

JN2

The Date Doctor

Here to soothe your single blues!



Our personal development coach Jo Barnett shares the secrets to successful relationships

HELP ME TO FIND THE 'RIGHT' MAN FOR ME

Dear Jo
I'm 34 and single. I have my own fashion company and am very successful in my career. My friends say I'm very attractive and I go to the gym every day. I have a bubbly personality and consider myself intelligent. I'm writing to you because I have tried to meet someone for years and it seems the guys I want are just not interested in me. I was out recently at a bar and I kept getting talked to by guys who didn't interest me. I always get the guys that are not what I am looking for and I really want to break this pattern. Help! What can I do? I feel like time is running out.

Lissa

Dear Lissa,
Your desire to meet the right man and have a relationship is very clear. You seem to know what you want. You say you always get the "wrong" guy interested, yet do you really know what the qualities are of the right guy?

Having worked with thousands of singles, this is the best place to start! Take ten minutes to consider the qualities that you want in a man, then select your top four.

Now turn the question around. So if you want a guy who is intelligent, caring, interesting, and funny, how do you need to behave to bring out those qualities in a man?

I will often say to my dating clients, 'how do you need to be behaving to attract the person that is right for you?' Let's say you want to meet someone funny – you sitting at the bar looking serious or bored is not going to do it. But you smiling and looking relaxed is much better!

The chances are that the right guys have overlooked you because you were not giving off the right vibes at the right time and they did not see an opening to approach you. If you want to meet a caring man, try talking to someone you would not normally pick, ask questions and show that you care about what he has to say.

In my time as a dating coach, I often find that people want to meet a great partner but they don't go anywhere new to find them. Take up a new hobby, join a class, try a different bar or area and make sure you get to show yourself for

the great girl that you are – and certainly no more hiding behind a bar stool! Have fun!

WE HAD A GREAT TIME - SO WHAT WENT WRONG?

Dear Jo
I really need your help! I went on a fantastic date last week and met a girl with whom I shared a real connection. We had such a laugh together and the evening flew by. I'm 30 and it has taken me ages to finally meet a woman I like. The evening ended with me walking her to her car and we kissed! The following morning, I texted, saying: "I had a great night, thank you. I'd like to see you again." She has not replied, *five days* since the date! I'm beating myself up about what I said that put her off, or did I kiss her too soon? I've sent her another message and still not heard anything. Now I'm just feeling awful and wondering what I did wrong?

Dan

Hi Dan

First of all, you need to stop beating yourself up that you did something wrong! You both had a lovely evening and were in the moment – it sounds like it was a great date. You thought there was a great connection, she didn't. So why torture yourself trying to recap every last detail of the date?

You kissed her. It was something you *both* wanted. It's certainly not anything to question. As a dating coach, I often get people come to me analysing what they said wrong on a date to get the silent treatment.

The fact is that if someone does not want to see you again, it means they are just not that into you and you move on to the next girl who will be.

Why waste your time ordering the duck if it's off the menu?

Dan, the point is to stop giving your power away to this one person. If one date can cause you to give away all your power and confidence, then you need to learn to embrace yourself and love yourself even more.

This is just one person you went out with, who you knew for one evening. The best results come from going out on several dates and your confidence will grow. Let it go and move on with a clear and loving heart.

If you have a dating query, Jo is here to help! Email her your question to askthedatedoctor@thejngroup.com

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More on Jo's dating website – www.datingcoach.me.uk