

# How should you rate his dating?

## 1 GLAMOROUS TRIP ON HIS PRIVATE YACHT

SIPPING cocktails, posing in your bikini and sailing the ocean waves seems like the perfect way to sweep you off your feet. But in the first date stakes it can rarely lead to a happily ever after.

"This is not a sensible first date," says Rachel MacLynn, psychologist for dating agency Seventy Thirty.

His yacht may be fun but when you hit dry land it doesn't bode well for long-term happiness.

"This man is a hunter-gatherer who is showing off his wealth and power," says Rachel.

Body language and relationship expert Judi James adds: "The bigger the display on a first date, the more insecure the person.

"In this case, his thin veneer of arrogance is sugar-coated with a private yacht."

**DATING RATING: 3/5**

## 2 GOING TO THE PUB TO WATCH FOOTBALL

WHILE seven pints of lager, a pack of pork scratchings and St Albans against Woking isn't everyone's ideal date, don't write this man off in haste.

"He might be looking for a friend as a sexual partner, a 'ladette' that he can really relate to," says Rachel.

Judi believes that an afternoon in the pub is an acceptable date if football and drinking are something you both share.

"This is a lovely idea if you both like going to the pub to watch the football.

"But if he hasn't bothered to ask you, then he's marking his territory," she says.

Judi suggests this type of man could turn out to be inflexible: "He's not looking for a relationship that will cause any ripples in his life – he wants you to be flexible."

If, after a few dates, he has only taken you to the pub, it's time to rethink this relationship.

**DATING RATING: 2/5**

## 3 A VISIT TO AN ART GALLERY

AN AFTERNOON strolling hand in hand around a gallery makes for both a high-brow and budget first date. "This immediately says pretentious," says Judi.

"He might want to connect with you on an intellectual level but this is also the date who is most likely to pounce on you afterwards."

Rachel believes this would only make a good first date if he has a genuine interest in art.

"If he's passionate about the subject this is a lovely gesture and demonstrates that he wants to share his interest," says Rachel. "But if he isn't knowledgeable it could be a token gesture to impress."

While art galleries are a first date no-no, don't rule out this idea for the future.

"I would only be comfortable going to an art gallery for a fourth date," adds Judi.

**DATING RATING: 1/5**

## 4 HIGH-FLYING TRIP IN A HOT-AIR BALLOON

A lavish, romantic gesture or simply hot air? This type of date is certainly expensive, takes lots



## From lavish dinners to ballooning, LAURA JACKSON finds what first dates say about future prospects

of co-ordination and should be unforgettable.

"This is a lovely first date, both romantic and unique," says Rachel. "It suggests your beau wants to create lasting memories and means you get to spend time alone. If the relationship goes long term then this will be a special moment for both of you to reflect on."

However, Judi believes this date is being over-zealous in his endeavours.

"It's too big a gesture and he's made too much effort," she says. "He's putting you in a helpless position: you are alone with him, possibly afraid of heights and stuck in a straw basket."

**DATING RATING: 4/5**

## 5 HAVING A ROMANTIC DINNER FOR TWO

IT MIGHT not be the most imaginative idea but there's still lots to be said for a classic dinner date.

Dinner gives you the chance to chat and, by sharing food, you are subconsciously measuring your compatibility with each other.

"Seeing one another eat sends out signals about what you are like in bed and whether you will be a good sexual match," says Judi.

Dinner also means your date has had to plan ahead, thinking about where to take you and then

booking a suitable venue. "This could mean someone who likes to play things safe – this may be a gent who likes things to be uncomplicated," says dating guru Rachel.

A romantic meal together also leaves plenty of scope for learning about each other.

"It's the most comfortable way of getting to know each other and means you can enjoy the conversation," says Rachel.

**DATING RATING: 5/5**

## 6 A WHITE-WATER RAFTING ADVENTURE

THE adrenaline rush of a first date isn't enough for this man. Extreme sports may terrify you but this date is likely to be wild, intense and impulsive, both in and out of the bedroom.

"This is someone who has sexual energy and is adrenaline driven – he's passionate and active," says Rachel. "He wants to find a way to get both your heart and his racing."

There would never be a dull minute with this man but such an exciting first date doesn't mean that it will necessarily be a long-term courtship.

"He's certainly not sending out the signals that this will be a safe, let's-settle-down-and-get-married type of relationship," says Judi.

**DATING RATING: 4/5**