

# **CONFESSIONS OF A MATCHMAKER**

## **PATTI NOVAK'S DATING TIPS**

### **Preparing for the first date:**

- *When setting up the first date spend no more than 5 minutes on the phone. You want there to be an air of mystery and have a lot to talk about on the actual date.*
- *Guys should make the initial call and suggest where to have the date. It shows initiative.*
- *Early evenings are a great time for dates. Mornings remind us too much of work and lunch is too informal. Early evenings allow you the opportunity, if you do like each other, to have more time together.*
- *The best places to meet for a first date are PUBLIC places. Restaurants are safe. Do not go to the movies or secluded, quiet places. Keep it as public as possible.*
- *Stay away from bars and the club scene. There are too many people and too much activity to be distracted by. You may lose focus of your date.*
- *Also, stay away from bookstores. That is where you meet, not where you date.*
- *A first date should never be a coffee date; it is the direct eye contact that makes women uncomfortable. Try a nice restaurant or take a walk and have a chat.*
- *You have 10 seconds to pass a physical inspection and about 30 more minutes to develop an emotional chemistry....So look your best and be a proactive communicator. The art is in listening and talking.*
- *When dressing for a first date, dress casual, but nice.*
- *Do not wear sneakers or sweats.*
- *Make sure your hair and your appearance is neat.*
- *Less is better when it comes to jewelry, which goes for both men and women.*
- *Make sure you carry breath mints.*
- *And most importantly, be on time!*

### **Dating Etiquette:**

- *Do understand table manners. If going out to a restaurant for a first date, learn dining etiquette.*
- *Do not chew with your mouth open or hold your utensils like a toothbrush.*
- *Do not drink too much on a date. It will affect how you look, the way you feel the next day, and how you represent yourself.*
- *If you are a smoker do not smoke on the way to a date. You do not want to show up smelling like an ashtray. You have no choice today as a smoker to be polite, so maintain that from the beginning of the date until the end.*
- *If you are trying to get out of a date, you should plan a phone call before hand with a girlfriend or your kids, tell your date something came up and you have to go. If you feel you have to be honest, try not to offend your date, you do not want to hurt anybody's feelings.*

### **Conversation:**

- *Once you are on a date, do not waste time having long conversations about your children, pets, crazy hobbies and interests, or past relationships (a definite do not).*
- *Make sure conversation is not all about you. Ask questions. Make sure you are listening when they are answering. Make sure you ask questions as much as you answer them. Remember, the art of communication comes in two forms.*

***Listening and Talking.***

- *Stay away from politics and religion. These subjects are too intense for a first date. If it comes up during the date, change the subject. Try to keep conversation light and fun.*
- *Do not talk about your sex life....past, present, or what you would like in the future. Leave it in the bedroom, where it belongs.*
- *Do not use an enormous amount of foul language on a date.*
- *Do not talk about tough family wounds and history, or sadness.*
- *Do not talk about the medications you are taking. That is your private business.*

**Internet Dating:**

- *It is scary. At the very least, you should take some precautions. Like the five-minute rule on the phone, you should spend no more than five minutes on the Internet, do not spend 2 months talking to someone via email.*
- *When it comes to meeting them face to face, you should meet them quickly, be safe, and always have someone know where you are.*

**For Men:**

- *A turn off for women.....Bragging -- about career, toys, and especially other women.*
- *A woman likes a man that can be sensitive. Show a bit of your softer side. Be attentive on the date. Ask questions and listen*
- *Also be careful not to flirt with the bartenders and waitresses etc. Being nice can sometimes be mistaken for flirting. Women are very sensitive to where men's eyes are.*

**For Women:**

- *Show that you can be sexy, intelligent and beautiful all in the same breathe. Do not be afraid to show all of those traits. Show your sense of humor, smile, and make great eye contact.*
- *Most importantly, be yourself. Trying too hard to impress, can end up leaving a bad impression on your date.*