of second date being possible depend on how your date has perceived you. If you

are sure that the girl or boy has spent lovely time with you, you can straight away ask for second date.

If the two of you hit it off on your first date, you most certainly can hint about meeting up again. Laying the foundation in advance will make it easy for you to ask for second date. If you are positive that the girl has liked you and give you good vibes or clues of meeting up again you can feel free to fix up the next date. There are few people who are open and can gel well instantly. They might be the first one to ask for a second date. At the same time there are girls who are shy enough and may not be able to give you hints of second date. In this situation it can become a bit difficult to figure out if the person has enjoyed the date or not.

If you are bold enough, ask the lady about how she found the first date. Reading between the lines will help you understand whether she is really excited about the date or has simply been waiting for the day to end. If you are not able to speak, you can send a bouquet of flowers with a thank you note. You can also mention in the card about your will to go on a second date. If you receive a call instantly after the girl receives the card, you can bet that she too is eager to meet up soon.

It is always nice to remind your girl about the first date. Tell her how much you enjoyed each moment. This is enough to give her a clue that you are ready for a second date. If in return she shows the same enthusiasm and you can sense she is equally willing to date again, fix up the second date immediately and get rid of the burden of asking her out. If her workplace is on your way, or she stays close to you, you can just drop in casually and in the process figure out if there are any positive chances of a second date.

If you are the one who is prepared to hear a yes or a no as well, then you can directly ask for a second date without wasting any time. There is a certain amount of risk involved in asking for a second date, but it is always best to give it a try rather than not ask at all. You never know, the other person might just be waiting for you to ask for a second date.

## **How to Develop a Good Rapport When Dating**

So you are in a dating relationship and intend to know how to establish a good rapport with your partner? Well, it's simple. All you need to do is follow a few effective leads and you will have no hassle dating. Let's take a sneak peak at the fundamentals of developing a good relationship with your partner. In a nutshell, all it takes for the development of a good liaison is having a positive and open attitude, persuading effective open communication between both the partners, having good listening skills, and above all, accepting your partner with his/her share of imperfections.

Building a rapport when you are dating is vital, as it can help you to understand your partner better. Try and ask questions to your partner. It can be absolutely anything that you may intend to ask – like hobbies, interests, fashion, anything under the sun. Once you find a common point, both of you can then strike a conversation on the same matter. This can be a beginning to a great start in your dating relationship.

Every person loves to be admired. An effective way of building a healthy relationship with your partner is by complimenting the other person's fashion sense or jewelry, even the choice of

perfume and many more. Such small appreciation can create wonders for your partnership. Have a positive attitude in life. You may have had a bad day at work, but try not to vent the irritation on your dating partner, as it might seriously affect the chemistry that you have built up. Treat your dating partner with a lot of importance and never show any signs of being dominating.

On quite a few occasions dating can be between two complete strangers. On your first date if you tend to feel that your conversations are not free and you are thinking too hard before you speak, then it's best to end the meeting after the first date itself. You and your partner should converse freely and you must feel totally at ease in his or her company.

Try and be a good listener. Don't keep speaking about yourself. Give a good opportunity to your partner to express their opinions too. Listen to what your partner is saying. Take cues and carry on the conversation. And, lo and behold, you will build a great connection.

A lot of the time people make an attempt to divulge facts about the traumatic experiences of their childhood to their dating partners. Many may not be at ease with this. Till you completely understand the person it's better not to reveal too many dark facts about your life. You must remember not to speak about your past associations. This can create a negative image about you. Try to emphasize more on common likes and dislikes rather than get into things that can create a rift in your dating relationship.

Once you get along well with your partner you can carefully talk about the things you wanted to. Until then it's a big NO to such kind of revelations. If you try and implement these effective tips then the chances are, you will end up in a long lasting dating relationship.

## **How to Shrug off Shyness for a Healthy Dating Relationship**

Every so often we seem tongue-tied when we try to communicate with people. You may be anxious, lost your confidence level or probably even suffering from shyness. Shyness can be considered acceptable to a certain extent. But, beyond that you need to analyze and rectify your behavior. If you are in a dating relationship, coyness can become a big barrier in your rapport with your partner.

People are normally accustomed to the fact that shy people date less. The truth is that shy people may be latecomers in the concept of dating but once the initial bashfulness seems to vanish they turn out to be the reigning star amongst their circle of friends. Shyness is an unnatural quality. Try to overcome it. As a start, make an effort to build up your confidence skills. Talk to almost everyone around you. Approach people with lot of gusto. This can help you in shrugging off your shyness.

Speak with someone about your problem of shyness. Keep reading books about raising confidence levels. Go out and talk to people of the opposite sex no matter how old they are. You just have to try and remove your feeling of shyness. If you don't make an attempt to overcome your timidity then people might think you to be curt and unfriendly.

Shyness can paralyze your prospects of having a dating relationship. If you get into a dating liaison, talk as much you can with your partner. It may seem to be very irritating if you just throw

a few fleeting glances at your partner and answer in monosyllables. Rather, prepare yourself well before the date. In many cases shyness has been considered as a deeper crisis than you may imagine. At such times it is better that you consult a professional who may help you with some therapies.

Stand in front of the mirror and groom yourself. Talk with yourself and analyze what's the reason behind your shyness. You are the best judge. Maybe you can find the answer and turn successful in shrugging away your bashfulness. Make an effort that you will never underestimate yourself in anything. The root cause of coyness is when you start thinking like a pessimist.

Remove the negative aspects haunting you. Mix with optimistic people. Also share your traits with your close friend or colleague and ask for personality grooming tips. Don't feel scared to ask a person for a date. Your shyness can be even due to the cause of your wrong opinion about people. If you are usurped by the feeling of rejection, then it may be difficult for you to get over your shyness.

When you are on a date begin the conversation with a smile. Show your partner that you are easily friendly and amicable. If your partner comments or jokes about anything don't take it personally. Be a good listener and spend quality time with your partner. These small beginnings will help you shrug off your shyness and in a matter of few days you will enjoy a healthy dating relationship. So the next time, don't be shy to ask your partner for date. Be confident. And Bingo! You will notice amazing results.....Happy dating.

## **Managing the Costs of Dating**

You are in love with someone but you don't have a great deal of money to spend on your partner. What would you do in such a scenario? Most men don't understand that not all women in the world go berserk for men who have money. Some women are not very materialistic and would appreciate your love rather than your money. But, if your partner is highly demanding and needs a constant shower of worldly pleasures then you need to find ways to tackle such a situation.

Firstly, try not to be over egoistic in explaining your financial constraints to your partner. If this is clear in the beginning of your relationship then things may not turn messy. After your disclosure let your partner decide about continuing the relationship further. You must not fear of divulging the truth to your partner. Try not to over exaggerate yourself just to win your partner. Problems regarding expenses can arise later. Be the normal self you are and talk openly about your problems if not on the first date, at least the second time you have a meeting.

One thing that is increasingly evident today is that women hold full-time jobs. As a result they are financially self-sufficient and not totally dependent on their partner. Gone were the days of conventional thinking. This might pose as an advantage for dating partners. What you can do is choose to take turns to pay the bills when you visit multi-cuisine restaurants. Some men believe that they should not allow women to pay any expenses and try to act foolish. But, once you are a couple, cost sharing will prove to be very effective and it will only help you out in your future endeavors.

Suppose you have a financial crunch. Talk to your partner about it. Have no qualms in sharing your problems with your partner. The new age dating relationship believes in the 50-50 sharing of finances. Women have started feeling that since they work they too can pay their bills. In that case allow your partner to do so and don't interfere.

The expenses of dating a woman are skyrocketing and out of control. In such a scenario the most effective way of having a healthy dating relationship is by sharing costs and expenses. Most single women are financially independent and supportive in sharing their expenses with a guy. Effective ways can be going to cheaper restaurants, spending less on movie tickets, exclusive dinner treats, et al. make an effort in finding places where you can spend the evening peacefully without much expense. This can help a lot. Also think about how many days in a month do you and your partner meet. Accordingly consider the places you can have a date. The stereotyped notion of having a date in high-class restaurants should be abandoned. Instead, think about something unique. This will help in cost saving and also reflect a great change in your dating relationship. Dating partners should try and implement some of these tips to find amazing results in their relationships. In this new era, try and emphasize on the management of costs while dating.

## **Meeting Dates that Share Common Interests**

It is true that opposite attracts, however, spending time with a person who has nothing similar to you, or does not share a common interest, can get boring in the later stages. To save you from not falling into wrong relationships all the time, it's best to look out for dates that share common interests. Gathering at places that you like or doing activities that interest you, may help you find the perfect date with similar likings.

Being single and doing activities that you love to do may just introduce to another single that shares the same interest. If you love traveling, get going on a nature trail and surprise yourself by meeting someone who may turn out to be your best date. There are many people who cage themselves, as they don't have a partner to accompany them. However, staying aloof or all by yourself will never help you meet people with similar interests. Instead, start networking and meet people from every walk of life as often as you can.

There are many couples that have met at a hobby class, at the office, or even at a friend's party. Taking a step forward will help you find that perfect date that shares similar interests. It is quite rare and boring as well to have a date that does and likes everything just like what you do. It is best to have a date that shares a few things in common.

If you are an artist and love painting or always wanted to try a hand at pottery, then go for a workshop that teaches you. This way you have a chance of meeting someone interesting at the workshop that has at least one interest in common. If you are a party animal, visit all the happening parties where you are sure to meet some great and interesting people. Making yourself visible at great and happening places is the best way to find and meet dates that share common interests.

Dating is much more fun when two people share a couple of common interests. Dating sites are other cool places to find people with common interests. These sites allow you to view hundreds of profiles from which you can choose a person who goes well with your expectations. By reading

the profile, you can make out if there is anything common between the two of you and then proceed further. Dating sites make it easier to find dates with similar likings than looking out for people at various events and locations.

Outdoors is also a great place to meet someone interesting and who has the potential to become your perfect date. Be an enthusiast and explore people whenever you meet them at seminars, meetings, and parties or online. Talking to each other and sharing some information will help you know if you share something in common and have the potential to become great couples.

Sitting at home and expecting for your dream date to walk in will only remain like a dream. You need to make an effort to find your potential date by meeting interesting and fun people. Isolating yourself will only make you feel lonely and left out.

### **Planning a Date? Plan Different, Think Different**

Most boring dates end up at dinner or at the same old coffee shop. There are some uninteresting couples that don't take any initiative to make their date special and happening. Why do what the rest of the world does? Instead, think out of box and find your own way of making your date special. Making a date fun and interesting does not happen instantly, but it requires proper planning in advance. If you have practiced listening, you can make out what your date likes and what can impress him/ her.

When it comes to planning a date, make sure you try and figure out what can make it the most memorable and amazing date ever. If both of you like adventure, surprise each other by opting for some water sports, or attend a camp. You can also choose to take her on top of some popular mountain. Go bungee jumping, or any other activity that gives both of you immense joy. Spending quality time is important to pep up any relationship or even when it comes to making an interesting date.

If he likes ballet or any other dance form, go to a place where both of you can enjoy grooving to lovely music. You can also enroll for a workshop where you learn different forms of dance and get a chance to get closer to each other. If you have ever heard your date telling you that she has never tried skiing and would like to check it out, surprise her by taking her skiing. This will make her happy and you would get a chance to get some high scores.

Some days you can also plan to go for a movie and then dinner. If you enjoy taking a stroll in a zoo then that can be your next plan. When you plan for dinner, try and make it special as well. Go to a place she would love and that serves the best cuisine. However, before planning dinner, make sure you are acquainted with her choice of food. If both of you like partying, check out a happening pub where you can shake a leg to some top numbers.

Doing the same thing on a regular basis can get quite boring, and your date would simply not look forward to meeting you next. However, when you make it fun and exciting, is when the both of you would want to spend more time together. Try and plan something exciting every time you meet. This does not mean that you have to shell out cash on every date. You can stay at home and still plan something interesting.

If you love cooking, cook some delicious food, invite her over and before you get going for lunch you may want to watch a movie on DVD, or play games on your play station. Planning these dates does not need you to spend every time. You can make the most when sitting at home as well. However, make sure it does not become a routine to avoid boredom in your dating game.

If bikes are something you both love, plan up a drive and explore your riding skills. Plan a day to give your bike a different look or team up to paint your room. After all a date is when you can enjoy yourselves, spend lovely moments together and have the best of each other.

## **Solving Common Dating Dilemmas**

As the dating game begins, it becomes fun and exciting. However, as it moves on, there could be certain dilemmas that you may face. Every relationship goes through these phases and it is best to solve them rather than let them get out of hand. Sometimes, the problem may be a minor one like deciding on where to go on your next date – a trivial matter, one might say. The more serious problems begin when you start to question issues like the level of commitment in your relationship. Ignoring such a dilemma is not the solution. Instead, it is best to tackle such issues immediately and find an amicable solution.

What to do next or where to meet on is a dilemma that almost all dating couples face. This situation can be handled properly by discussing the issue and deciding on a place of mutual interest. You can figure out interesting places that both would enjoy and arrange a date accordingly. If you are sure what she likes, or what can make her happy, you can surprise her and take her to the place that she has been longing.

One of the major dilemmas that you can face is that of commitment. This can be a confusing stage where you have to decide on going further with this person. Even if the girl has shown interest in committing, and you are not sure about the same, it can get difficult. Here it is best to be honest with yourself. You need to do a self-analysis and figure out if you want to spend your life with this special someone or you would still prefer to meet others too. If you have recently started dating, it is best you take some time to know the person better and then answer this question. However, if you have been dating for more than a year, it's time to ask yourself if you are still looking out for the perfect date.

If things are turning ugly between you and your date, you may be confused as to whether to give the relationship a chance or call it off. If you have been steady for long and suddenly figure out a problem, it is best to try and solve it immediately. Also, if you have genuinely liked your partner and would like to give the relationship a chance, then you need to discuss this openly with each other and communicate your feelings too. There are many couples that face dissimilarities and problems from the very beginning, which makes dating all the more stressful instead of fun. In such a situation it is best to stop right there and move on to find a better date.

Another common dating dilemma is whether to trust your date or not. It is quite natural to get this feeling. As humans we do not understand if we should trust a stranger. If we always doubt one another's honesty then dating can be the most awful experience. Smaller dilemmas are easy to handle them. Not making a big issue of the same will help you enjoy dating. No matter what the issue, try solving the problem as quickly as possible. The sooner you do that, the better your chances of having a healthy dating relationship.



## **The Characteristics of a Healthy Dating Relationship**

If you have taken the plunge and started dating, then you need to understand the characteristics of this relationship well. Having a date is easy, but to maintain a healthy dating relationship is tricky. All you need to do is recognize and follow the essentials and there will be no looking back in your dating life. In any relationship, sincerity and faith are vital factors and a pathway to a healthy and pleasant dating relationship.

Make sure you compliment your partner on what you like best about him or her. Talk about your troubles. It feels good to share your joys and sorrows with someone. Avoid being dominative in your relationship. If you have committed any mistake then accept it and apologize for the same. A healthy dating relationship requires a good deal of emotional respect among the partners.

If you and your partner have any disagreements, try solving the matter amicably rather than walking away in a temper or starting a series of emotional blackmail and threats. Both the partners should respect each other's decision after the end of the squabble. Even if you have a conflict of ideas try and understand the feelings of your partner. Every person has a right to keep his point of view and you must respect this.

For a good dating relationship you must develop the art of understanding and being a good listener too. You should have the ability to put yourself in your partner's shoes and understand what he/she is trying to say about any particular issue. It's necessary that you pay attention to your partner's views rather than imposing your own individual views.

Every relationship must have its fair share of liberty and support among the partners. Each and every person has a right to have his/her space, suggestions, viewpoint, friends, thoughts et al. If either partner decides to break up then their decision ought to be respected. Of course, this does not mean that you should blindly accept the decision without being given a valid reason. Also, if the partners are not interested in a long-term commitment then qualities like jealousy, obsessive attitude etc. should not come to the forefront.

You ought to encourage each other in whatever you do. Try and learn the good qualities from one another rather than just find faults all the time. Make an attempt to strengthen your relationship in the best possible ways. Presenting one another surprise gifts is a great way of spicing up your relationship.

Whenever you gift your partner, try not to think of the money you spent it. The thought means much more than the gift. Instead, imagine the happiness your partner will derive on getting the gift. In addition, you must show constant care and respect for your partner. This attitude should be consistent i.e. from the start of the relationship and as the association nurtures.

Mutual fondness for one another is necessary in a dating relationship. Compliment and appreciate your partner. Small things can make a huge difference to your bond. Try and follow some of these characteristics and hopefully then the world will have only a handful of splitsville couples.

## The Modern Woman's Guide to Asking a Guy Out

You may be ultramodern and chic, wear the latest designer dresses and footwear, but are you really woman enough to ask a man out for a date with you?

With changing times, the rules of romancing and dating have also changed. It is no longer cool to wait for a hot hunk to make the first move. As a confident and fashionable female; men look up to you to ask them out for a swell date.

Men love the chic contemporary woman of today – brash, cool, confident, intelligent and beautiful, a lethal combination. Approaching a guy for a date puts you in total control of your romantic liaisons. Many men find it very appealing when females make the move to kill. Men of today have accepted the fact that women are more or less equal to them in all spheres of life, if not better.

### Some tips to ask a dude for a date:

- **Head for the Bar:** If a handsome hunk catches your fancy, buy him a drink. As you've made the first move, it is up to him to reciprocate your advances.
- **Propose an Outing:** Whilst you're talking to him, casually ask him about his weekend plans and propose something like watching a movie or visiting a dance club together.
- **Invite his Gang to meet yours:** If you find it awkward to ask him alone, try to invite him and his friends to meet your associate's circle. This will help you both to mingle well within your respective comfort zones. Just make sure your gorgeously ravishing friend is absent at the meet.
- **Drop a Hint:** If you find it too uncomfortable to invite a guy out, drop subtle hints like, 'Have you seen the latest popular play? I would love to see it.' Even after this if your dude remains mum or doesn't pounce on the opportunity, he is either not interested in you or he is too dumb for dating.
- **Research and Play:** This is for dummies. Be informed about the guy that you've fallen for. Find out whether he is already committed to someone else or happily married.

If you ask a dude out for dinner, lunch or a drink, you can always turn on your best flirtatious behavior. Make good eye contact, smile generously and make him feel that you are totally charmed by his personality. Be hard to get, don't give him the idea that you are readily available for him. Men like challenging and mysterious women. Try to find out his hobbies, interests and culinary tastes.

Never ask him about his financial position, even though you are desperate to know. Get to know him better and then slowly try to probe about his monetary value. Some men appear to be classy and full of style, but they may actually turn out to be broke, and there are those who do not flaunt their money, but are quite well off.

As a parting line, let me warn you that men are after all well bred animals. Asking a man out on a date is tricky business. Be cautious, you are about to step on his ego, take care to tread lightly.