

# 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 backs 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?**

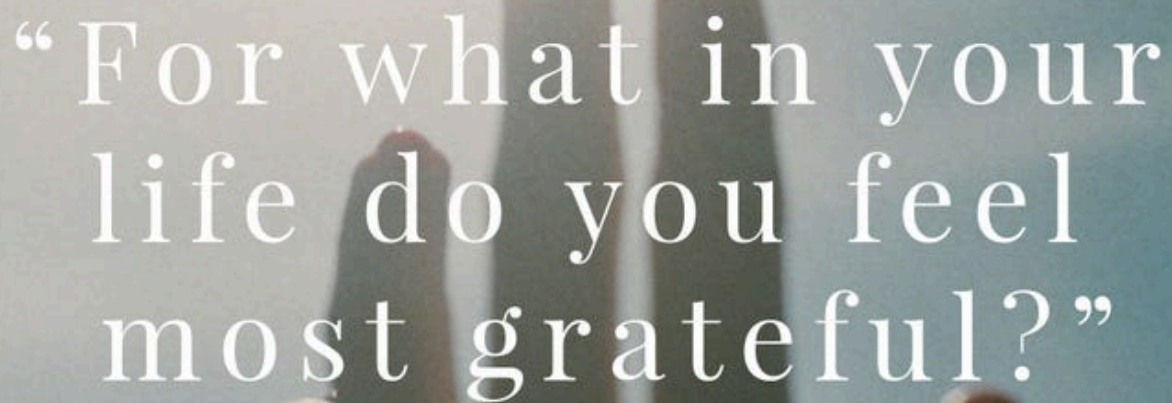
Give or take a month either side, I've been single for three years. One thousand and ninety five days of doing whatever I damn well please and shaving only when common decency demands it. If my relationship status were a child, it would be wearing big boy pants by now.

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.

A hand with fingers spread against a blue sky background, with text overlaid.

“For what in your  
life do you feel  
most grateful?”

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.

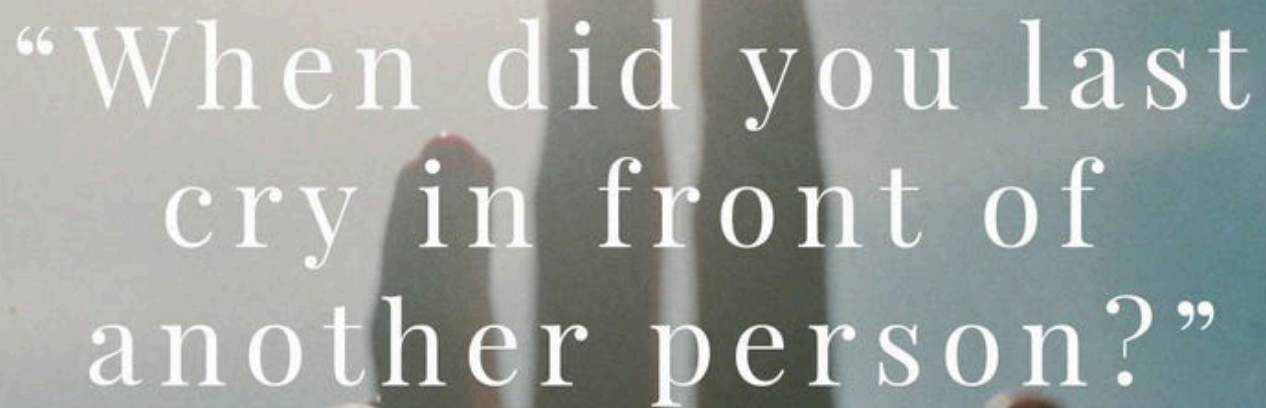
Question one: Given the choice of anyone in the world, whom would you want as a dinner guest? I hate this question. I want to say my friends but I’m pretty sure that’s not allowed so I find myself embarking on a tortuous (and, frankly, unoriginal) argument that you should never meet your heroes so the 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?

A hand with fingers spread against a blue background, with text overlaid.

“When did you last  
cry in front of  
another person?”

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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**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."

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# Reasons to Date a Low-Maintenance Woman



by [Charlene J. Owen](#)

It's easy to make a low-maintenance woman happy. That's because she enjoys the simple things in life—an afternoon by a fish ball cart can pass for the best date she's ever had, as long as you've shown her a great time. She doesn't expect you to always have your best foot forward. She'd rather have you honest and relaxed because that just means you're comfortable around each other.

On a regular day, you'll see her in a classic shirt-and-pants ensemble, which she accents with a tailored coat or a casual jacket, depending on the occasion. She prefers flats and sneakers over heels because she doesn't like being restricted by what she wears when she's off on one of her many adventures. She's straightforward, practical, but somehow still remains to be the classiest woman you've seen, and that's probably because she's content with who she is.

There's no use worrying about a low-maintenance woman; she can handle things by herself. You don't need to drive her around or buy her things that she likes. She can do all that without your help. Independence is her second name, and while she

appreciates that she can rely on you, she treats you as her equal. Respect her enough to treat her the same. She was strong on her own before she ever met you, and she still is now.

A low-maintenance woman does not ask for a lot. It's easy to purchase gifts, but she knows the weight of love and loyalty, which is why she values them more than those that are tangible. A low-maintenance woman is, after all, still [a woman with high standards](#), and she will never allow herself to be treated less than what she knows to be her true value.

As much as you enjoy the lightness of her company, remember that she is her own person: She may fall in a dark place if ever you make the silly and illogical decision to leave her, but she won't stay there for long. She'll rise above and beyond you without bitterness and complication, because that's the way she is.

So do yourself a favor and stay a while. She may teach you a thing or two about living and loving. Dating a low-maintenance woman is more than just being with someone who enjoys cheap thrills; it's about being with someone who finds beauty in simplicity.

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## Reasons to Date a Woman with High Standards



A woman with high standards is a woman who knows what she wants. When she sets the bar for who she chooses to be with, it doesn't mean that she's immediately a red-heeled tigress who eats men's souls for lunch. Standards are relative, and this woman, in her confident smile and intriguing sensibilities, simply knows exactly what she's looking for.

She is any lady who knows how and when to compromise, but doesn't take less than what she knows she deserves. She's honest, open, and admittedly at times, too-wide eyed: There will be always a point when she hopes to marry into real-life royalty, but at the end of the day she just wants a prince who'll help with the dishes in a cozy home.

She isn't afraid to venture out, but won't think twice about staying within her familiar haunts when she feels like it. She can either actively look for love or simply choose to sit in a coffee shop without even trying. However she does it, the point is that she won't just date anyone (unlike before), because now, she knows better. Yes, she may have been hurt before, and she has also made mistakes, but haven't we all?

A woman with standards knows that the person who's worth her time will understand her worth, and treat her right. She is someone who has confidence and ambition, and while at times she may question her own abilities, she never fails to go beyond her insecurities when it truly counts. She doesn't stand at the sidelines watching life pass her by; she jumps right in the flow and expects whomever she chooses to be with to do the same. She understands that a partner isn't the person to fix her, but someone who can help her smoothen out her edges while celebrating her identity, and vice versa.

In the same vein, a woman with high standards for her future partner sets even higher ones for herself.

She knows that she has to bring something to the table. She isn't looking for someone too handsome, or too rich, or too smart. She's looking for one who can match her in every possible way. That's where her standards for both herself and her man are coming from; the definite desire to find that one soul excited about the same worthwhile life she has dreamed of. At the end of the day, it's not really about high standards, just values.

So yes, date a woman with standards. Date a woman who knows her worth, because finding someone who can stand on her own means being with someone who can stand with you.