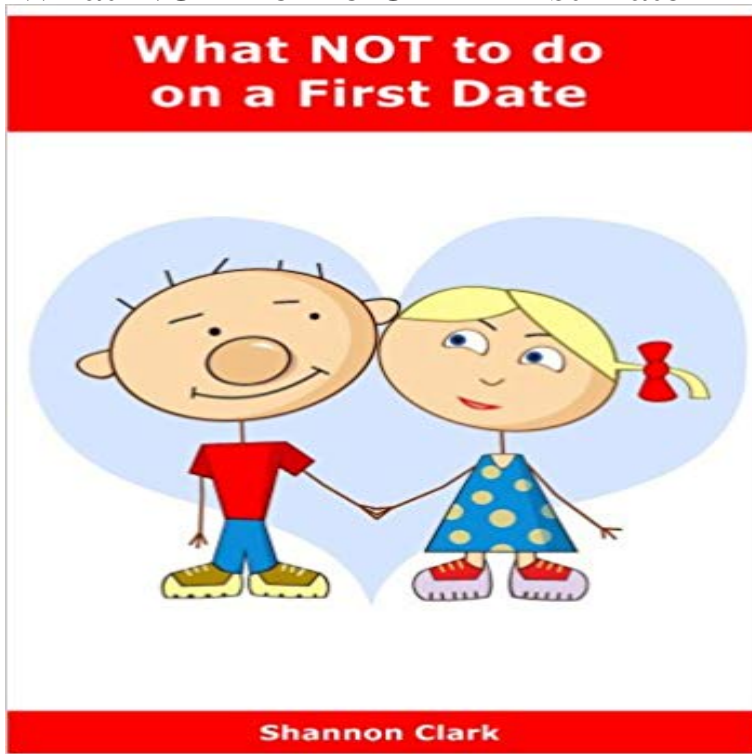


## What NOT To Do On A First Date



Whether you've been out of the dating game for quite some time and are just looking to re-enter it again after your sabbatical or you've been playing the game already to no avail, if there's one thing that's common to just about anyone getting out and meeting new people it's that first dates can come with some jitters. While there are the few people who are just confident by nature and go into their date feeling fine with no worries whatsoever with how it's going to go, for most people, fears set in of what the person will think of them, whether the conversation will flow, and potentially most nerve-racking, whether the first date will end with the illustrious first kiss. While dating can be an amazingly wonderful experience when you meet someone who gives you good butterflies in your stomach and puts you into a trans-like state where serotonin is high and you almost feel euphoric and like you've found a new love drug that makes it seem as though all of life's problems disappear, this situation is far from the norm. In most cases, first dates end with mediocre feelings and a bit of uncertainty whether or not a second date should happen. Finding someone you naturally just click with by nature isn't an easy feat by any stretch of the imagination and on top of that, finding someone you click with that clicks with you is potentially even harder. If you've ever been on the dreaded dull coffee date that you just wished you could walk out of 20 minutes in, you know this precise feeling. Most people do tend to have a fairly good radar and can tell within minutes of meeting this new person whether they will be interested in the possibility of a second date or not. If you know five minutes in that you will not be interested in a second rendezvous, it can make for a pretty long date ahead. Fortunately, there are certain things that you can do to help create better chemistry on your first date. Humans, while definitely different, do tend to have

the same type of social reactions to various situations and by learning how to have someone react more favorably to your presence, you can increase the chances that there will in fact be that second date if you want it, that is. In this guide though, we're not going to focus on what you should be doing. Today's topic is going to be on what you should not be doing. In some cases, it's better to learn opposite side of the spectrum first before moving onto the other side.

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