

TRUDYGILBERT
DATING & RELATIONSHIP EXPERT

HOW TO GET
THEM
TO *Be* FOR A
SECOND DATE

FIRST DATE CHECKLIST: 20 TIPS TO MAKE THEM BEG FOR A SECOND DATE

"Dating is dead! Whatever happened to romance? The singles scene is a disaster? Dating apps suck! Men/women have no idea about how to behave on a date. I'm constantly disappointed. There are no good men/women out there. I can't go through this anymore. I'm quitting dating."

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Does any of this sound familiar? I hear these kinds of statements daily no matter the gender, race or demographic. Ever wondered if there was something you could do about it? After years of university study in psychology and social studies and two decades as a matchmaker and dating coach, I've seen every mistake in the book and been able to assess what works and what doesn't at every stage of a single person's journey from alone to happily ensconced in a life-partnership. So get your date game sorted and begin to rewrite your romantic future.

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BEFORE THE DATE

1.

PLAN AHEAD:

- **Ladies:** Help the man out by suggesting different types of dates you like. Also, provide your availability for the next week or so. This is the modern version of “dropping the handkerchief” men appreciate a little lead.

- **Gentlemen:** Now that you have some options, it's up to you to make the decision. Choose the date type, set the time, and book the venue. Organise the logistics to make it easier for her, such as arranging to pick her up or meeting at a convenient location and then take her to the venue. Taking the lead shows confidence and consideration—women love a man with a plan.



2.

DRESS APPROPRIATELY:

- **Ladies:** Wear something stylish and as sexy as you feel comfortable in without being tacky. Aim for a balance of stylish and feminine, leaving more to the imagination to create intrigue and excitement. Save the cheeky outfits for further into a relationship.

- **Gentlemen:** Step up and make an effort. Dress at least a little above what the venue or occasion demands. Think of icons like Christian Grey, Danny Ocean, and James Bond—all of whom dress exceptionally well and make women weak at the knees. Take a cue from them and step up your style game!

3. **CONNECT TO YOUR MOJO:**

- Engage in an uplifting ritual before the date to boost your mood and energy. This could be listening to your favourite music, dancing or any other activity that puts you in a positive state. Give yourself positive affirmations about your worth and approach the date with excitement and an open attitude. Decide that your intention is to leave your date eager to explore more with you.

4. **REHEARSE YOUR PERFORMANCE:**

- If you're not naturally charming or skilled at conversation, take some time to prepare beforehand. Think of a few interesting stories about your life that you enjoy sharing and that allow your date to see different dimensions of your personality. Prepare some open-ended questions to invite them to share as well. This preparation can help the conversation flow smoothly and make a great impression.

5. **SET REALISTIC EXPECTATIONS:**

- Approach the date with an open mind and avoid putting too much pressure on yourself or your date. Remember, the first date is not a relationship audition, so stop assessing them as a life partner—it kills the vibe. Make the first date have only one primary purpose: to get you to a second date. Your mission is to have them get to know you a little and want to know more. Remove all other unreasonable expectations, as they only set the date up for failure.



DURING THE DATE

6. MAKE A GREAT FIRST IMPRESSION:

- Start with a genuine smile, make eye contact, and offer a friendly greeting such as a light hug. Follow up with a sincere compliment about their appearance or something specific you've noticed. This sets a positive tone and shows appreciation right from the start. Comment on the space you're in, your journey to the date, the beautiful sunshine, the heart-melting labrador puppy you just saw, whatever in order to get the ball rolling.



7. ASK OPEN-ENDED QUESTIONS:

- Encourage deeper conversation by asking questions that require more than a yes or no answer. Stay open and present, focusing on understanding their perspective rather than offering your own opinions too quickly. Your role in this moment is to truly 'get them.' If you need

clarity, keep asking questions until you fully understand their thoughts and feelings. Remember you are there to get to know each other, so the better your questions, the better the connection!

8.

SHARE STORIES:

- Share interesting and positive stories about yourself to keep the conversation lively. Listen actively and be open to sharing personal anecdotes that showcase different facets of your personality.

9.

EMBRACE SUBTLE TRADITIONAL ROLE PLAY:

- **Gentlemen:** Enjoy blending traditional and modern gender roles by playing the protector and taking care of her in small ways. Take her hand through a crowd, pour her wine and find opportunities to do things for her without undermining her independence and competency.

The balance will vary for each woman, so pay attention to her cues. If she struggles to let go, reassure her that you recognize her awesome independence and express your desire to explore being her man for the evening.

- **Ladies:** Lean into your feminine energy and allow yourself to be cared for and led. Your softness and nurturing gentle energy can be incredibly attractive. If he's not naturally leaning into this role, gently guide him. Many men today may lack experience in this area, but they can be fast learners when they receive a little encouragement and feel recognized & appreciated.



10.
**BUILD SEXUAL
CHEMISTRY WITH
SUBTLE GESTURES:**

- Use gentle, appropriate touches and maintain confident eye contact to create physical attraction. Share personal stories to foster an emotional connection and show empathy by validating their feelings. Enhance the romantic atmosphere with thoughtful compliments and playful flirting. By focusing on these key techniques, you can nurture a strong sense of sexual chemistry and pave the way for a deeper, more exclusive connection.



11.
**BUILD RAPPORT BY
FINDING COMMON
INTERESTS:**

- Research in social psychology shows that commonality significantly boosts trust and connection. Identify and discuss shared hobbies or passions during your date. Bond over a band you both love, a movie or book you can both quote, or even a

silly dance from an old meme that you can both do right there at the bar. Whether it's a mutual appreciation for stand-up comedy, charity work, or any other interest, connecting through shared experiences and interests creates a strong foundation for a deeper relationship.

12.

LET THEM ACTUALLY KNOW YOU'RE INTERESTED:

- A lack of clear communication often leads to missed opportunities in promising matches. Many women hesitate to be forward, and men are unsure how assertive they should be. This indecision, driven by a fear of rejection, can lead to missed connections and unnecessary loneliness. Instead of waiting for the other person to make a move, have the courage to express your interest. You don't need to profess undying love; simply let your date know that you enjoy their company and see potential for something more. By doing so, you create a relaxed environment where both parties feel comfortable to explore a deeper connection



13.

AVOID NEGATIVE TOPICS:

- Steer clear of complaints, ex-bashing, or any negative talk.

Avoid oversharing your struggles and refrain from turning your date into a therapy session. For a date to be successful, it must remain easy, light, and fun. The lingering energy should be one of positivity and possibility, setting the stage for a deeper connection.

14.

EMBRACE DIFFERENCES:

- Of course alignment of values are essential in order to cultivate a harmonious bond. But many people mistakenly believe that an ideal partner is someone who mirrors their own beliefs, political views, and tastes in every aspect. This not only borders on narcissism but is also inaccurate. Studies have shown that differences between partners can enhance attraction and contribute to long-term relationship vitality.



According to research published in the Journal of Personality and Social Psychology, complementary traits and varying perspectives can foster growth, deepen connections, and keep relationships vibrant. Besides... people change... both you and them. Be open to your date's unique viewpoints and embrace the diversity they bring to the table.

15.

FOCUS ON MUTUAL VALUE:

- Many people approach dates with a mindset of assessing how the other person can provide value to them, often tuned into "What's In It For Me" (WIFM) radio. "Can this person tick all my boxes and give me everything I want and need? Will 'I' be completely satisfied by what this person has to offer 'me'?" This approach is not only self-obsessive, it's counterproductive, as it prevents you from effectively communicating your own value whilst creating an intimidating interview-like dynamic. Research in social psychology suggests that this can cause your date to feel self-conscious and shut down, preventing both of you from

truly 'seeing' the other. On your next date, shift your focus to discovering positive traits in your date that you are drawn to whilst also concentrating on demonstrating your own value. By showcasing what you have to offer, you encourage your date to do the same, fostering a win-win dynamic that enhances mutual attraction and connection.

16.

AVOID OVERSHARING:

- Don't reveal too much too soon. Keeping some mystery for the next date is essential. Remember, the world wasn't created in a day, and neither should your relationship. Share only a few highlights about yourself, putting your best foot forward to create curiosity for more. You should know very little about each other except a few intriguing things, the fact that they are lovely, fun, and a little sexy. The purpose of the first date is to generate enough interest and intrigue for a second date, not to lay everything out on the table.

17.

EXPRESS GRATITUDE:

- Thank your date for their time and company. If you enjoyed the date, let them know. A simple "I had a great time, let's do this again" can be very effective. To take it to the next level, be specific about something you connected over during the date. For example, say, "I loved our talk about [topic]. It showed a side of you that I am quite drawn to. I'd love to see you again." This specificity demonstrates genuine interest and reinforces the connection you've built. Let's face it - who doesn't like being thanked for their time or effort!



18.

ENSURE HER SAFETY:

- Traditionally, a date would not end until the man ensured the woman arrived home safely. While modern women value their independence and are responsible for their own safety, it's important not to completely relinquish the responsibility of caring for your date's well-being. Studies on dating behaviour

indicate that showing concern for a partner's safety can significantly enhance feelings of trust and connection.

Gentlemen, if you are not escorting your date to her door, do not leave until you know she is safely in her Uber at least. Consider talking to her on the phone during her ride home and always request confirmation that she arrived safely. This demonstrates your ability to care for her, an essential quality for a potential partner.



19.

OFFER A FOLLOW-UP PLAN:

- A golden rule in sales and business partnerships is 'never leave a meeting without booking another meeting'. I have regularly witnessed people talk themselves out of a connection with someone simply because they felt unsure that there was any firm future. Fear of rejection has them emotionally shut down and dismiss the partnership, causing both people to lose. To avoid this, be clear that you had a good time and that you'd like to see them again. Then, suggest a specific activity or date for your next meeting. Finally, ride the momentum. Book something within the next few days, a week at the most ideally.

20.

**SEND A FOLLOW-UP
MESSAGE:**

- Send a thank-you message soon after the date to show appreciation and maintain the connection. Let them know you had a great time. Ignore the outdated advice about waiting days to contact them, as this can often sabotage any potential for increased attraction. In today's disposable dating world, people protect themselves from feelings of rejection by quickly cutting off emotional connections. Instead, tell them you like them and express your desire to see them again. If you're unsure of their feelings, simply share yours and invite them to make the next move. Following the tips in this report will almost certainly lead to a positive response.

