

## Date Bedfordshire Singles Dating eBook

We created this comprehensive online dating guide for Bedfordshire in conjunction with the World's top dating and relationship experts to help you navigate through the online dating process.

Embarking on the task of online dating can be a daunting prospect for many people. We recognise that it can very daunting for someone who has recently been divorced, lost a loved one or who have never been lucky in love. We asked the World's top Relationship Experts, Psychologists and Life Coaches to tailor their top online dating tips for singles in Bedfordshire who are looking for love, friendship and companionship.



## CREATING A PROFILE: THREE EASY STEPS

**STEP 1: Choose The Right Photo:** There are many dos and don'ts with an online dating picture. The most important tips are in this section, so be sure to read this before you get the camera out.

### DO

Get 2 or 3 attractive photos

Include a headshot

Include a body shot

Get professional photos

Smile

Wear red (women only)

Caption your photos

Use a self-timer

Get an opinion from a friend

### DON'T

Post selfies

Upload group photos

Upload pictures of your children or animals

Post shirtless photos

Post bathroom selfies

Post pictures of your ex

Post pictures of other women/men

Post old photos

Hide your face or wear sunglasses



*"You need to make it easy for your date to know instantly who the person will be showing up for the date"* Julie Spira

## STEP 2: Write About Yourself - It's Easier Than You Think

DO	DON'T
Be honest	Hide or bend the truth
Be you	Lie about your weight/age/background
Add your real age	Reveal personal details
Keep it brief (about 150 words)	Use cliches
Let your personality shine through	Sell sex
Be humorous	Involve the ex
Be specific about what you're looking for	Write what you're not looking for
Leave the drama behind	Forgot to spell check & use proper grammar
Be positive	Be negative

### Good Profile Examples

I'm very family oriented, and love sports (but then again what guy doesn't). I'm an easy going person and my dreams are to flourish in my career and eventually own my own business one day. I'm a music junkie and in my free time I enjoy [Activity] and [Activity]. I'm open to meaningful, honest, and exclusive relationships.

I am smart, fun, authentic, affectionate, and love to try new things. I balance professionalism and fun in all of life's adventures. At work I get to do many creative things, and love every second of it. I'm always up for trying new things and rarely afraid to take risks in life. I love travel, and am hoping to go back to [location] this next year. Do you love to travel too?

I cry at Hallmark commercials, love the band Spider Fire, enjoy baking and cooking (and make the world's greatest chocolate chip cookies - no exaggeration here!), sing (sometimes off key) with the radio while driving, own more pairs of black shoes than should be legal, and my fear of flying is rivalled only by my love for chocolate. From the book 'Clutch: a novel' by Lisa Becker

## STEP 3: Answer The Question!

So many people start their dating profile off with "This is really hard" or "I don't know what to write". To get you off to a great start, Date Bedfordshire Singles has a great feature called "Questions" which prompts you to talk about the things in life you like. This gives others a good insight to the person you are.



A list of ten questions for a dating profile, each in a separate grey box:

- What do you like to do for fun?
- What is your favourite meal?
- What is the most interesting fact about you?
- What is your most treasured possession?
- What is your favourite place in the world to visit?
- Who is your greatest inspiration?
- If you won the lottery what would you buy first?
- What is your favourite book or film and why?
- What did you want to be when you were growing up?

The questions are insightful enough for someone to get a good grasp of your personality, and to find something interesting to enable them to strike up a conversation with you. Questions are also a good fun to answer, and get you thinking about the things you like and dislike.

"I met my husband on a dating website, as have a number of my friends. We could not be more well suited to each other and I could not be more lucky. We have been married almost 4 years, and are incredibly happy. He is someone I would never believe existed, and even though we happened to grow up in the same town (strange but true), we would have never met had it not been for the online dating site" - **Nicole Martinez**

## STARTING A CONVERSATION

So you've found someone local in Bedfordshire you like the sound of? The fun starts here! Before you press send, following these dos and don'ts will ensure you get off on the right foot.

### DO

Address the person by their name

Write personalised messages

Quote something from their profile

Ask questions

Let your personality shine through

Be humorous

Keep it short (5 sentences max.)

### DON'T

Say 'Hey', it's too informal

Copy and paste your messages

Reveal personal details

Use cliches

Sell sex

Involve the ex

Get too deep

## The Best Questions To Ask In a Message

[Tell me something about you that's not on your dating profile...](#)

What are you looking for in a partner?

[Who will win in a one-on-one battle? Batman or Superman?](#)

What makes you laugh?

## YOUR FIRST DATE!

This is very exciting! You're going on a date in Bedfordshire! There are just a few things to remember before skipping off...

### DO

Have a phone date first

Limit a first date to an hour

Learn to be friends first

Consider your appearance and attitude

Be safe

Have fun

### DON'T

Take a first date too seriously

Look at your phone

Moan about online dating

Quiz your date

Stalk online

Prolong a date that feels uncomfortable













“Nothing beats a failure but a try. If a date doesn't work out, go out with someone else. Just because a few dates or even a relationship doesn't work out, doesn't mean that there's not someone out there for you”

Venessa M Perry

## DATE THE SAFE WAY

You've probably heard a lot of stories about online dating! Keeping your wits about you, and following these top tips will set you off on the right foot without feeling apprehensive about dating in Bedfordshire.

-  Be careful when accessing your account from a public or shared computer so that others can't view or record your password or personal information.
-  Don't include your contact information such as your email address, home address, or phonen umber in your profile or messages
-  Be wary of opening email attachments from someone you have only just met
-  Don't give out your life-story the first time you chat. There will be plenty of time to share such details if your relationship develops
-  If and when you do decide to share an email address think about creating a separate and anonymous email
-  Don't include your surname or any other identifying information when choosing your username
-  Create a username based on your interests, rather than personal details
-  Stop communicating with anyone who pressures you into providing your personal or financial information
-  Ensure that you keep your internet security software up to date
-  Don't put up with offensive, insulting and threatening behaviour

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