

# There's an evolutionary secret that can help you understand how to attract men and make them desire you



[Attraction](#) between the sexes, as complicated as it may seem, is pretty simple to explain in a few lines. Girls are more easily attracted to a guy who appears healthy and stress-free, has a good level of testosterone which makes him appear more manly and chiseled, and has a protective streak in him which makes him a good mate material and a father. Guys, on the other hand, are more easily attracted to girls based on their appearance or behavior. But that's not it though. To truly understand how to attract men and how a man's mind works, we need to get deeper into the concept of attraction from the male point of view.

## How to attract men in a way they can't resist

A guy may like a girl for different reasons, but when it comes to physical or sexual attraction at first sight, her physical appearance and her behavior matters more than anything else. So if you want to attract a man and make him desire you, you just need to get his attention the right way. And the rest, as they say, is history! You need to keep this in mind though, love and attraction are two completely different things. A guy may find you extremely attractive, yet he may not end up falling in love with you for his own reasons. But for love

to blossom in the first place, you need to build the sexual attraction before you make him fall in love with you. It's the safest way to make sure the guy falls for you and stays in love with you.

### **Attraction and how a man views a woman's body**

As we know that physical attraction plays a very big part in attracting a guy, you need to understand what a guy's mind tells him when he sees you and sizes you up. When a guy sees a girl's physical assets, he subconsciously sees more than just your breasts or your butt. The right curves in all the right places tells a guy that a girl is fertile and has come of age, and that she's healthy because her body can afford to waste energy on developing her curves which play the biggest role in sexual attraction. A guy may think a girl is attractive. But in his subconscious mind, he's gauging you as the woman who may carry his offspring one day.

### **Testosterone and a man's [sexual](#) preference**

Every man produces testosterone, a sexual hormone, in his testes. And women produce a small amount of testosterone in their ovaries. The more testosterone a man produces, the more manly he looks and the more sexually virile he is. His facial features appear manlier, his jaws are wider and more chiseled and his voice is deeper. And several studies have shown that the more manly a man is, the more attracted he'd be to women who exhibit feminine traits \*girlie, cute traits\*. On the other hand, a small percentage of men who produce a lesser-than-normal amount of testosterone may find themselves getting more attracted to women who are less feminine and more controlling and dominant in the relationship. So if you're trying to catch the attention of a typical guy \*a large percentage of men have normal or high production of testosterone even though the overall average testosterone levels have dropped significantly in American men over the last 50 years\*, chances are, he'd love you if your behavior is more feminine, cute and girly!

### **The perfect woman for a real man – She's cute and sexy**

A regular man who isn't suffering from low testosterone would always find a feminine woman more attractive than a woman who thinks femininity is overrated and displays traits that are traditionally considered manly. While a girl's physical appearance is the biggest sign of femininity, at times, it helps if you

can display more femininity in your behavior. No, I'm not saying pink frills and scented paper. But there are always other ways to appear cuter and get a guy to take a second and third look at you.

### **Why do guys like cute girls?**

Men have always been the more aggressive sex in the human species. They're usually the ones who spread their legs wider, stand tall and swell their chest up while trying to appear threatening all the time, more so when they're in an argument or when they meet someone they see as a threat in any manner. But cute changes everything. When a girl behaves in a cute and feminine manner, it brings out the protective instincts of a man. Instead of feeling threatened by a feminine girl, he feels protective about her. That makes him feel more masculine, and that's something every guy loves to feel! When a girl reveals her vulnerable side to a guy, it's very hard for any guy to ignore her or avoid noticing her vulnerability. And the instant his mind connects with her vulnerability, it eliminates any thoughts of a threat and his protective side creates a bond of protection and attachment with her. He feels the need to be around her, and his subconscious mind tries very hard to make her feel protected, comfortable and loved around him. He loses his aggressive stance, the tone of his voice softens down, and his shoulders droop down towards her instead of spreading wide. And before he even gives attraction a second thought, he'd realize that he likes the girl already!

### **Traits of a cute and feminine girl that draw real man**

Many girls are against the idea of being feminine or behaving in a cute manner. To a typical feminist, behaving in a demure or coy manner is a sign of weakness. And they can't accept that a guy finds a cute \*and dare, we say it... submissive\* girl more attractive than a girl who likes to be a non-girlie girl. If you're feminine, you don't really have to be cute. But if you can pull off a perfectly cute personality, it would only add to your allure and make you more desirable among men. To understand cute behavior better, all you need is to interact with a couple of Japanese or Thai girls whose behavior isn't influenced by us Americans. They're not meek or silly, nor do they have to behave like stupid bimbos to win a guy's affection. All they have to do is flaunt what sets them apart, and that's their femininity and grace. And no testosterone laden guy can resist the allure of a sweet Asian girl when he's having a conversation with

her. Everything about them makes them appear more beautiful and feminine, right from their cute heart signs with inverted hands, the way they nod their heads, the way they behave while having a conversation with you to the way they smile coyly and yet so warmly. Femininity comes naturally to some girls \*not just Asian girls\*, but it's an art that's worth learning. If you want to know how to attract men, all you need to do is exude your feminine side while talking to them. And once you try that, you'll know what I'm talking about. And remember, a cute girl who displays her feminine side will always have an edge over all other girls when she's trying to catch the attention of a real man!

### **How to bring out your feminine side naturally**

Femininity comes naturally. But cuteness can be created by the way you behave. Additionally, if you're on a date with a guy and want to come across as a girl who's in touch with her femininity, here are a couple of tips for you. **#1** Dress in softer pastel colors like peach or mauve. The color will give your skin tone a healthy glow that makes you look warm and likeable instantly. **#2** Smile more often. A smile can make you appear more pleasant and friendly. **#3** Run your fingers through your hair delicately. Always works for any guy! **#4** Tip your head slightly downwards when you're blushing or smiling, and look at him from under your eyebrow. These four tips may sound bizarre for a feminist or a cute-bashing girl, but trust me, it will do wonders for your date!

### **A tip to remember – Don't be yourself if you can be better**

Contrary to popular belief, don't be yourself. Evolve. When someone tells you that the best way to attract someone is by being yourself, well, they're not entirely right. All of us change all the time. And not every change that we see in ourselves may be in the right direction. Who are you? How would you define yourself? We are who we are because of our socioeconomic status, the people around us, and other influences we've had in our lifetime. A lucky few may have had the opportunity to be influenced by the perfect examples, while most of us have to change to become better individuals. Or worse, we never get to become better individuals or achieve the full potential that's within us because we're convinced we're all perfect already. You don't have to change yourself just to attract men, but change yourself to become a better you. Have you ever walked into a room full of attractive women, and found yourself thinking that a few of those girls were better than you in some way? When you meet a woman and find

yourself in awe of her for any reason at all, it only means you admire and want some particular trait of hers that you lack yourself. If you like a trait about a friend, be it her spontaneity, her courage, her carefree attitude, her posture, or the way she dresses up, your mind may subconsciously like that trait because you want to see that trait in yourself. A change of this kind is good, where you see something you like and want to see that in yourself. A girl who is the epitome of perfection in every way \*if she does exist\* won't be awed by anyone else. On the other hand, everywhere she goes, she'd be the girl that would receive compliments, stares and awed jaws! So change often, become the dream girl you fantasize about in your head, and be the girl you really want to be. And life will turn out to be so much better for you, be it about men, work, friends or anything else. It's easy to push a thought away and assume it's wrong to be feminine or assume it's a bad thing to change. But trust me, change is good. And change is inevitable. So you're going to change whether you like it or not. And you have a choice to become a better you, or a worse you.

### **The last word about the science of attraction between the sexes**

We're all animals, and you shouldn't forget that. We may be wearing pants or walking on two feet, but that doesn't change our primal instincts. We still chase each other and woo each other just like the animals in the wild. The male and female sexes still play games to win each other's affection. Human males still like to woo a female through their display of brute strength, dexterity or their sheer awesomeness. And a man laden with male hormones wants a woman who's graceful and feminine, because subconsciously, it makes him feel more like a man. You don't have to pretend to be dumb or weak, nor do you have to behave like the weaker sex just to attract a man. All you need to do is revel in your femininity and display your cuteness, and give the man you like a chance to bask in his manliness and show off his protectiveness!

**Understanding how to attract men is really simple. Enjoy your femininity and let the world see it. The men will come, yes, they'll come in droves!**

*Lovepanky*

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# Still thinking about that ex? Here is how to let go!

Still thinking about that ex after six months?;

Or about that guy you had a 'crush on' but waited too long, '*I should of said something!*'; Or how can I trust again after my last bad relationship/s?

How do we deal with the memories that haunt us, taunt us and make us question ourselves; *what is wrong with me?* Humans have, and always will be, emotional beings. Everything we do in life is defined by how we feel about ourselves and the outside world. Sometimes that's a positive, sometimes a negative. We can laugh at jokes told hours before, smile about the things we love when they aren't around OR even hold onto grudges for a lifetime over one poorly chosen and ill-willed sentence.

The why is simple; we have evolved to learn from our experiences by attaching emotional connections to reinforce the 'desired' lesson. Just as every day you spend with a lover increases your connection; so too can time apart strengthen a negative attachment. In simplest terms when spoken to our children, '*Do not touch the stove or you will get burned.*' Yet for all our good intentions; we all know that curiosity and the inevitable painful consequences will be learned. In this case, after many scream filled tears, the lesson that you should never touch a stove will last that child's lifetime.

So Tim, *How do we move on?* Well... My first answer is always the question, 'why do you want to move on?'

Every time you reflect on an old flame, memory or experience; that is your brain reminding you of potential consequences of lessons learned, positive and negative. It's that simple. Remember, our brains, or more so, our subconscious is not the enemy. It isn't trying to confuse, trick or manipulate us just for the sake of it. It is simply answering the question based on the information you have given it. *This is you...*

**You:** I'm bored and not fully focused on this task, please bring up a selection of thoughts based on emotional importance to reinforce existing learning.

**Brainoogle:** Are you sure about that?

**You:** Not really but let's roll the dice; C'mon happy thoughts...

**Brainoogle:** Let's see... searching... Current stimulus = At Work  
ADD Most frequent thought cross referenced with emotional  
potency REMOVE results older than one year...

Loading... Loading...

**Brainoogle:** Here is a vivid memory of the time you caught your boyfriend cheating on you with your co-worker. QUE Chemical release attached emotion – Anger leading to heart wrenching sadness.

**You:** Where is that BI\*CH! I'll kill her! She ruined my life! I have nothing left! I'm useless!

**Brainoogle:** RELEASE TEARS... and my job is done for the next 30 minutes... time for my smoke break.

Like and share if you can relate.. But joke aside, it is important to understand that although you can't always control what you think, you CAN CONTROL how you interpret these thoughts. Using **cognitive restructuring** YOU are able to reprogram these conditioned responses BUT it takes time and continued effort. You cannot just break the memory/emotion neurological process over night. The more we think about any one topic, the stronger the bond gets. It's that simple. The

reason **you can't move on**, is because you keep thinking about **how you can't move on**. The stimuli is only relevant so long as you keep reinforcing that emotional bond.

So here is the answer; and I know It's not as easy as just switching off the thought. You can't just stop thinking about it, that's impossible. Every where you go, you will be reminded of the connection, it's inevitable. This is your brain actively learning and improving. A very necessary function to human life... Example, you see a movie; '*this is where we used to date*' ect ect. Excluding serious brain trauma/concussion, you can't just erase memories.

**So what do we do**; this all leads back to my first question... See what I did there... **\*wink\***

Until you have decided what you truly want, and you yourself believe it, you will never be able to 'let go'. In many cases, people can get back together, and they can live happily ever after, and sometimes people learn to forgive and have meaningful friendships, and so on. OR you may decide that

## **YOU WILL NEVER LET THIS HAPPEN AGAIN!!!**

Decide on a goal, weighing up the pro's and con's, and decide once and for all what you want, then try your best to achieve it and with success or failure you will have closure. Anything else is only reinforcing unhealthy mind sets.

You need to change the emotional attachment through sheer unwavering repetition. Every time you have that thought/memory, you need to remind yourself that the future is better than the past. *You will be happier in the future!* You may not be 'happy' now, but you know you are working to make a better future. You need to re-wire any thought you had, and reconstruct it with a positive outlook. Thinking about your



ex? *'you're better off without them'. REPEAT, REPEAT, REPEAT.*

There is no easy fix, and your brain is trying to help you avoid the same mistakes. The amazing thing is; after you have deconstructed and remade that memory chain, these very same thoughts you're having now, will actually bring you joy in the future. When you start the next amazing connection, it will only add to the richness and vigor of those memories and create a happier, better you.

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## How dating apps want to keep us all swiping

Dating apps have become more and more popular during the past three years, whereby meeting a new partner in normal live has become rare. In practice, this means dating services trying to find ways to help keep apps alive indoors by shaping their services in line with the times.

Tinder is telling users that just because they are isolating physically, that doesn't mean they have to stay home alone with their hoarded instant noodles. Instead, Tinder wants you to seek "solidarity matches" across the planet, a paid function that is now free of charge during the pandemic.

Tinder's "passport" feature allows users to connect with anyone anywhere. "They can check in on folks in their hometown, college town, or sister city, and find those across the world who are going through similar things," the company says.

The feature is available for free to all members , Tinder said, despite usually being reserved for premium users.

OkCupid is also encouraging its users to change their preferences to “anywhere” to help them meet up with singles in their country or around the world during this social distancing period, a company representative told dpa.

*Bumble*, a women’s dating app developed in Berlin, meanwhile suggests users chat in the app for longer than usual, rather than linking up right away offline.

“Right now, we’re committed to powering safe & equal \*virtual\* connections. That means staying safe – and, as much as possible, staying home (video chat is our new best friend!),” Bumble told its users.

Dating apps have also begun to issue more health guidance, too, and Tinder told dpa that it has been asking members to follow the recommendations of the World Health Organization.

“While we want you to continue having fun, protecting yourself from the coronavirus is more important,” the site told in-app users, according to a report in TMZ, a digital news site. Tinder users should practice social distancing, carry hand sanitiser and wash their hands frequently, Tinder says.

The dating app providers say their efforts are working. “In this challenging time, we see Tinder members finding new ways to connect. As an area becomes more affected by physically-isolating measures, we see new conversations happening there and those conversations last longer,” the company said in a statement.

“This epidemic is also changing the tenor of connection in the hardest hit places. More people are using Tinder bios to show their concern for others (‘how is everyone’) instead of their life motto,” [Tinder](#) added.

OkCupid's chief executive Ariel Charytan said the company had noticed that activity had increased enormously using the app as people still wanted to meet and exchange, even if they couldn't do so in person.

The platform is now sharing ideas for digital dating with its users, suggesting they meet for virtual drinks and dinners, play games or chat online.

And Maria Sullivan, vice president of Dating.com, found that 82% of the site's singles turned to online dating during the coronavirus outbreak, according to a story in Bustle, a web site for women.

**Other stories on its site advised users on how to hook up during Zoom meetings, for example, or the ins and outs of a digital one-night stand.**

Has the virus taken [love online](#) at least for the time being? The hashtag #quarantineandchill trending on Twitter suggests it has, as users post songs, selfies and images of what they are doing.

For those with a free moment as they isolate and chill, here's a question posted by OkCupid: "We need a new term for a long distance relationship that's actually just someone quarantined in another apartment. Any ideas?"

Tal Rimon, a videographer based in Berlin, says in some ways, quarantine is helping dating.

“People are lonely right now. Everybody’s online,” she told dpa. “And people are talking for longer, it’s like 15 years ago, they are taking the time to get to know each other.”

In the past, she said, people used to just swipe out of boredom while they were doing other things, but now they are able to connect and find out more about each other before meeting up. “It’s not just about looks anymore.”

Other lovers are forging their own paths through the new landscape, combining digital connections with creative measures to meet.

“My friend is going on a first date tonight with a girl he’s been talking to on Tinder,” Dave Horwitz, an LA-based writer, shared on Twitter late in March.

“They’re going to park next to each other at McDonald’s and talk with the windows cracked while eating their own individual orders of fries. How’s that for romance and longing, Jane Austin?”

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## **Why December 11th is the busiest for couples to break up**



The busiest day for relationship break-ups is looming – so stock up on tissues and tubs of ice-cream before Sunday arrives.

Data has shown that two weeks before Christmas Day is the day of the year when most couples decide it's over.

That's according to data compiled by statisticians who studied Facebook posts featuring break-up messages.

**But it seems people are quick to move on, with Match.com reporting that peak surfing season starts on Christmas Day itself.**

There are competing theories as to why a fortnight before the big day is most popular.

For new couples, some may decide they don't want their new squeeze to meet their family while money-minded lovers may decide that staying together and exchanging expensive gifts just isn't worth it.

Dr Dorree Lynn, a psychologist and author of Sex for Grownups told ABC News: "If you're not sure, particularly if you haven't been dating for several years, a lot of people have issues about gift giving and how intimate the gift giving is.

"They get frightened because they don't want to put pressure on the other person, but on the other hand they don't want to feel like a fool giving something and not getting anything back."

A similar situation occurs in the US ahead of Thanksgiving, with the issue so common that it's known as the 'Turkey Dump'.

Luckily, if you make it through the next two weeks, you should be safe until springtime.

Christmas Day is the day of the year when fewest relationships officially end – but the frequency of breakups increases until peaking again in spring

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## **What do men really find attractive in women? – Tim and his honest answer to this question**

Here we go, another article with a male writer talking about how inner beauty is more important than outer beauty. "Men want a good personality over a good pair of lady lumps!"

## **Sorry to disappoint you ladies, but**

# not today. I only do honesty.

You want to attract a man, you have to be attractive! It's simple logic. By definition, attraction in it's simplest form is a first impression; instinctual and purely a physical judgment. If you're shopping for bananas, do you take the ripe banana or the brown bruised banana?... Now before you react, I'm not calling, or insinuating, that anyone is a undesirable bruised banana simply based on how someone looks. Everyone has something to offer and that is what makes us 'DESIRABLE'... but let's not joke each other and pretend the world is perfect. Popular culture will have you believe that 'attraction' and 'desire' are the same thing... but they are not even close... If you are standing next to a Victoria's secret model, then congratulations, you are now invisible. You're now a superhero, go you!

I know it's hard, and yes, you can't change your genetics. You can't change the past and you can't change plain-old bad luck. Attraction for men, biologically, is based on your physical appearance, and although that may vary for personal preference, the general consensus of beauty is fairly universal. You either have it, or you don't. If you aren't sure if you're pretty or not, then you already know the answer. This is harsh but this is the truth.

HOWEVER... all hope is not lost! Do not despair or give up! This is why you 'Ask Tim' and this is why I get paid the big bucks. Physical appearance means NOTHING when it comes to REAL, NORMAL, EVERYDAY people! Life is nothing like the movies or Television! Popular culture needs you to believe that *celebrities, actors, musicians* and the like, are better version of real people. That they are more beautiful or more importantly, living an 'easier' life. If you compare yourself to others, and doubt your desirability, then you have already lost the competitive edge; and therefore by simple logic, are less attractive than your 'competitor'. The dating game is

nothing more than a animalistic primal dance of bright colors and loud screams. Attraction will get you noticed first, but just because the early bird gets the worm, doesn't mean that every other bird is starving!

So.... the top three things that a man will find most desirable. Starting with the most important!

## 1. Can you have a conversation?!

Approaching a girl is hard. It takes a lot of confidence, practice and sheer optimism. If a guy approaches you, *that you like*, then make an effort to have a conversation! Even if the guy is a dud, it's still good to practice until you find the right guy. There is nothing worse than when I've approached someone, and after asking,

Tim: Hey, how's your night going?

Girl: Oh Hey, yeah, good thanks, you?

Tim: I'm great, had a few beers and feel relaxed after a long day. Do you come here often?

Girl: Yeah... a bit... you?

Tim: Yeah I do actually. Really like the music and vibe. Good ambiance. Are you here with friends; having a big night?

Girl: Yeah, a few, what about you?

Tim: Just a few guys from work. Not sure where the night will take me yet. Keeping my options open.

Girl: Oh nice. Nice. Yeah. um. \*Sips drink\*

Tim: Cool... Cool... \*long awkward silence\* Talk later then...

No matter what you look like, that example right there will kill any guys mojo. It's done. It's over. He's not coming back. Pack your bags and call an Uber.... Of course you may be nervous too and even too shy to ask him meaningful questions but just the act of trying will make you ten times more desirable. Even if you feel like you are making a fool of yourself, it's better than not offering anything to the conversation.



*A boy will like you for how you look; a man will love you for how you make him feel.*

## **2. Common interests and related humour**

Let's try again.

Tim: Hey, How's it going, I'm Tim.

Girl: \*Notices funny Game of thrones T-Shirt\* Ahh excuse me, I'm Daenerys, Mother of Dragons, please address me by my formal title. \*with playful smile\*

Tim: My apologies Queen, let me buy you another mug of ale.

**\*\*Fast forward\*\***

Girl: Do you have protection?

It's important to understand that men are just as vulnerable to social expectations and they too suffer from the feeling of inadequacy. If you have realistic expectations about the man you want to meet, then that man is just as nervous about being perceived as 'attractive' as you are. He hasn't nor will rarely approach the most attractive girl at the bar. Every guy knows that that is a suicide mission because she will reject you... and reject you hard... He is approaching you, because A) you seem approachable, meaning yes, in truth, in what he believes is his 'social range' but more importantly B) the most attractive girl within his range... Simply by approaching you, he has acknowledged that he finds you ATTRACTIVE! You didn't have to do anything!!!

## **3. Know what you want before the night even begins!**

The majority of men hate wasting time. When I ask, what do you want for dinner and you reply... "ahhh, I don't know, what do you want?", I am dying inside from frustration. Men are simple creatures with unnecessarily complex brains. We are capable of

great things, but most of the time, just want to eat, (work), play and sleep. For that, you need to know what you want before you go out. If you are just looking for a no-strings hook up, then act like you want a no strings hook up. If you are looking to find a future, meaningful relationship, then act like you are looking for a meaningful relationship. Social expectation dictates that a man approaches, or makes the first move, but there is nothing sexier than a woman who knows what she wants. That doesn't mean you tell a guy what to do and when to do it. It means you act with conviction and congruence in your words and actions. If you want a real connection, ask questions that are both socially appropriate and meaningful.

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Tim: Yeah I do actually. Really like the music and vibe. Good ambiance. Are you here with friends; having a big night?

Girl: Me too, I really like Jazz. Especially the saxophone. Something about the sound is just so smooth and calming. Oh and my friend is just at the bar.

Tim: Haha, there is my friend, at the bar also. I know what you mean. It has such a soulful rhythm. Easy to move to. Do you play any instruments yourself?

Girl: Haha I tried the piano but I'm not very good.

**\*\*fast forward\*\***

Tim: Maybe I can get your number, and we could check out a Jazz Gig sometime?

*The last words...*

Attraction is important, that's undeniable, but it will only get you so far. If the only reason you are with someone is 'attraction', then that relationship will never last. Be desirable because you show genuine interest in the other person. Make them feel wanted and the rest will fall into place.



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# Are 36 questions enough to find the love of your life?

Give or take a month either side, I've been single for three years. One thousand and ninety five days of doing whatever I damn well please and shaving only when common decency demands it. If my relationship status were a child, it would be wearing big boy pants by now.

It's not for want of trying. There have been Tinder dates – many, many Tinder dates – some good, some bad, some as interminable as double maths on a Friday afternoon. There have been colleagues. Friends of friends. Holiday romances. The guy I met at a house party. The guy I met at a bar. The guy I met at a bus stop. As it turns out, how you meet is really neither here nor there; they all ghost you in the end.

So when an email dropped into my inbox, inviting me to participate in a “social experiment” that promised true love in return for divulging some highly personal information to a complete stranger before gazing into his eyes for the duration of your average pop song, I thought: *What do I have to lose?*

The experiment would be based on a [study](#) conducted by Arthur Aron, a professor of psychology at the State University of New York at Stony Brook, which explored whether intimacy could be established between two people over a period of 90 minutes

during which they ask each other a series of increasingly probing questions, then wash it all down with a pint of 100% proof eye contact. The study is some 20 years old but came to prominence in 2015 via an essay written by Mandy Len Catron for *The New York Times*' Modern Love column, entitled "[To Fall In Love With Anyone, Do This](#)". In the essay, Catron recounts how she and a loose acquaintance spent an evening asking one another those same questions – and subsequently fell in love. Despite Catron's endorsement, I'm sceptical. Perhaps it's that very British fear of discussing anything of any consequence with someone you've known inside of five minutes but I find it difficult to believe that enforced (over)sharing can be a substitute for those first tentative weeks of a relationship, where you delicately brush away each other's layers of self-preservation like archaeologists on a dig. Nor can I silence the inner voice that whispers, *What if they pair you with someone awful?* At most, I hope to come away from the evening with a hilarious anecdote and my dignity intact.



The day of the experiment rolls around and after checking in ("Just like at the airport!" trills the host, somewhat unromantically) I grab a large glass of wine and hover awkwardly in a corner, awaiting kickoff. A half-hour wait stretches into an hour, by which point the bar is littered with single people staring at their phones while simultaneously scanning the room out of the corners of their eyes.

It's time to begin. We line up and everyone is given a number

– mine is 42 – and instructed to find the table with the corresponding number, where their partner will be waiting. (I should mention here that the only information I provided on signing up was my age, sexual orientation, and what I was looking for romantically – a casual fling, dating, a long-term relationship.) Bracing myself, I stride confidently into the room. The man sitting at my table is – thank you Jesus – really rather handsome. We shake hands, introduce ourselves and get down to business.

There are 36 questions, divided into three sets, each set designed to be more probing than the last. [The questions are available online](#) but I resist the temptation to look them up in advance.

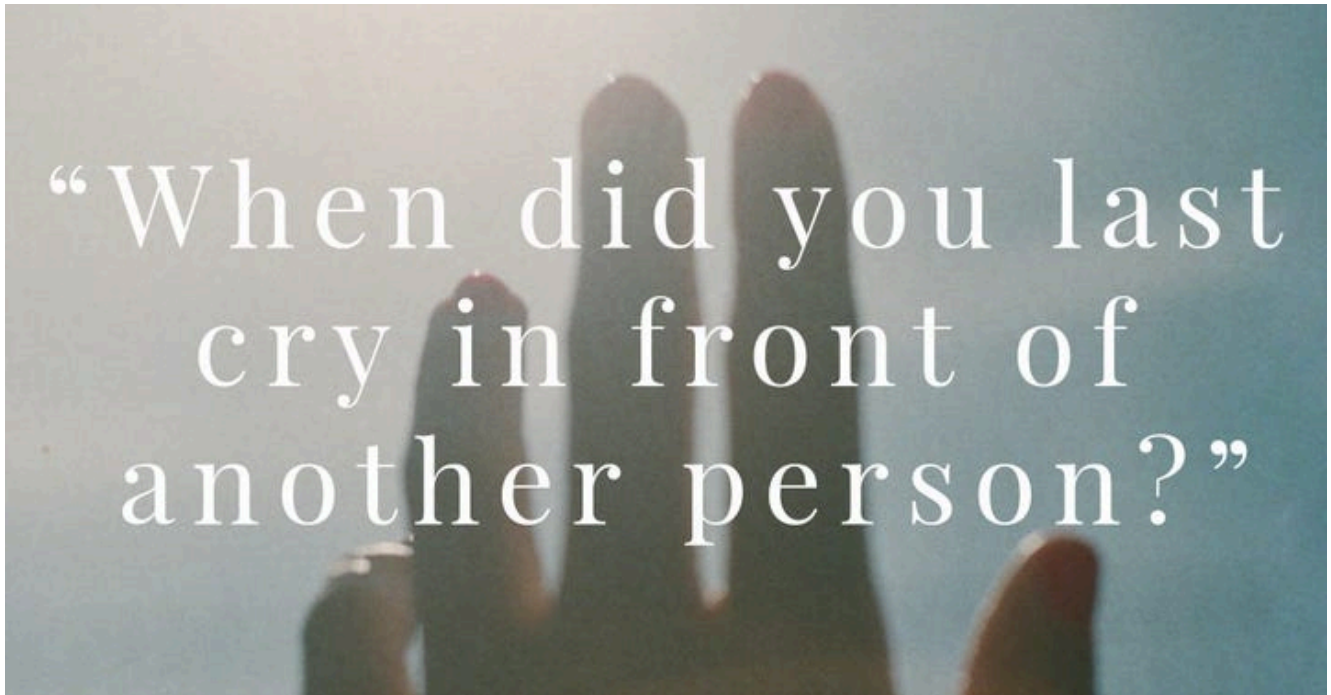
Question one: Given the choice of anyone in the world, whom would you want as a dinner guest? I hate this question. I want to say my friends but I'm pretty sure that's not allowed so I find myself embarking on a tortuous (and, frankly, unoriginal) argument that you should never meet your heroes so the wise choice would be to invite someone you detest and before I know it, Katie Hopkins is coming round for Sunday lunch. My partner (let's call him Mr X) looks confused. This has not started well.

Question three: Before making a telephone call, do you ever rehearse what you are going to say? "Yes, all the time, because I'm deeply socially awkward and find silence over the phone even more excruciating than silence IRL." Question seven: Do you have a secret hunch about how you will die? "Sleep paralysis. Or a sinkhole." Question 11: Take four minutes and tell your partner your life story in as much detail as possible.

In her aforementioned essay, Catron makes this remark: "We all have a narrative of ourselves that we offer up to strangers and acquaintances, but Dr. Aron's questions make it impossible to rely on that narrative." I beg to differ. Mr X answers this question first and, when it reaches my turn, I follow his lead and talk about my upbringing, school, my parents' divorce, university, travelling and work. I leave out anything to do with previous relationships. For the first time in the evening, I am editing my response, revising and redacting before I speak. This is where Mr X and I discover we have a surprising amount in common: we went to the same university,

we both spent a year in France, we have a similar family dynamic. But I can't help feeling that I haven't been entirely honest. Then again, Mr X didn't mention his romantic history either.

We're into the second set now and it's getting rocky. A precedent has been set and from this point on my answers veer from astonishingly frank to not-telling-the-whole-story. Question 18: What is your most terrible memory?



By the time we turn the corner into the final 12 questions, I've had three glasses of wine and am feeling chuffed with how this whole social experiment is going. For question 30, we have to share when we last cried in front of another person. I answer honestly that it was at the cinema with a close friend, although, again, I can't help feeling that a truer answer would have been, "In front of a guy I met on Tinder last year; I was a little bit in love with him but all he wanted from me was sex."

And so we come to the four minutes of eye contact. I'm ashamed to say that Mr X and I agree we don't want to do it, which technically means we don't complete the experiment. By this point, though, Mr X has moved his chair to sit beside me and we've swapped numbers.

*Fall In Love With A Stranger took place at Hoxton Square Bar and Kitchen.*

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# How to Get Your Ex-Boyfriend Back (and Keep Him) in 7 Steps



It doesn't matter who broke up and why, you want him back no matter what. How do you get him back? What works, what doesn't and why? Make sure you don't mess up, or he might never want to hear about you again, let alone get back together. Here are 7 tips to help you make him love you more than ever.

There's a reason he's your ex-boyfriend, and your job is to erase that reason out of his memory – forever. He's out there, dating other women with more or less success. Is he still thinking about you, does he still love you; does he also want to get back together?

Who knows! Maybe he does, maybe not. Either way, you want to hook up again because you've realized you still love him. Every other guy you meet can't match his qualities and this just makes you go insane. Every date you go on with some new guy seems boring and shallow, you find yourself comparing him to your ex and this makes you feel even worse.

It's time to get THAT guy back into your life.

But how?

Smack him over the head with a brick, throw him in the trunk of your car and take him home. Okay, maybe not. Let's try something subtler.



# Here's how to get your ex-boyfriend back:

You need to make him feel terrible for breaking up with you. He should feel like a dumbass for letting you go. That's what you need to make him feel like if you want to get him back. You won't get him back by spying and stalking him (stop checking his Facebook every 2 minutes), but by making him remember all the great times you had together, and making him imagine how nicer life could be if you were still together.

This requires you to make some radical changes in your life.

Stop and give at least 30 seconds of thought to each of the questions below. Answer honestly; Say it out loud to yourself.

- What is it that went wrong in your relationship?
- Why?
- What is it that he did not like about your relationship?
- What would you do differently if you got back together?
- What did he love most about your relationship?
- What did you love most?
- What was restricting the love in your relationship the most? What was stopping it from growing further?
- Did you give your absolute best to make the relationship work?

Think about these questions. Don't be too critical of either him or yourself. All this emotional bullshit, arguing and blaming each other for crap is one of the reasons you might have broken up in the first place.

We rarely know what we have – until we lose it.

Now you know what you've lost, and you are about to get it back. Nobody can guarantee you that you'll end up being together again – but, in at least 90% of the cases, it's totally possible. You must believe in the possibility.



- Why did you guys fall for each other in the first place?
- What connected you?

There must have been something that he fell in love with in the first place.

- Why did this disappear?
- Did you take each other for granted?
- Did you both get lazy about your relationship and just left it on autopilot?

The reason you must answer these questions to yourself is so that you can determine a couple of things. First, do you really want to get him back, will you be happy or are you just lonely right now, but deep inside you know that it probably won't work out if you get back together? You must believe that things will work out between the two of you and that you can be happy together again. Otherwise, if you don't have total belief in this relationship, then it's not worth trying to get him back.

I'll assume you've decided that things can work out between you and him, so now, the question is – what can you do so that he believes in your relationship too?

## **#1 Get Better**

As mentioned above, you need to be better than what he remembers you to be. Hotter. Way hotter. This can be a huge motivator to any guy to get back together. It's important that you don't see each other for some time, and then once you do – he is just blown away by how much prettier you've become.

This will make him feel horrible that he can't have you anymore whenever he wants. Desire kicks in, and now he feels like an idiot for not staying with you. After he runs into

you, he'll think "Gosh, she looks amazing!" – just wait to see his jaw drop when he sees how you look 5 times better. I know this sounds shallow, but it works simply because most guys think with what they've got in their pants, not with their heart or brain. Even if he's a pretty smart guy, physical attraction can be the first step to getting your ex-boyfriend back. It's just the first step, but it's a crucial one – 'cause now you've got your foot in the door. You throw a hook and wait for him to bite.

## **#2 Forgive Him**

The second step to getting your ex back is forgiveness. You'll never be able to be together again if you can't forgive each other. Initiate this yourself. Why did you break up? Did you cheat, did he cheat, did the love evaporate, or you got bored, what is it? It doesn't really matter the point is that you give each other a clean slate. Don't talk about what happened in the past with him.

Start over. Click the reset button. Whatever he did wrong – get over it. Forgive yourself if you've made mistakes and forgive him, you are both guilty in one way or another, and reminding each other about it won't help. You can't get back together if you are enemies, so stay close to each other by forgiving. Let the past go. Every day is a new opportunity for you to have a better life with a great guy, maybe it's him – and now that you're starting over, you've learned from your mistakes, but you can continue on only when you manage to forgive.

## **#3 Don't Find a New Guy**

Listen, sure, finding some new dude may be okay for you as a bandade, but it won't help you get your ex-boyfriend back. You should make him jealous in a smarter way. Like, he should see that there are guys mingling around you, but don't let him see that you've actually found someone. Don't post stupid, drunken-party pictures on Facebook of you making out with some random dude.

That definitely won't help, he'll just hate you and he'll feel hurt, almost as if you were cheating on him. Instead... he has to see that you are still emotionally available for him, you just need some space and time to heal after your break up. Hint him that you might like to get back together, but don't attack him about it. Give him space and see how he reacts.

## **#4 Change Yourself**

Look, if you're serious about this guy and you really want him back in your life, then you must change. Changing may not be easy, but it's necessary if you want your relationship to be better than the last time. It's quite simple. If you keep doing what you've been doing – you'll keep getting the same results. So don't expect a happily ever after, supercool happy ending if you aren't willing to do things differently than you did before, otherwise you'll just end up breaking up again.

So, find out what messed up your relationship and work on it. Were you too cranky, moody, jealous, demanding, insane, nagging-all-day, not giving him his space and freedom, disrespectful, got fat, made out with another guy, or you just sucked in bed? Whichever it was – fix it. He needs to see that, after a month or so of breaking up, you are progressing; suddenly you became a different person. But do it for you, not for him. Once he sees how much different you became he'll wish you never broke up in the first place, he'll want to give the whole thing another chance too.

## #5 Initiate Contact

Now, it's time to actually get back in touch with your ex. It depends; maybe you didn't see each other, or talk, for months, or even a year. Maybe you just broke up two weeks ago and everything is still very emotional and fresh. Either way, you can't get back together with him over the phone, so you need to see each other.

My suggestion, from a male perspective, having sex immediately once you meet up again may be a wrong choice. Even if you've been together for a long time before, it's good to make everything seem new, and different. If he messed up, and that's the reason you broke up, you shouldn't make it that easy for him to get back together. Throw in some temptation.

He needs to desire you, a lot. Be sexy and provocative, but don't sleep together the first time you meet to "catch up" and see whether he also wants to get back together or not. Let him think about you. Drop a hook, and make him feel horrible when he sees how much you've improved, how well you are doing, how sexy you look and how your life is taking another direction. Don't try to fake it. He knows you and he'll know whether you're full of crap or not.

For real, change yourself for the better; let him see that and he'll want to be part of it. But you won't let him back into your world overnight – even if you really, really want to get him back, don't. You both need some time to appreciate each other for other things than sex. And when the sex does come, it better be mind-blowing. Then again, don't be clingy and don't call him every day after that – love all over again – instead, take your time. Let him think about you and worry a bit.

You had sex, but do you want to get back together or not? Let him wonder and guess, let him compare you to other women he might have been with since you were apart. He'll soon realize

what a mistake he's made, and he'll never want to make that mistake (breaking up with you) again.

The point isn't just that you get your ex back, but that you KEEP him. Often folks just have sex again, once or twice, but things don't work out and they end up breaking up again. So don't take anything for granted. Make sure he has the best night of his life when you make up, but after that don't drop into your "old" relationship with your ex, instead – create something new.

Keep it different. All the bad experiences you had in the past with him, everything that reminds you of those not-so-happy experiences – try to avoid them. Change your apartment if you can, move, have some tangible things that are different, clothes, your perfume, anything that makes him feel as if he was with a new you, a better you, that he'll never want to let go no matter what.

When you guys meet up for dinner/coffee, whatever, don't talk about the past, why you broke up and stuff like that. Ask him what's new in his life, how he's doing, maybe remind him of something nice that only you know about him that you can both laugh about it. Keep the conversation light. Super-emotional, could-a, would-a, should-a stuff will just bring you back to where you were.

Then and there, don't analyze, argue or talk about negative stuff. Turn the page. Keep walking in a new direction. It's your ex-boyfriend that will become your new girlfriend, it's you – his ex-girlfriend, that will become a new girlfriend. Give each other a clean slate. When you leave the place, don't kiss. Give him a deep gaze, let your eyes, not your mouth say: I love you.

Let him see it, but don't say it. Tell him you had a great time, and that you could meet up some time to hang out... he will feel like his leg was chopped off for not kissing, but he

will know that you want more, that there might be a new, bright future for the two of you. All night he'll be flipping around in bed, thinking about how beautiful you are and how much he wants to get back with you. I'm not saying you should be ice-cold when you meet up, on the contrary, be cold, but a bit mysterious, make him wonder.

Don't just throw it in his face that you still love him and that you want him back. Be stronger than your emotions. Give the whole "getting back together" process some time; make a good foundation for that future you'll build together.

## #6 The Night of His Life

Okay, as mentioned before, eventually, you'll end up at his or your place, taking your clothes off. This night is what will decide whether you'll get him back or not. I know this sounds shallow, but it's the truth.

Men are comparing creatures and whether you want him to or not, he'll subconsciously compare you to other women in his life. Maybe he's with some new girl right now, and that's the one you need to take him back from. How do you make sure that this won't just be a one-night-stand with your ex-boyfriend?

You must be mind-blowing. Everything about you needs to blow his mind. From your [lingerie](#), to your smell, your look, your soft skin, your whole energy and aura needs to excite him to a level he did not know is possible. The moment when he reaches climax is the moment he'll figure how brilliant you are and how stupid he was to ever leave you.

This may put pressure on you and make you feel self-conscious, and it should. The fact is, you conquer a man's heart by conquering what's in his pants, like no other woman ever

could. Everything after that is easier. Yet again, this night needs to be different than in the past. It should not remind you too much of the time you were together before, it needs to be better.

This is why it's ideal if you do it at your place, 'cause then you can prepare a bit, you can make the atmosphere amazing. Anything you've not been doing in the past, but know he loves, now's the time to get with the program. You never gave him oral when you were together before? Are you too shy to talk dirty? Do you hide under the cover?

Think about what you could do better to show him the best night of his life with you and you'll triple your chances of getting him back.

Hate me all you want for telling you this, but it's what works and what has worked for thousands of women around the world that got back and kept their ex-boyfriends.

## **#7 Don't Take Anything for Granted**

Seems like you'll get him back. You've seen each other a couple of times and things are going good. It seems like all will work out great! But wait, and re-think it. Don't fall into the trap of thinking all is good now and that you'll just be fine... you may not. People that get back together tend to go back to their old, real ways, because they did not make any real, fundamental changes to their lives.

It was just a mask. Beware, as if you both go back to your old ways of arguing and dealing with problems, you'll get back to where you were – apart. Don't let that happen. Don't get lazy and don't take things for granted. The first few weeks of being together again is also the first few weeks where he's most likely to "run for his life" and leave you or just decide that you shouldn't have gotten back together in the first place.

How can you prevent this? Really, change. Make him change too. When you become better, you have the right to expect him to get better too. Build a relationship where you grow and improve together as individuals and partners, not enemy's that slow each other's progress down. He is not yours and never will be, not even when you both have a ring on your finger, so don't view him as a thing you've got a right over, like owning a car or your shoes.

He can walk away and probably will if you treat him as property. Instead, view him as a customer. You want to make a loyal customer out of your boyfriend that isn't forced to buy at your shop, but loves to "shop" at your store because he gets treated better than anywhere else. He then grows to need you, love you, and want you – every single day.

There's more to getting your ex back than this post of course. Every situation is different and requires a slightly different approach. Hopefully at least one tip from above rings a bell and gets you closer on your path to getting Mr. Right back to where he should be, with you, the perfect girlfriend for him. Once you get him back, don't take him for granted – a relationship... love... is something you must work on and maintain so that the fire keeps burning, if you just leave it unattended it'll either go out or get out of proportion and burn down a whole forest.

Laziness is why most relationships fail, and that's what happens when people take each other for granted. Don't be one of those couples. Take initiative if he doesn't, you can totally do it! I believe in you.

p.s.: Here's the 8th step – DO NOTHING. It's a bit unexpected, but can work to. Simply, don't call him, don't try to get back in touch (if he left you), and just wait, forget about him, move on... show power by not making the first move, he'll wonder



how come you didn't try to get him back. It might be an alternative idea. If nothing else works.

Once you get him back – drop a comment below, let us know what has worked for you, what you did, how and why? Others could benefit from your experience.

*Jason*

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## To love or not to love

We all need or long to be Loved, don't we? Well for most of us anyways... However if our heart has been broken then we may say 'never again'! And we put this not looking 'Not looking for love shield up' to protect us...'To protect our Heart'

It can be quite a strong unpleasant emotion, while this shield is up. We can become numb, we can pretend we are tough, uninterested, easy going, not bothered and there's a possibility that to an outsider's view 'Unattractive. But you know what? Just when you think you're not looking for love, maybe, just maybe, someone else is and maybe they are looking at you.

And then when they make contact and express their interest in you, You remember how nice it felt to be looked at from across the room, smiled at, flirted with, kissed, before you know it, you ask... How did this happen? I didn't expect this?

You feel this can't be happening, because you stopped believing in love, because your heart was broken... your waiting for it to all go wrong, to end as soon as it started, your waiting to be forgotten about, you might even make excuses to end it yourself, because you still have that protective shield, that hurt, that question of trust, respect and doubt your heart or the feeling that are creeping in totally unknown to you.

But what if the other person believes that, to finish with each other, would be a silly thing to do, that what you have together is good, because they don't see that proctive shield nor have they a proctive shield, because they are looking into your eyes, your sole, your emotion, your hearts are in sink with each others, it will skip a beat just to catch up.

**They like this emotion, this intensity and to be honest so are you.**

But heres the scary bit, what do you do when you both reliase you both care very much for each other, you enjoy being with each other, you have become friends that support each other and long to hold each other.... 'You may even be falling in Love'. You didn't think that was possible but right under your nose, it's happened and it feels wonderful.

Well heres my advice, from my past broken heart, from behind my proctive shield! Relax, lower that shield, enjoy the moment, enjoy the time, the attention , the affection, enjoy that sweet happy emotion, enjoy love!

Because time is precious, time is short, time passes us by. Its better to take the risk of that emotion, those feelings of love, because love can be hard to find, consume it!

You will have learned some important things from your past, so use them, but only some of them, because its better to have gained than to have lost or to never know.

*Claire*



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**Moving home – the next chapter**





So it's "Done and Dusted", that's what us Irish say when a Job is complete.

It's been a crazy, emotional, energetic, exhausting and a tearful past year, yes I am a single parent, also a parent who came out of a long relationship with someone I invested time, money, dreams, tears and my heart with.

Seven years ago we built a beautiful home that I personally created on paper and had it built to a very high standard by investing every cent we owned. We dreamed of growing old with our family there.

But that was not meant to be, as we separated two years ago, leaving me and my little Dude in our home that now felt so empty with my dreams and hopes torn apart and a loneliness you couldn't imagine.

After coming to terms, gaining strength and being positive about the challenge on becoming a single parent, I picked myself up, used my talent of Photography and photographed my home, put it on the buyers market and thankfully got a buyer within the first month.

Relief, sadness, closure and panic all came to mind. How can I empty all of its contents in just four weeks as a single parent??

Thankfully, I had a very supportive and kind friend, who helped all the way and with the help of another friend, we did it, we cleared the house of all its contents, all the memories, all the familiar spaces. It was extreme, it was emotional, but we did it!!

I said my goodbye at 3am that morning that the new owners were to move in, as I drove away in the darkness of the night, looking back at what for only a couple of more hours had been my family home.

Closing that chapter of my life, ready to write a new one, all I can suggest is 'Never give up, Stay positive, Be strong' for the little ones because we create their story, their securities and their home.

*Claire*

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## Learn how to let go...



**"To let go does not mean to get rid of. To let go means to let be. When we let be with compassion, things come and go on their own." –Jack Kornfield**

Holding on to pain doesn't fix anything. Replaying the past over and over again doesn't change it, and wishing things were different doesn't make it so. In some cases, especially when it comes to the past, all you can do is accept whatever it is you're holding on to and then let it go. That's how everything changes. You have to let go of what is hurting you, even if it feels almost impossible. Deciding to hold on to the past will hold you back from creating a strong sense of self – a self

that isn't defined by your past, but rather by who you want to be. Oddly enough, painful feelings can be comfortable, especially if they're all you know. Some people have trouble letting go of their pain or other unpleasant emotions about their past, because they think those feelings are part of their identity. In some ways, they may not know who they are without their pain. This makes it impossible for them to let go.

If you find it hard to let go of the past, a bad relationship, grudges, etc., these 12 tips could help:

**1. Understand that the relationships you thought you'd have are going to be different than the ones you actually have.**

We must accept the person we are in this moment, and the way other people are, too. As time goes on, we continue to learn that things don't always go as planned – actually, they pretty much never do. And that's okay: If you become aware of yourself and your part of your relationships, they will improve; however, you may also have to accept facts about certain people in your life. Practice gratitude, appreciation, and trust in the process.

**2. Don't be invested in the outcome when it comes to dealing with people, because it often leads to disappointment.**

Expectations have a way of keeping us stuck, because they lead us to fear certain outcomes. There are no guarantees in life, and there's nothing we can really do to get the outcomes we desire when dealing with others. When our expectations or needs aren't met, we need to respond rationally and appropriately. Sometimes this means setting respectful boundaries; other times, it means letting go.

**3. Don't live in chains when you have the key. We live with self-limiting beliefs that we let define who we are.**

We think, "I could never do that!" or "I could never make that

happen!" If you truly believe that, you'll never accomplish your goals. Open up your mind, and believe in yourself. There will be many people who tell you that you can't do it. It's up to you to prove them wrong.

#### **4. Let go of the idea that you can control others' actions. We really only have control over ourselves and how we act.**

You can't change another person, so don't waste your time and energy trying. I think this is the biggest factor that pushes people to hold onto unhelpful behaviors, like the need to please. We think, "If only I do everything for everyone, they'll never get mad at me." Wrong!

#### **5. Only worry about what you think of yourself.**

Free yourself from being controlled by what other people think. Start to prioritize how you feel about yourself. As Mahatma Gandhi said, "Happiness is when what you think, what you say, and what you do are in harmony." You can't live by your values if you're living for the approval of others.

#### **6. Leave room for mistakes.**

Did you make a mistake or say something stupid? It's okay! Use the experience to learn and make a joke. It doesn't make you stupid to say something wrong or silly: it makes you human, and sometimes even funny.

#### **7. Accept the things you cannot change.**

Stop wishing things could be the way they once were. Bring yourself into the present moment. This is where life happens. You can't change the past; you can only make decisions today to help how your future turns out.

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#### **8. Don't take yourself too seriously.**

This will allow you to relax and enjoy life's journey. I laugh



with myself and at myself all the time.

### **9. Do what scares you.**

Fear holds us back from doing a lot of things, because it closes our minds to possibilities for our future and locks us into our comfort zone. Most fears fill us with doubt and “what ifs” that imprison us. The more you do to get out of your comfort zone, the more fear will subside. In life, do what scares you, and you’ll grow and succeed!

### **10. Express what works for you.**

Find your voice, and share with others what you’re thinking and feeling in a rational way. If you continue to communicate with others what works for you and doesn’t work for you, you’ll no longer bottle up your emotions. Expressing yourself is an important part of feeling good about yourself and your relationships.

### **11. Allow yourself to feel negative emotions.**

Whether you lost a loved one through death or a break-up, honor your loss. Trying to ignore your negative emotions will extend your suffering. Loss is difficult to experience, and it’s okay to allow yourself to hurt and be sad. Let yourself feel, and go through the grief process so that you can move forward.

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### **12. Learn forgiveness.**

Resentment and unwillingness to forgive will keep you locked in the past and prevent you from moving forward with your life. Remember: When you forgive, you aren’t doing it for the other person; you’re doing it for yourself. If for no other reason than that, forgive and let go.

Carl Jung said, *“I am not what happened to me, I am what I choose to become.”* There’s a lesson in that for all of us: Try

*to let go of whatever it is that's holding you back from experiencing yourself. You'll probably realize that you are not what other people say you are. You are not your pain, your past, or your emotions. It's the negative ideas about ourselves and our hurtful self-talk that get in the way of who we really want to be. Being able to let go requires a strong sense of self, which gives you the ability to learn and grow from your experiences."*

*psychologytoday.com*