

The Matchmaking Maven

Dating Strategy & Support • Online Profile Development • Communication Coaching

3 Big Mistakes Online Daters Make

(And what to do to fix them)



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Mistake #1: Ranting About Online Dating in Your Profile

We've all seen it. The profile text that says something like, "Well, I really hate this online dating stuff but, here I am!" or "My friends are making me do this, so..." or "Why are there so many idiots on this site?"

Your Online Dating Profile is a powerful tool. It's basically your marketing for your personal brand. Think about what your audience is going to feel when they read your rant, and consider whether that is most effective for your desired goal.

The Fix

Tip #1: Journal about your frustrations with online dating, vent about it with a friend, and then talk about something else when you write your profile text.

The first rule of Online Dating is that we don't write about Online Dating in our profiles.

Tip #2: Scan your profile for other rants that don't serve your connection goals.

Are you expressing your frustrations with your past in-real-life dating or relationship experiences in your text? Put that baggage back in the overhead bin. And as the song says, "Accentuate the positive."

Tip #3: If you are trying to make a joke that COULD be read as negative, it probably WILL be.

Sarcasm is famously difficult to communicate via screen text. Let them know you have a sense of humor, but if your wit tends to be sharp, proceed with caution.

Mistake #2: Getting SUPER deeply involved and attached via email, text, and/or phone before meeting in person (a.k.a.: The Virtual Reality Problem)

Once you've created a profile that is effectively connecting you with the people you THINK you want to meet, what happens?

This is one of the biggest risks of the online medium: Falling in love with the idea or virtual version of the person before you meet them and then running right smack into disappointment when the real-life version appears.

This Hope-Crash cycle is just one of the issues that make online dating exhausting for many people.

The Fix

Tip #1: Being aware of this potential pitfall is your first line of defense.

Acknowledge that you are currently in love (or like, or lust) with a figment of your imagination.

Tip #2: Only email or text potential dates fairly briefly, just enough to establish interest — and then set that first in-person meeting.

Remember, when you are communicating via email or text with someone you don't know, you are essentially talking to yourself. Anything they say is just a voice INSIDE YOUR HEAD.

Tip #3: Talk on the phone before meeting in person.

One brief phone conversation can help to establish a more reality-based connection than email or texting. Notice the words "one" and "brief." Proceed with multiple conversations, or multiple-hour conversations at your own peril.

Tip #4: After the first date has been set, resist the temptation to flirt heavily via email or text all week long.

Save this for after you have confirmed the chemistry in person.

Tip #5: When you get to the date, leave your agendas at the door.

Acknowledge to yourself whom you hope this person will turn out to be and then, when you finally meet them, let them show you who they are. Be curious.

Mistake #3: Being too picky, or not picky enough

Do you place so many parameters on your search that the results window comes up empty?

Or, are you convinced that in order to be a nice person, you really shouldn't have any expectations? 3'8" – 7'0" is actually totally cool with you.

The Fix

Tip #1: Clarify your dating vision, goals, and strategy.

There is no one-size-fits-all answer here. Whether you need to be more or less picky depends on your dating history, your relationship habits, and your desired results.

A dating coach can help you identify what you want, illuminate for you how you might be getting in your own way, and suggest what to do differently — both in how you present yourself and how you search for and interact with potential dates.

Tip #2: Listen to your gut.

Even the most well-meaning friend or self-help book can have you thinking that you should be less picky as a key to dating success, which leads you to have more bad dates, reinforcing a cycle of exhaustion and disappointment.

Have you internalized one or many voices that crowd out your own deep knowing? Do you start compromising before you've even met the person?

Or do you have a protective, inner-perfectionist that leads you to measure imperfect human beings against a list of unreasonable demands leaving you safe, but lonely?

I have seen my clients develop intuition and discernment as a result of our work together, which empowers them to make more effective choices, leading to profoundly more satisfying and life-enhancing results. Not to mention, committed partnerships.

Do you have questions about how to break through blocks to creating the connection you desire?

**Contact me today to apply for a free 30-minute Strategy Session
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