

DATING SELF-DEFENSE

for the evolved single

Presenters: Jamey Ewing

KNOW YOUR TYPE

There are four major types of healthy online daters.

Know your type – and look for it in the profiles of potential matches.

Most importantly, make sure your profile matches what type of dater you are!

Note: There are many daters online that are spiritually or emotionally unhealthy.

Motives for dating online that are unhealthy are difficult to spot, but here's what to watch out for:

- They're trying to get over a past relationship by diving into a new one
- They're lonely and looking for someone to 'complete' them
- They're bored
- They have a low self esteem and are looking for validation from others
- They're a narcissist and is looking for their narcissistic source
- They're codependent and need someone to save
- They've been burned by someone in their past and are looking for someone to 'get back at'

The four types of online dating profiles

- You know exactly who you are and exactly what you want in a mate

Serious

- You know who you are and what you don't want

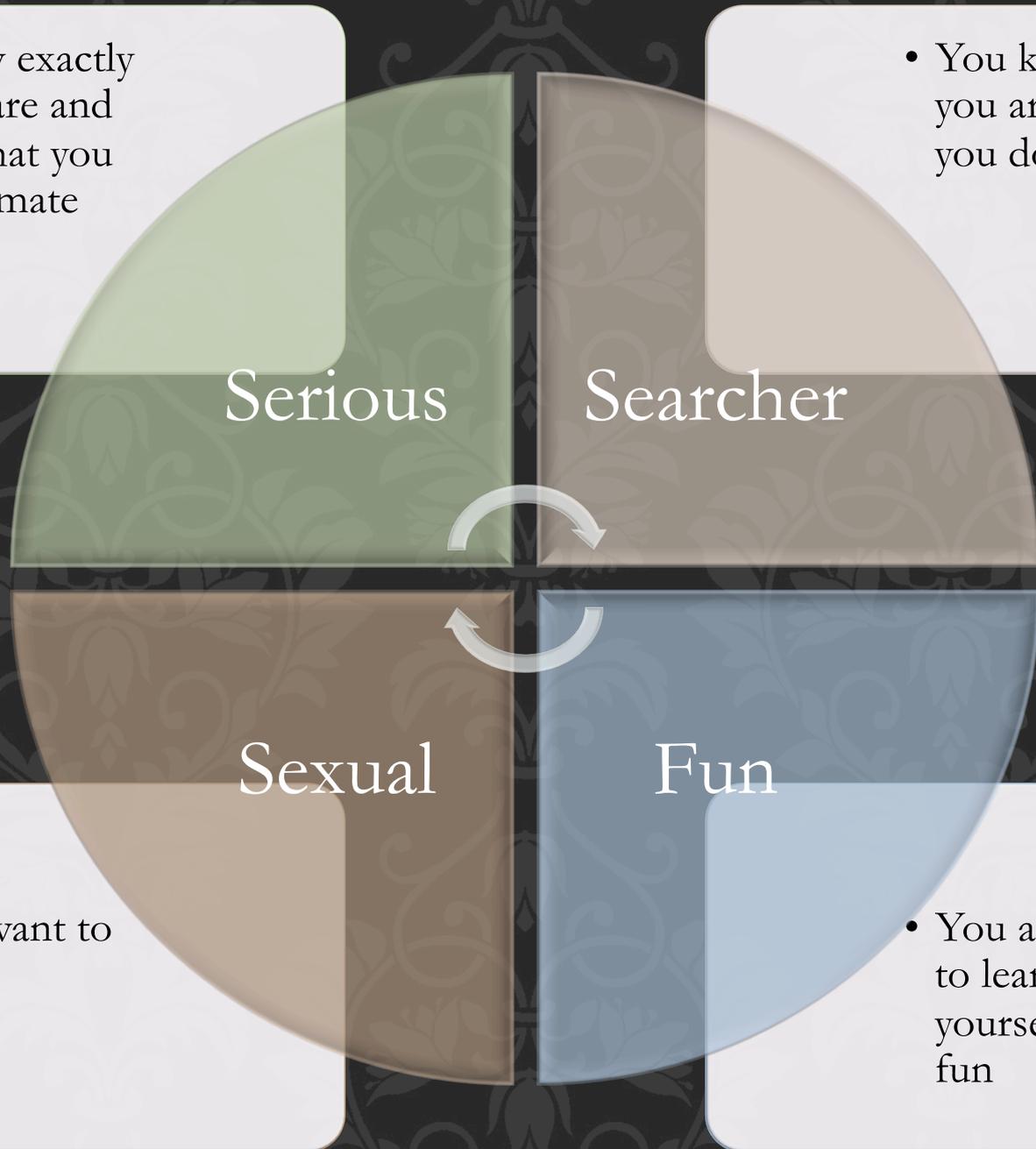
Searcher

- You just want to get laid

Sexual

- You are still trying to learn about yourself and have fun

Fun



PICK YOUR USERNAME

- Stay away from sexual usernames (“Stud99”, “Player122”)
- Stay away from negative connotation (“SexyBrat”, “BitchGirl”)
- Stay away from religious/spiritual/political contexts in a username (“ScorpioGirl”, “EnergeticCancer”)
- Do not reference your looks unless it’s something about your eyes (“BlondBeauty”, “CurvyBrunette”)
- Choose something unique about you and put it in your username

Good examples:

FunTraveller

*GuitarsAndKickstands”

*LaidBackGentleman”

BlueEyes1972

AFTER WRITING YOUR PROFILE:

- Read your profile out loud to yourself, using a voice like that of whom you're looking for. Do you come across the way you intend?
- Have a friend read your profile out loud (and listen carefully). If you're looking for a man, then have a male friend read it to you. If you're looking for a woman, then have a female friend read it to you.
- Listen to your friend's input on your profile pictures! Have them pick your primary photo.

WATCH OUT FOR PSYCHO-RED-FLAGS (PRFS)

- Pictures where there is another person whom you cropped out of the photo.
- A bunch of pictures, none of which include other people
- A mention of a favorite body part other than eyes (ex: “I love my calves”)
- Several pictures that were obviously professionally done / edited
- Pictures of sensual poses in bikinis or in a bedroom indicate a sexual dater (*this is not necessarily a PRF, unless their profile describes that they are a serious dater or a searcher, then it's definitely a PRF*)
- Negative language in any part of their profile
- Cursing in any part of their profile (except in the context of a joke)
- Any racism comment, any judgmental comment, or religious zealotry
- A first message to you that does not include something about your profile (a ‘blast’ message)
- Ladies: Any man’s first message to you that only discusses your looks (unless you’re a sexual dater)
- Men: Any lady’s first message to you that says only ‘hi there’ or some other non-descript short message (could be spam)

Profiles for the serious dater

- You know exactly who you are and exactly what you want in a mate

Serious

- You know who you are and what you don't want

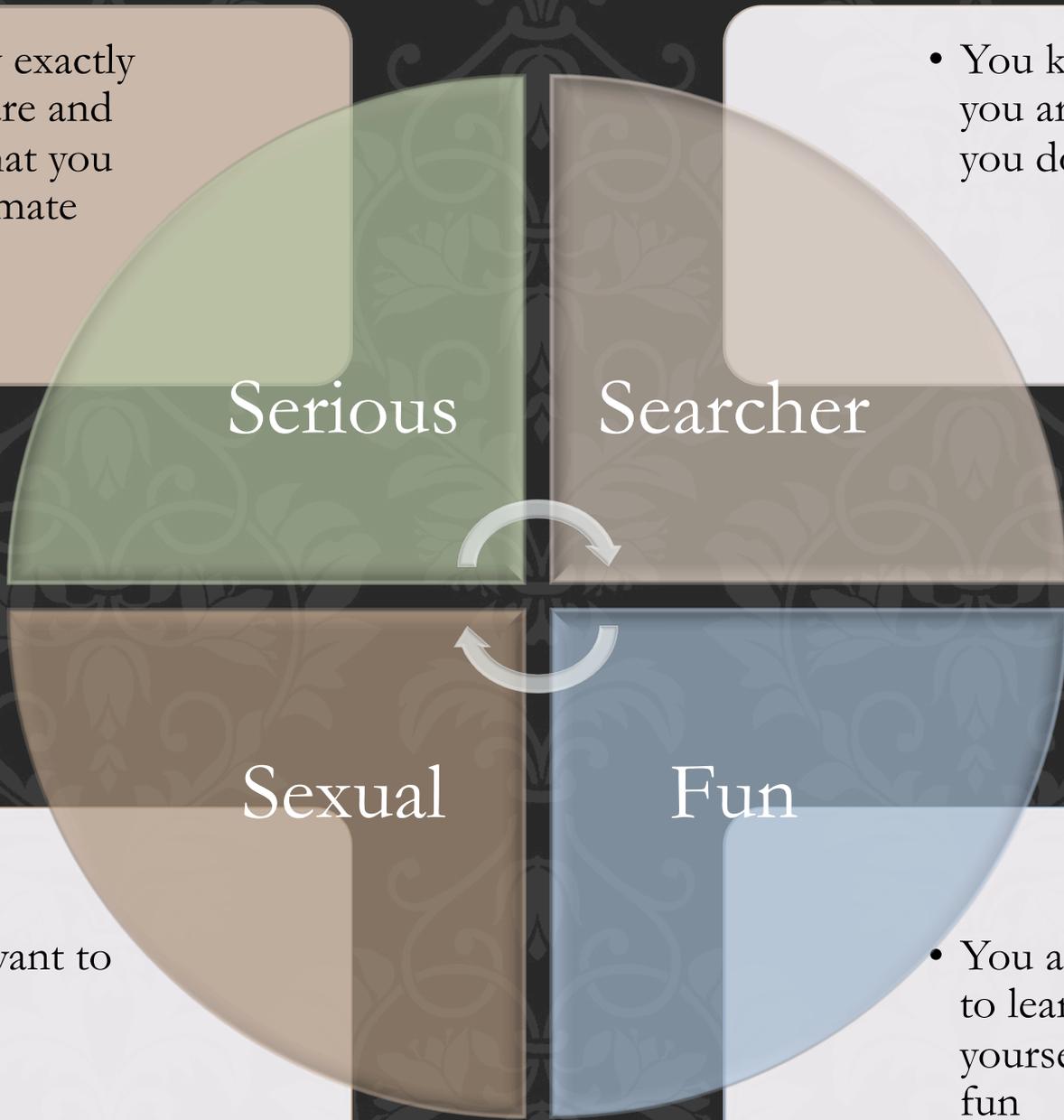
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The Serious Dater

The serious dater has dated plenty and feels genuinely ready for a long-term relationship. His/her profile should reflect exactly who he/she is and what makes them unique. They should convey exactly what they want and what they're looking for. They should convey their likes and their convictions with accuracy and authenticity.

A serious dater's profile will be well written, concise, compact, and can reveal many specific details about him/her. Four paragraphs max (no more than 500 words).

Serious
Dater:

Who am I and why am I unique

This is exactly who I'm looking for and why

I believe in God / astrology / being a vegetarian / working out 5x a week (etc.) – and you should too!

I'm not looking to just date around nor to hookup casually

Serious dater headline: Do

Do: make your headline say something important about you

Do: a search to see if others are using that headline

Do: make your headline stand out!

Serious dater headline: Don't

Don't: use negative words or phrases (“one more try”, “one last try”, “does this work?”)

Don't: use limiting demands (“only the best”, “white men only”, “only Christians”)

Don't: claim you're 'looking to have fun and “see what happens”’

Good
Headlines

Loving Life!

for the
serious

I wake up grinning!

dater:

Life is about the journey, not the destination

Are you my lobster?

Are you a king looking for his queen?

AN EXCELLENT SERIOUS DATER PROFILE:

Interests

Spending time with the ones i love

Festivals

Theater arts

Walking

Frank sinatra

Movies

Outdoor activities

Music on a patio

Sporting events lots of things

About Me

I'm happy, intelligent, balanced, confident and quirky at times. I'd like to meet someone in hopes of finding that "one" special person. My faith and my family is super important as I am a christian and still raising one son. I have two sons, one grown and one teenager. I love travel, surprises, music, sports, books, last minute plans, sincerity, photography, adventure, spontaneity, going out but also staying in and being cozy. Work hard, play hard and relax- everything in moderation. The description is my hardest part so how about let's just chat and see where it goes.

First Date

I appreciate spontaneity so just surprise me :o)

BAD EXAMPLE OF A SERIOUS DATER PROFILE:

Making jewelry

Off roading

Artist

Loving

Hunting

Swimming

Racing- but not a good driver lol

Fishing

Gymnast

Cooking

About Me

I'm sure I am saying what all the girls say. I am a sweet girl with a kind heart that wants to meet my best friend and a true lover. Ok I know, but its true. No, honestly, I really am an outgoing person that loves to laugh and be a sweetheart. I have a very ambitious and driven side to me when it comes to my career but also a traditional side when it comes to being at home. I am a very playful girl on my downtime, that loves the occasional play fighting. But u have to let me win. I am a huge family person and always put people before myself almost a little to much. I also love to laugh and am pretty laid back when it comes to the miner things in life. Minor details love. I do have a serious side as well but usually only comes out at work or if I'm truly passionate about something. I am a very honest and loyal person, that is why when it comes to friends and relationships I go out of my way to make them happy!! Also an upside is I love to cook!!! So you got lucky on that one. I am looking for a man, let me reiterate a man, that has a kind heart, loyal, faithful and a hard worker but can also be laid back. I would love to find a person that wants to build a life together. Someone that truly would love his family and that WE would go out of our way to make us happy. Ohh and a sense of humor is key, if you can make me laugh you're on the road to success. So if you feel we would make a good match say Hello ;) and tell me about YOUR day!

- Too many words, bad grammar, mentions 'play fighting'
- Probable narcissist and adamant about 'let me reiterate, a man!'

Profiles for the "Searcher" dater

- You know exactly who you are and exactly what you want in a mate

Serious

- You know who you are and what you don't want

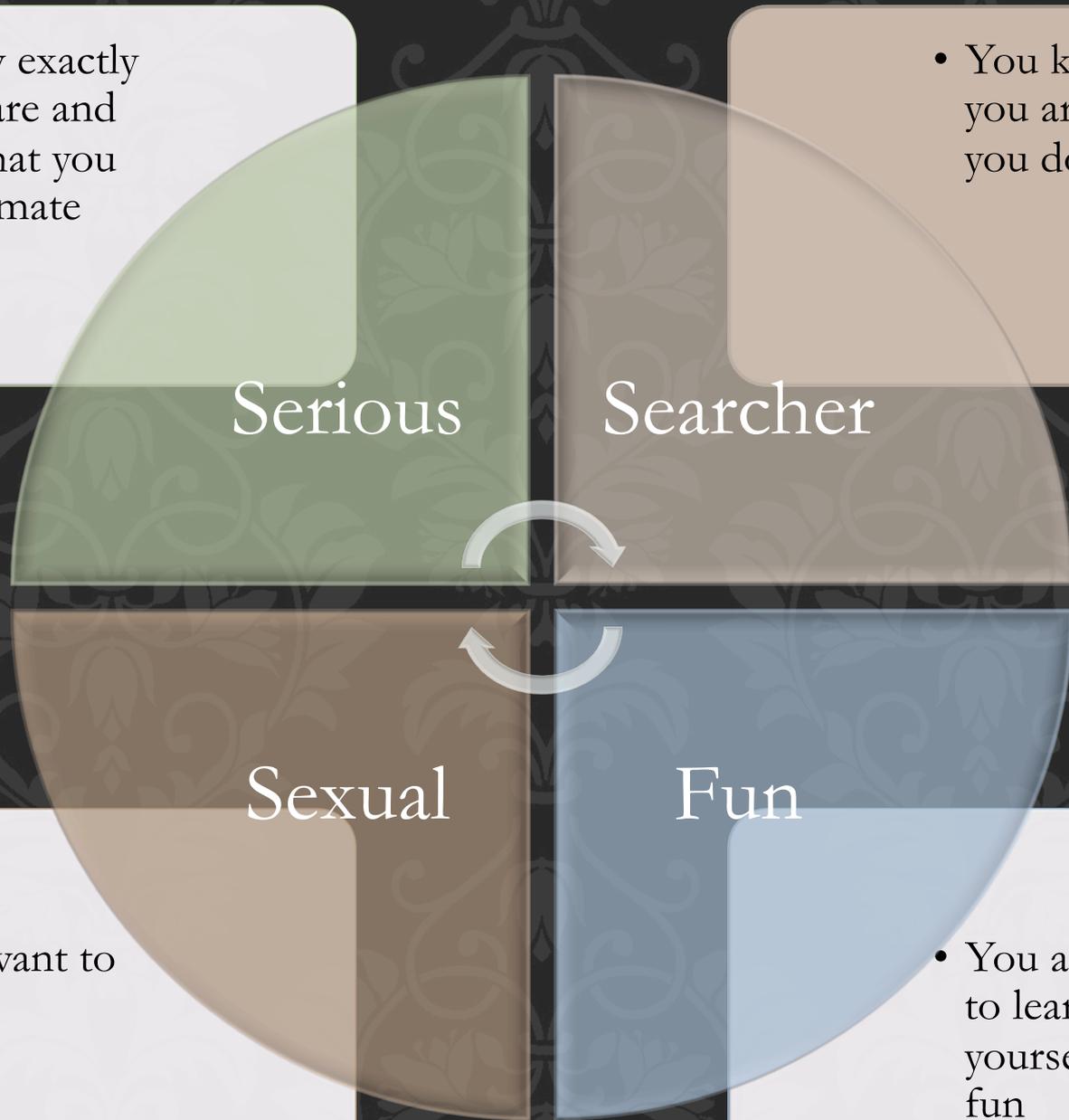
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Fun



The Searcher

The searcher has dated some and although they're looking for love they may not feel ready for a long-term relationship. They're still looking for who they really are and what 'clicks' with him/her.

His/her profile should reflect exactly who he/she is and what makes them unique. They should **not** convey exactly what they want, rather that they are open to anyone truly amazing.

Profile should be short and concise – include a minimum # of limiters (300 words max)

Searcher: Who am I and why am I unique

I'm open to new people and experiences

What I like to do for fun

You should message me if: ...

Click 'next' if: (keep this short!)

Searcher headline: Do

Do: make your headline say something important about you

Do: a search to see if others are using that headline

Do: make your headline stand out!

Searcher headline: Don't

Don't: use negative words or phrases (“one more try”, “one last try”, “does this work?”)

Don't: use limiting demands (“only the best”, “white men only”, “only Christians”)

Don't: claim you're looking for your soulmate or “the one”

Good
Headlines
for the
serious
dater:

Life's an adventure – let's go have one!

I wake up grinning everyday!

Don't sweat the small stuff

Could you be my next adventure?

Exploring the haystack...where's that damn needle!??

Profiles for the “Fun” dater

- You know exactly who you are and exactly what you want in a mate

Serious

- You know who you are and what you don't want

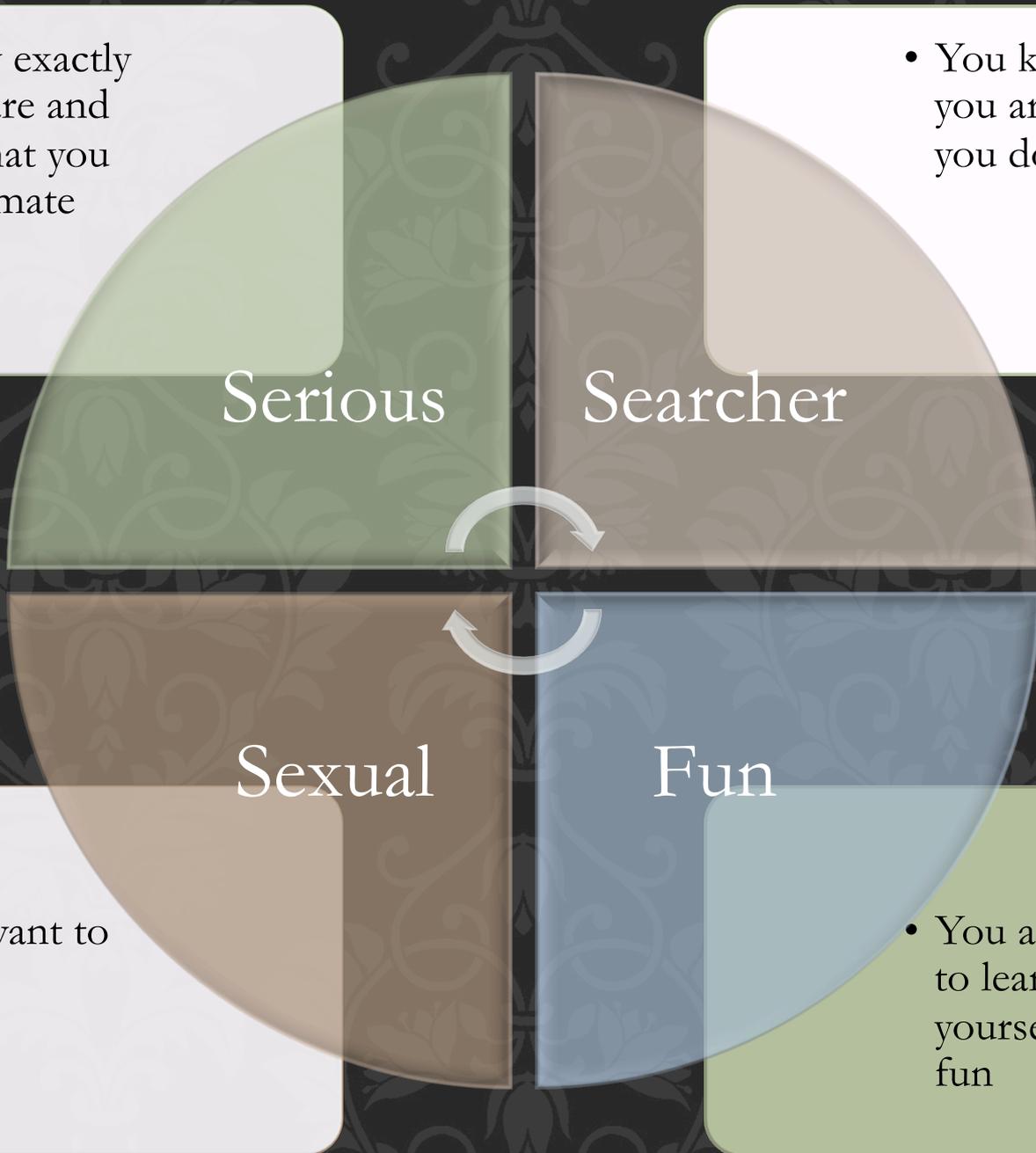
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The Fun Dater

The fun dater is not looking for love and does not feel ready for a long-term relationship. They want to go out and experience life, dating is fun for them. They will be attracted to a similar type, and they'll be scared off by someone looking for a serious long term relationship or marriage.

His/her profile should reflect what makes them fun to hang out with. They should convey their attitude about dating, and explain that they do not take this 'online dating' thing too seriously.

Profile can be rambling but should be funny – include a minimum # of limiters

Fun

Who am I and what is fun about me

Dater:

I'm open to new people and experiences

What I like to do for fun

You should message me if: ...

Include the word "Ketchup" in your subject line so I know you read this whole thing!

Fun dater headline: Do

Do: make your headline funny!

Searcher headline: Don't

Don't: use negative words or phrases (“one more try”, “one last try”, “does this work?”)

Don't: use limiting demands (“only the best”, “white men only”, “only Christians”)

Don't: claim you're looking for your soulmate or “the one”

Good
Headlines
for the
serious
dater:

Life's an adventure – let's go have one!

Is your last name “Right Now”?

Good things come in small packages

Could you be my next adventure?

Name all the things you love about Mondays: GO!

Profiles for the “Sexual” dater

- You know exactly who you are and exactly what you want in a mate

Serious

- You know who you are and what you don't want

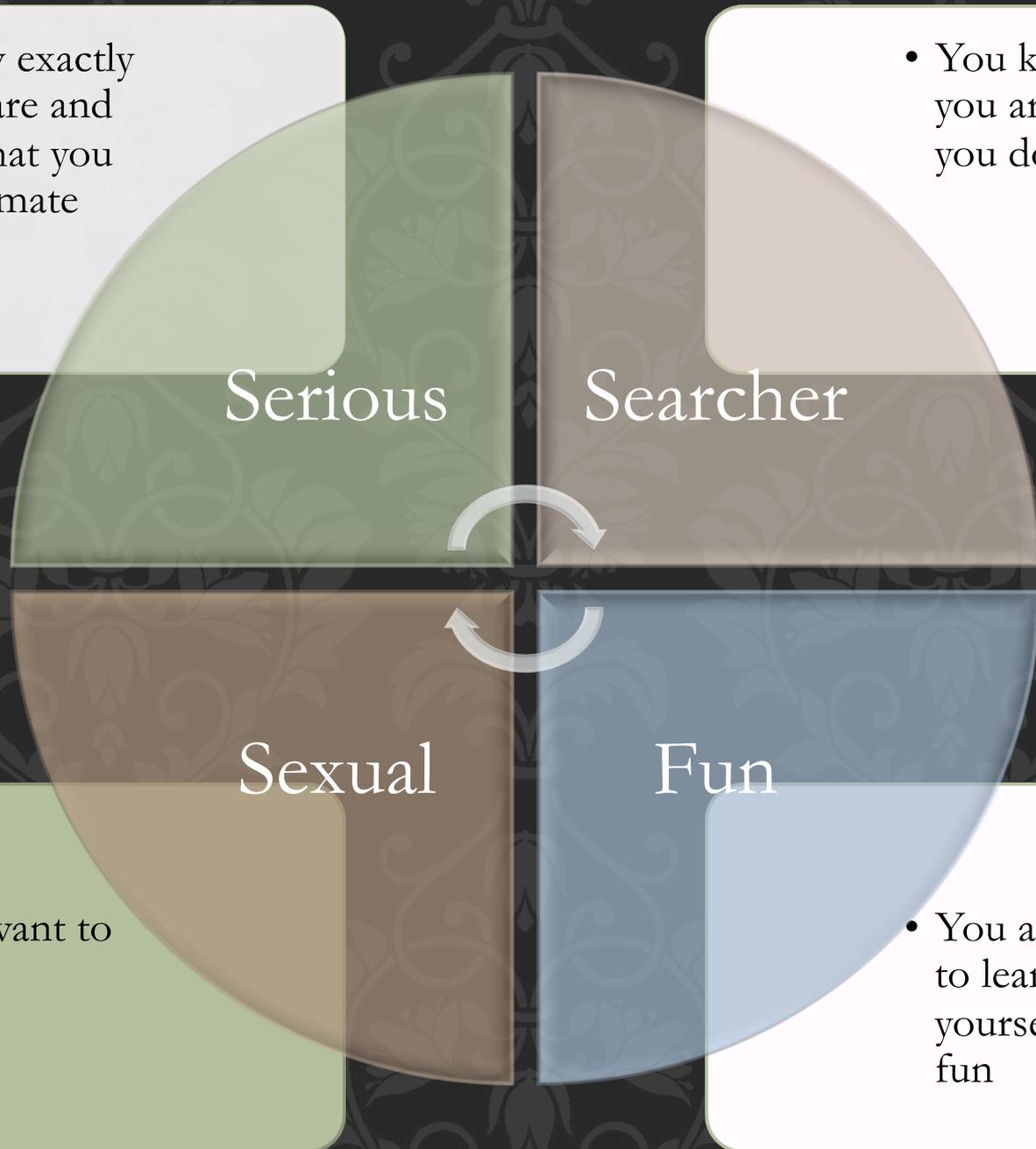
Searcher

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Fun



The Sexual Dater

The Sexual dater is the most common dater online.

Their goal is to attract someone to have sex with, that's it. For an unhealthy sexual dater, anything in your profile that rings of long-term may shift their attitude from one of camaraderie to one of conquest.

Ladies, watch out for these guys!

Because being an emotionally healthy sexual dater is one of the most challenging things out there, I will not be discussing this category in length. Feel free to contact me for a scheduled one-on-one consult if you fall into this category.

IN CONCLUSION

Online dating should be FUN!

If you notice you're turning it into a full-time job, then slow down. Schedule time for yourself to do fun things. Only logon every other day, forcing yourself to do this will reduce your anxiety.

Do NOT have messages delivered to your phone automatically, it'll make you crazy!

Do NOT get discouraged by the crazies! If a guy asks you if you'd like to kick him in the balls, just ignore the message and block him.

Do NOT take it seriously! Yes – there are other real people on the other end of the line, but it's a venue for communicating, not a college exam.

FOR MORE INFORMATION

Jamey Ewing is a blogger and author focusing on masculinity. He dated online for 12 years and is an expert at recognizing PRFs.