

This Report Brought To You By:

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1. INTRODUCTION

When it comes to dating and relationships, people are usually worried about the impact they are going to make on the other person. That's when they go dating, anyway. Because there are persons who are very shy and don't ever muster the courage to ask another person for a romantic encounter. How do we overpass these issues?

Of course, it's all about attitude. If there's one thing that can ruin your chances of finding the perfect person for you, that's the wrong attitude. Men are particularly concerned with this, since they are often enough the first persons who need to make a move.

Learning how to approach a person of the opposite sex, especially one you like, can be tough and very emotional sometimes. However, if you don't get the courage to do it, you may never have the opportunity again. And learning the art of approaching a person is often an exercise of time. Best practice comes with experience, and inevitable failures. Even persons who are natural at it fail at first. So, what are the most important ways in which you can make an impression on the opposite sex?

2. HOW TO APPROACH WOMEN

So you are the knight in shining armor? Let me share you something that is sitting right there, under your nose: "People are everywhere and the right person is one you can see strolling at the mall, bookstore, coffee bar, internet dating sites, work, clubs, etc." Now that you know that you realize that you don't to be somewhere special to meet your other half, the next thing you should learn is the art of the actually meeting her/him.

Here are the ways:

First, if you are a man, show confidence! You may not be aware of this but women are shyer then you are. Most women, especially those who are looking for the right man, love to be approached as well. So better get on your knees, approach someone and initiate a good conversation. Easier said that done right?

And we return to the much mentioned word: "confidence!" Shaking knees and a mumbling mouth are things you should never have. Opportunity knocks only once so better grab it. If you see someone you like, approach her. With a right timing and proper approach, you will end up seating with her at a coffee bar all the way to a dinner table.

Also, women love to see men who bear confidence. While this may not be an overnight success, you can always have your confidence developed. As they say, "right practice makes perfect", so practice, practice, and practice more. Start at your office and talk to women colleagues. Then initiate a conversation with the waitress at a restaurant or the cashier at the grocery. As you build confidence through casual conversations with people, you let go your shaking knees and mumbling mouth.

Second, master the art of conversation. Now that you have finally had the guts to approach women, you should know how to initiate a conversation. Your first words will really make the difference between a "yes" to a dinner or a something like this: "Hi, what's your name" and she replies "Hi, I'm leaving".

Pick up lines like, "Gee, that's a nice set of legs, what time do they open?" or "Am I dead, Angel? Cause this must be heaven!" are something that will definitely end a conversation that hasn't begun at all. Make good at this by being sincere, being spontaneous, and not sounding so desperate. Again, it takes practice so if your first approach to a woman at the mall is not successful, do not stop trying. A good sense of humor is always a winner to good women so have them on your reserve and take them out when necessary.

An approach and conversation is not enough. You still need the follow up. So the third thing you should do is to know how to keep a woman wanting. A first date can only have a take two if the woman finds that you are interesting so keep her guessing. Do not tell everything about yourself during the first date. Not only you will dominate the whole conversation and piss your date off, you will also have nothing to say on your second date if ever it will happen. Keep her wanting like the "Arabian Nights".

Most men think that pampering their lady will keep her wanting him. The fact is, it is entirely the exact opposite. Did you ever wonder why many women love "bad boys"? It is because "bad boys" give no regard with women in the way they treat them. Women who are often pampered by men feel that they have the need to get everything they want so they are on a hot pursuit to "bad boys" who keep on playing hard to get.

Finally, meeting the right men does not end up on having the right confidence, knowing the proper way approach, and keeping women wanting because a meeting the right women may not end on a single try. You may have dated a woman and have successfully done all these 3 but still, she does not fit to the definition of "the one" for you. Meeting the right woman is a never-ending process until you are finally convinced that she is "the one".

RECOMMENDED PRODUCTS

[How To Be Irresistible For The Opposite Sex](#)

Discover the best kept dating secrets that are going to transform you into a magnet for the opposite sex.

[How To Get Girls](#)

This book is mostly for men, and it is a proven method which will help you eliminate your fears, approach women and learn the secrets of dating.

3. THE IMPORTANCE OF THE FIRST DATE

I don't know how many of you realize this, but the first date's importance is capital not only because the first impression really counts, but the first date is also the one that sets the premises for future ones. So how exactly do you make him/her want to see you more?

There are certain patterns that sometimes occur. Like, have you ever heard your lady friend have a monologue like: "What happened? I am very confused. During the first date, he seemed to like me. He made a reservation at the restaurant just for the two of us. I don't know why, but during the conversation he became very distant and cold. I felt as if for a moment he wanted to be in a different place entirely and he wasn't even paying attention to our conversation. We just said goodbye and that was it. He has never called since then. Now I'm just confused. Wouldn't it have even easier if he just told me what he felt?" If you have never heard this monologue, trust me, it happens... a lot!

If this ever happened to you, there are a few things that you can do in order to avoid this. Either you are male or female, they still apply.

THINK POZITIVE

When it comes to dating, you need to put your negative thoughts behind. Looking depressed and unhappy is the last thing you need to do. What can a person who is negative from the very beginning offer you in the future? More of the same thoughts? Probably.

The date needs to be romantic. It doesn't need to be a psychological consultation where you help the other partner with his/her problems. All you can do is help the

other person talk if he/she has a hard time doing it, but that's it.

A LITTLE BIT OF SOBRIETY COULDN'T HURT

This is true especially if you notice that the other person is very serious in attitude. Don't get drunk by any means and don't drink more than a couple of glasses since you could make a wrong impression.

DON'T BADMOUTH ANYBODY

You can do it a little bit, but don't do it too much. Even if you feel that you are comfortable with the other person, this is a definite NO! Also, don't start sharing all your secrets from the first date. You need to have pleasant surprises for your partner in the future also.

DON'T FRIGHTEN YOUR PARTNER

This isn't the moment to make excesses which would dazzle your date. He/she might think that you have obsessions or that you are paranoid. This is a moment of relaxation, and you need to seize the day, have some fun. If you can induce an aura of mystery (again, not too much), that is even better.

HAVE GOOD COMMUNICATION

A good conversation will excite both partners of a date. However, when you seem to be stuck, you can simply communicate through looking at each other.

Of course, this doesn't mean that you should overdo it until it becomes awkward, but also don't speak so much that you bore your partner. If you noticed, the key element in all these tips is MODERATION. If you do everything in moderation, you will probably be fine.

You need to find common ground upon which to lay the foundations of your communication. Don't tell everything, leave something for the next date – if there will be one. Anyway, one thing is clear: the first date is crucial in the existence of a second date.

RECOMMENDED PRODUCTS

[1000 Questions For Couples](#)

Learn how to immediately find your soul mate. With instant access and immediate download, this product is a must have.

[Become An Alpha Male](#)

How do average guys manage to get the most beautiful girls? Forget everything what you have been told so far and open your mind to this extremely powerful guide.

4. TIPS TO MAINTAIN A GOOD RELATIONSHIP

Have you ever wished there was a 'guidebook' to navigate you through the maze of your relationship? Here are some very good tips.

1. Self Love

Relationships with others are an extension of relationships with ourselves. To create a better love relationship with our partner, the first and consistent step (it never goes out of fashion) is to pay close attention to how we care for ourselves.

The more you appreciate yourself; the more you believe in yourself; the more you value your inner self, your gifts and your particular attributes, the more open you will be to loving and being loved. When we are critical of ourselves, we close our access to love. We create thick walls, endeavoring to hide our perceived shortfalls from the one we love. This runs contrary to our desire to love and be loved.

So the first step in creating a wonderful love relationship with our partner is to create a wonderful love relationship with ourselves. First of all, notice how you speak about yourself. Then, notice the words and tone with which you speak to yourself.

If it is in any way derogatory, impatient or unkind, then your relationship with yourself needs repair. Be gentle with yourself. Lower your expectations. Celebrate your accomplishments, your gifts and your skills. Be your own best ally. Turn your own self 'enemy' into your best self 'cheerleader'. Love yourself more and you will open you're the doors to your partner's love and affection.

2. Respect

The cornerstone of all great relationships is respect. If you've chosen a partner you don't respect, either you've compromised your ideals, or you don't perceive their winning traits.

Let go of blame. No one but you is responsible for your happiness and for your life. If

your chosen partner isn't someone whom you can fully respect, you have two choices. Stay and be miserable, or leave. Letting go of blame may surprise you with a third option. If the seed of respectability in your partner has been masked by your blame, then you may begin to witness a glow in your partner that will draw you to fall in love with her/him.

Respect yourself. This is a key aspect of Self Love. If you punish yourself with useless guilt, blame and shame, you aren't making yourself available for love.

What have you done wrong? Either fix it or forgive yourself and move on. Blame and regret hook you into the never-ending past. Let go the hook. Here you will find your power, your clarity, and your true love.

3. Play

When we first meet our partner, no matter what age we are, we behave like pubescent teenagers. We flirt. We dance around each other, heightening the electric spark which will infuse our love.

Keeping a relationship young and alive has everything to do with play. Play is more than making time to go out together on dates, to dinners, movies, sports and other leisure activities. Play is very important.

What lightens you and your partner up? Is it playing teasingly competitive games? Is it having snowball fights? Is it tickling each other? Is it playing board games? Is it creating something fun together? Maybe cooking, baking or building a craft?

Play is what keeps us all young and so it inherently is what keeps a relationship young. Adults tend to become more and more serious. Our happiness and health take a nose dive as a result as does our most precious intimate relationship.

Make a decision together with your partner to explore new ways to play. Lighten your spirits! Rediscover the spark in each other over and over again.

4. Safety, Trust, and Intimacy

Play widens and deepens the terrain in which we connect with our loved one. It opens up the space in which we explore each other.

Healthy relationships are built on trust. Trust allows for ecstatic intimacy. All this requires safety as its base.

5. Allies in Growth

Safety naturally arises when we are allies. Most relationships falter when people inadvertently become each other's critics and thus enemies. Without the conscious awareness to choose an alternate path, most people become disheartened and afraid when they witness their partner's weaker side. Rather than holding loving space for their partner to grow and strengthen themselves, they attack. The most direct path to becoming each other's ally and thus creating an unshakeable foundation of safety in your relationship is this:

- Become conscious of what your and your partner's areas of greatest challenge are. Trust? Organization? Fitness? Discipline? Desire? Self Love? Confidence? Or something else?
- Notice your tendency to attack or to undermine your partner when he/she is in the midst of this area of challenge.
- Discipline yourself. Rather than attacking - through words, actions or glances - simply 'hold space'. Hold in your heart and mind an air of compassion. Love them even more for their challenge. Hold a loving container in which they can grow. They will trust you all the more, increasing profoundly their experience of safety. This safety will naturally lead to greater intimacy.

6) Communication

Communication is the constant thread that links us. We each have different styles which is the source of much miscommunication and confusion in relationships.

Most of our communication is actually non-verbal and it is expressed through our tone of voice, our body language and simply through the energy between us. Consider this: A hug or a smile is worth a thousand words. (Which is why physical intimacy is such a cornerstone in building and nurturing a healthy relationship.)

Here are a few communication tips:

- When a challenge or a tension arises between partners, it is the role of the first person who notices it to draw it to the attention of both people.
- All irritations need to be addressed. Very seldom does a tension resolve itself. Challenges which go unaddressed tend to grow in proportion, attracting other challenges to them. As soon as you become aware that something is niggling at you, find a time to speak with your partner.

RECOMMENDED PRODUCTS

[Don't Break Up](#)

<http://www.thekingofhearts.com/>

This product compares dating to a game of poker, considering a game in itself. The parallel between those two activities is indeed well thought.

[12 Simple Rules](#)

If you need a girlfriend or boyfriend right away, you simply can't go wrong with this product. Read the 12 rules that will lead you to dating success.