

FLATTERY WILL GET
YOU EVERYWHERE

BUT LYING WILL ONLY GET YOU CAUGHT

*Life coach Fléchelle Morin
answers your relationship
questions on the art of flirting;
why you should never lie on
your dating profile*

BY FLÉCHELLE MORIN

Q. Help! I'm newly dating again after a number of years in a relationship and I forgot how to flirt! My dates often tell me I am too 'serious' or 'intense' and one even went so far as to tell me to 'lighten up' before making a quick exit after dinner. Can you give me a quick refresher on the art of flirting?

A. Being flirty is an attitude! It's about having genuine fun with simple things and turning ordinary occurrences into unforgettable moments. When you flirt, you need to feel comfortable enough with yourself to let go of appearances and fears about what others might think of you. It usually takes a while to develop the level of intimacy most of us need to genuinely let go with another human being, especially someone of the opposite sex. And, having just come out of a long-term relationship, it's understandable why you might find it a little more difficult to relax with someone new. Knowing this, cut yourself some slack. Dating—and flirting—will get more comfortable with practice. And in the meantime, 'fake it 'til you make it.' The truth is, acting as if you already have reached a certain

level of intimacy with your date will give you the freedom to be spontaneous and fun. Here are some suggestions to get you on your way:

1.) Compliment, compliment, compliment! Flattery *will* get you everywhere, if sincere. Begin by putting a big smile on your lips (which automatically signals to a man your approval) and tell your date how much you like the restaurant he's chosen. Talk about the decor, the ambiance, the service, etc. He will actually feel *personally* complimented when you make positive comments about his selection.

2.) 'Play' with your food. When your meal arrives, take a bite and let your date know

how delicious dinner—and his company—are. Channeling your best Meg Ryan in "When Harry Met Sally," say something like, "Oh my gosh! This is so good! This has to be the best (fill in the blank) I've ever had. Mmmm!" You get the point. Take time to really savor your meal.

3.) Eat only half of your dinner. 'What? I'm having a spiritual experience with my steak and you want me to eat only half of it?' That's right! (But don't worry; it won't go to waste—that's what 'doggy bags' are for!) And now that you'll be having so much fun dating with your newly-honed flirting skills, you could be eating out four or five nights a week so you'll

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need to watch those calories! Not to mention the fact that by eating only half of your dinner, you'll have some room left over for dessert lead to an outright flirting frenzy (strawberries, whipped cream....*need I say more?*)

Put your 'female power' to work and say something to your date like, "Will you please have our server wrap up my food for me to bring home?" Although you are perfectly capable of asking the waiter yourself, *let your date do it for you*. By receiving and accepting, you will tap into your feminine energy (female power), which, in turn, will allow your date to access his masculine energy (male power) and use his energy to be complimentary to yours. While you're at it, try and get into the habit of telling your date what you would like to eat and then letting him order it for you. Men today no longer have to go hunt and kill the bison for you, but they still like to be able to provide for a lady.

4.) Have some pre-date fun. The easiest way to loosen up on a date is to arrive feeling loose. And that takes some pre-date flirting! Think back to what it was like when you were twenty-something getting ready for a night out on the town. What kind of music did you listen to? Rock? Disco? Smoky Jazz? Play whatever puts you in the right mood and makes you feel sexy. Take a bubble bath; try on different outfits and shoes and play 'super model' in the mirror. Really vamp it up! The idea is to clear your mind of any pre-date jitters or thoughts about what you'll say, who'll pick up the check, and whether or not he will like you and just have fun in the moment. Confidence and a carefree attitude are both powerful aphrodisiacs!

Q. Fléchelle, you've advised women in your column not to go on coffee dates and to only accept invitations for dinner—and I would be fine with that if most women didn't lie on their online dating profiles. Many post twenty-year old pictures of themselves or are double digits away from the "5.5', 120-lb." description they claim to be. It's so frustrating to have to spend an entire evening with a woman I'm not remotely attracted to. What can I do when the woman who shows up for a dinner date doesn't match her profile?

A. This is an excellent question and a problem that happens fairly frequently, given

today's online dating dynamic. While some readers might see your concern as superficial, there is much more going on here than meets the eye. I have said it before and will say it again: a man needs to feel respected by a woman *before* he can cherish her feelings. So, when you show up for a date and the woman is not who she claimed to be, *on the surface* you see a woman who has obviously misrepresented herself. But underneath, you are turned off by this woman's lack of respect for you. Within seconds, your primordial instincts are put on high alert and you have but an instant to decide how to react to what you are perceiving as an affront.

First, know that you do not have to sit through a full dinner date with a woman who has misrepresented herself. A woman who has lied to you about her appearance is being disrespectful. Period. Saying that, while many men might want to hide in the bushes to see if their date is who she says she is (and if not, bolt without saying a word for fear of repercussion), I like to encourage men to get in touch with their masculine power and be gentlemen enough to face the situation and tell it the way it is.

So here's how I suggest my male clients handle this situation: Look at your date directly in her eyes and tell her that as much as you were looking forward to meeting the woman she portrayed herself to be, because she has misrepresented herself, you will not be following through on your dinner plans with her. Note: It is very important that you do not accuse or disparage your date for her shortcomings or turn it into a personal attack. Be stoic. You are simply informing her of your decision; that is all. Then, excuse yourself from



the lobby, table, etc. and leave. There is no need to give her any additional explanation, apologize or feel bad. Again, it is very disrespectful for a woman to lie about her appearance, just as it would be contemptible for a man to lie to a woman about his!

Think of it this way...What if you had scheduled an interview with a potential employee, say an architect, and when the interviewee showed up, she had less qualifications than her resume stated? What if, in fact, the interviewee wasn't an architect at all, but rather an interior decorator? Would you not think twice about telling her the interview was over? The same logic applies here. Being straightforward regarding what you want and what you will—or will not—accept will create the energy you need to command respect from the women in your life. True stoic men are hard to come by these days... You have everything to gain by being one.



Fléchelle Morin, Certified ASR Coach, Dating to Marriage Coach & Motivational Speaker, is the author of the book, "Kissing or No Kissing; Whom Will you Save Your Kisses For? A Dating Guide to Creating Your Dreams." Have a question or comment for Fléchelle? E-mail her at flechette@nokissing.com or visit nokissing.com for more information about Fléchelle's book, dating philosophy or scheduling her as a speaker at your next event.

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