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The Date Doctor

Here to soothe your romantic blues!

Our life coach Jo Barnett shares the secrets to successful relationships...

WHY CAN'T THIS NICE GUY BE THE RIGHT TYPE?

Dear Jo

My name is Andy and I'm 24. I was on a date the other night and, as usual, the girl told me I was a "nice guy", but not "her type". This has happened to me for the past few years and so I know it's me and something I'm doing wrong. I have goals and success in all other areas of my life and know where I want to get. I really want to meet someone who says "Yes, you are for me!" How do I become someone's type rather than keep getting rejected, which is really not doing my ego any good? I would appreciate your help and guidance.

Andy

Dear Andy

I love that you have taken the time to reflect on your love life and to want to improve the situation. The first step is that you are taking responsibility and looking to change yourself and not the other person. The way forward is to check in and look at how comfortable you are with yourself. As soon as a girl meets you, she will pick up on the vibes. She knows if you are secure with yourself, confident and interesting. It's how you hold yourself, your posture, facial expressions and, of course, conversation.

I am always reminding my clients that the guys need to be making themselves as interesting as possible, so you capture a girl's attention immediately! It involves being interested in everything around you, learning something new all the time and being able to recount a good story. Ladies love being entertained. Secondly, it's being interested in people and not asking the boring questions. Try the book *How To Be Interesting* by David Gillespie and Mark Warren.

WHAT'S THE ETIQUETTE WITH PHONE TEXTING?

Dear Jo

I've been doing lots of internet dating lately and managed to meet a girl I thought was great. I'm 42 and, like me, she is divorced with kids. We met for a drink and it all seemed to go well until I was accused of stalking her! The thing is, I have always been a very demonstrative guy and I fall easily. I felt that we had a great connection and so I wanted to keep it going by texting her regularly. I may have gone a step too far when I sent three texts within the hour, because she did not reply! So, what's the etiquette with phone texting?

Tim

Dear Tim

Thanks for bringing up this really topical question.

As something of a communications expert, I have to say there is an element of intuition needed here. I advise clients to stay away from too much texting and emailing for many reasons. Firstly, it is open to interpretation, as you don't know each other yet. Get to know each other face-to-face and try not to rush the familiarity thing by bombarding her with messages. I recommend you as a guy hold back a bit, as girls like a level of mystery and get put off if it's too much too soon. I would certainly question the sincerity of a guy who falls for a girl within 24 hours. I have heard from so many ladies that guys get too familiar with the 'good morning' text coming through at 7am, before the coffee has even brewed. I promise that if you wait till tea time and cool off a bit you will get a far better response.

YOU HAVE TO LET THE MAN BE... THE MAN!

Dear Jo

I'm writing to you because none of my friends can understand why I'm single! I'm a 39-year-old banker with a successful career in the City.

I get to travel around the world for work and have seen some wonderful places. I'm told all the time how attractive and intelligent I am, yet I'm still single! I have been on thousands of dates and, as well as being picky, often get turned down by guys I like. The other problem is that I work such long hours that I'm hardly free during the week. Please advise what else I can try.

Lissa

Dear Lissa

It sounds like you have been busy building your career and getting to the top. Perhaps your unconscious priority was to get ahead at work and this has pushed guys to the side or resulted in them feeling inferior. As you say you are serious now about finding a relationship, you will have to give it some time and thought. As a dating coach it's easy for me to see it from all angles, and it's likely something needs to change.

Firstly, know that you don't have to find the male equivalent of yourself. As long as a guy has a good job and is intelligent, there is no reason you cannot be compatible.

I have worked with successful women who are very strong and assertive. Most men will struggle with this. Find a happy balance and get in touch with your feminine side when you go out on a date. For sure, be your wonderful intelligent self, but also let the man be the man. Allow him to know something you don't know and be able to teach you as well as you teaching him. You can open yourself up to being a bit more vulnerable in love by sharing more of yourself than your career – after all, we are so much more than our work. Happy dating!

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DATE Wednesday 20th November

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