



Helping singles discover their *best possible life!*

INTERNET DATING: DO'S AND DON'TS

By Amy Schoen, Heartmind Connection™, LLC

1. About your picture on the site:

- Do look friendly and approachable.
- Do put the best picture possible on your profile.
- Don't put just any mug shot of you on your site.
- Don't be with other people. Dog, cat and kids are okay!

2. About your profile on the site:

- Do include what's unique about you and why someone may want to go out with you.
- Do describe your values in the body of the profile. What's fulfilling for you? What do you treasure?
- Do try to be as descriptive as possible so the reader will experience what you do. (Help them see, smell and hear the beach) Put in a come play with me quality!
- Don't put stuff in your profile that is not putting your best foot forward.

Amy Schoen 301-564-9323 coachamy@heartmindconnection.com

© Amy Schoen, January 2005, Dating Turnoffs | All Rights Reserved.

<http://www.heartmindconnection.com/>

- Don't lie! Be honest and upbeat. That doesn't mean you have to tell all your faults!

3. Contacting each other

- Do go after quality and not quantity!
- Do find something that you connect to. A cause or a passion.
- Do email back and forth a couple of times to get a sense of a person: their way of thinking and how they express themselves.
- Don't be a pen pal! If the person is unwilling to talk on the phone, stop the interchange.
- Do talk on the phone to gain further rapport.
- Do trust your intuition. If something doesn't feel right, don't pursue any further.
- Don't talk on the phone for weeks without making plans to get together.

4. Meeting each other

- Do give each other cell phone numbers in case something happens on your way to the meeting.
- Do meet in a public place for coffee during the day, if possible
- Do "be yourself".

- Don't run away if the person doesn't look like what you thought.
- Don't give out too much information about yourself before you know the person better.
- Don't expect the man to pay (women). Be prepared to pay your share. It will be a nice surprise if he does pay.
- Do give a nice person a second chance. Chemistry can develop over time.

5. Following up

- Do be honest about your level of interest in the person. They may know someone else you'd like to meet.
- Do thank the person for a nice time and if someone paid.
- Don't say you'll call and not call!
- Don't wait a month to call the woman if you liked her. She may have moved onto her next prospect.

Amy Schoen, Life Coach
301-564-9323
<mailto:CoachAmy@Heartmindconnection.com>

Heartmind Connection™ Coaching

Learn how to make the best decisions for you using both your heart and your mind!
Live your most fulfilling life.....call 301-564-9323 for a complimentary phone coaching session.

© Copyright, Amy Schoen, January 2005, Internet Dating Do's and Don'ts. All rights reserved.

Amy Schoen 301-564-9323 coachamy@heartmindconnection.com

© Amy Schoen, January 2005, Dating Turnoffs | All Rights Reserved.

<http://www.heartmindconnection.com/>