

The Seven Biggest Mistakes Men Make On Dates & Tips On How To Avoid These

1. Not Paying Attention To Their Date

Not focusing on your date can take many different forms from not making eye contact with her, to looking at the waitresses or other women. Eye contact is one of the main ways we gauge whether someone is interested in us. So look at her when you are talking to your date and make sure you make lots of eye contact with her – hold her gaze for a little longer than you would normally (about 3 seconds).

If your eyes are wandering off to look at other women, she is likely to think that either you're not interested in her or that you are probably a womaniser! Don't even go there!

Focusing on your date means paying attention to her in every sense of the word. Notice if she's cold and offer her your jacket or if you are al fresco (outdoors), ask her if she'd prefer to sit inside. If you are sharing a bottle of wine – notice when she has finished her glass and always make sure you serve her first. I know this sounds obvious but you'd be amazed at the amount of men who don't pay attention to this!

Every woman likes to feel special on a date. Paying a compliment is an obvious way to do this and you will almost certainly gain points for paying a genuine compliment (women can tell if it's genuine or just said for effect!). However, avoid going over the top and paying too many compliments as this can make them seem less genuine.

One of the best ways of focusing on your date is to listen to her. Sounds simple? Well being not being listened to and not feeling heard is one of the biggest complaints that women have about dating. Allow your date to finish what she is saying and where possible let her know that you have heard her by asking another question or making a comment instead of going straight into telling her about what you think or re-counting a story of your experience.

2. Talking About Themselves Too much

The feedback I've had from women is that some men only seem to talk about themselves! This of course may be due to nerves but some men have a tendency to dominate the conversation and resort to "story" telling or recounting their lives rather than asking questions about their date in a reciprocal fashion. Think of it like a tennis match with the questions being the ball – if you didn't hit the ball back – it wouldn't be a very enjoyable game!

A date is not an interview so don't treat it like one and try and "sell" yourself. By all means talk about yourself and your life but bring your date into the conversation by asking her questions or seeking her thoughts or opinions on something you've mentioned and show interest in her answers. Dating is about getting to know each other and this is a two-way street so don't forget to ask her questions and seek her opinions too otherwise you might find yourself on a one-way street that's coming to a dead end!

3. Talking About Former Girlfriends and Wives Too Much

There are many things that you can discuss on a date, but there's one topic that you should avoid bringing up on a first date, other women. Whether it's your ex, the dates you've had recently or your mother, it really doesn't matter. A woman on a date likes to feel special and the last thing she wants to hear is you telling her about other dates you've been on or the reasons that you split up with your ex.

This tends to come up naturally in conversation once you have been dating a while and the intimacy and level of sharing has increased between you. Talking about former girlfriends and wives too soon will make it sound like you may have not got over these women or have some unresolved issues which doesn't do much to enhance your chances with your date.

4. Not Giving Clues As To Whether They Are Interested

Acting indifferently or not giving any clues as to whether they are interested is sometimes adopted by men either subconsciously, if they are nervous, or consciously as a kind of game to keep women guessing.

The danger of not giving a woman any clues or giving false clues is that the your date will probably assume that you are not interested and therefore switch off or dismiss you as a possible future date or potential partner. If you are playing a game, she will probably spot it and if she has any sense, will back off. Be real. If you are interested in a woman, let her know! This doesn't mean you have to tell her. That's always a bit risky until you have received feedback that she is interested in you. However, you can give her clues by paying her attention, making eye contact, using your body language to let her know that you are interested in her, listening to her and making encouraging comments that indicate what she's saying is interesting.

If you are looking for a serious relationship – forget all you've read about 'treat them mean and keep them keen'. All the feedback I have ever received from women blows this myth right out of the water! Unless you want to go out with someone who plays games with you – be genuine and if you are interested in your date – subtly let them know.

5. Not Making An Effort

One of the biggest turn-offs is turning up for a date with dirty fingernails, unshaven (unless it's intentional designer stubble) not wearing deodorant with unwashed hair. Believe me this does happen and women really do not find any of these attractive!

Most women tend to make an effort to ensure that they look nice when going on a date. They also want to see that a man has made an effort too. This is not about turning up in the latest designer clothing. It's purely and simply about making an effort to be presentable.

6. Lying Or Pretending To Be Someone They Are Not

Over embellishing what you do, where you live, the sort of lifestyle you lead will only lead to future problems.

Be honest with who you are and where you are in life. It can save a lot of heartache later. If you're part of a sales team, don't say you're a Sales Manager or if you're really happy driving your Vauxhall Astra, don't pretend you're about to buy a Porsche. If a woman doesn't like you for who you are, then she isn't the right woman for you.

7. Waiting A Week Or More Before They Call

If you are interested in seeing a woman then don't leave it a week before you call her! One of the biggest complaints I hear from women about men is this.

So many men wait before calling a woman for a second date or even calling her once they have her number. If you like her, call her. Otherwise don't be surprised if when you do get around to calling that she has either moved on or comes up with a reason as to why she can't meet you.

If you are interested, calling or sending a text message soon after you have her number or have been on a date will leave you standing head and shoulders above most other men!

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I hope you have enjoyed these tips and I wish you lots of luck in dating

If at anytime you think that you would benefit from further assistance in dating, please contact me I would be happy to help.

You might also want to check out my e-coaching course, which helps prepare you for successful dating.

Best wishes

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