

5 TIPS

FOR DATING SAFE

Online → *Offline*



Linda Denise
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KEEP YOUR IDENTITY AND LOCATION CONFIDENTIAL ON PUBLIC DATING PROFILES

- On a public profile, including your non-dating profiles, do not provide too much detail on your geographic location (city is fine, but not neighborhood - if you live in a small city - use your county).
- Review your social media accounts to ensure they are set to private and only viewable to your friends or known associates.
- Do not post locations on any social media profiles indicating where you are at (restaurants, trips, etc.) until after you have left that location. Double check to make sure there are no location trackers activated and review all the information you have posted viewable by the public with your safety in mind.
- For an extra safety step if your online profile requires use of a name and not a screen name (i.e. "numbersguy"), use a different first name and only an initial for your last name. Tell the other your real first name once you start engaging and have made an initial determination that they are earnest about looking for a relationship. Do not use your real name in your screen name (i.e. "phxgirl" not "debinphx")

"Linda Denise is a fairy godmother who helps you navigate the dating world. She provides a personalized coaching experience that has assisted me to have better judgment about the men I date and also curb my hard-core perfectionism that was getting in the way of my dating life (as well as other areas of my life, too!)."

Olivia M.
New York City

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BE CAUTIOUS WHEN MEETING OR DATING SOMEONE UNKNOWN TO YOU

- Consider a short phone or video call first. This will give you a better sense of who they are than a text or IM as you can pick up a lot of information based on someone's nonverbal cues (i.e. tone, presentation, etc).
- For any "meet ups" and at least through the 3rd date, tell a trusted friend your date's name and any contact information you have for them. In addition, tell your friend where you are meeting and how long you expect the "meet up" or date to last.
- Arrange to do a check in with your friend at some prearranged time during the date and immediately following the date.
- The first couple of "meet ups" and dates should be in public places (coffee shop, popular restaurant) and use your own transportation to and from the location.
- For an extra safety step you can get a separate phone number for dating. If you don't want the hassle or expense of a 2nd phone there are many phone apps that allow you to have a 2nd number for your current phone (Exp: You can get an extra phone # through Go Daddy for under \$5 a month).

"Linda has been coaching me for two months and I am learning how to find real dates with viable prospects. My dating experience is more authentic, deeper and more in line with my goals. I would recommend Linda Denise to anyone who is single and looking. It has been an incredible learning experience for me that I wouldn't trade for anything."

Kristopher O.
Phoenix, AZ

NO ALCOHOL

- Your first “meet up” or date should not involve drinking alcoholic beverages.
- Do not leave your drink unattended. If you have left it unattended, ask for a fresh drink.
- No drunk texting or phone calls – the relaxed state most of us reach when drinking can create a false sense of safety or intimacy.
- Keep your wits about you until you trust the other person. You don’t need to be paranoid. The goal is to be authentic – alcohol and other drugs can reduce inhibitions and have you make decisions you would not otherwise make. Of course, it’s fun to relax with a cocktail, and when you know the person better there will be a time for that.

"Linda helped me work through old stories and excuses I had been using and helped me get to the bottom of what I truly needed. I am now in the healthiest and most satisfying relationship I have ever had in my life and it feels like this part of my life has finally come together for me."

Britt W.
Harrison, NJ

THERE IS NO NEED TO RUSH

- Meaningful dating experiences that may lead to lifelong love are worth waiting for – there is no need to rush into early intimacy – the right person for you will not pressure you to go faster than you are comfortable going.
- Do not invite your date to your place until you have built trust with him or her.
- Never give money or other support to someone you have not met or have not known for a significant amount of time especially if they are attempting to be in your life as a dating or love interest.

"Armed with this incredible new insight, and a profile that accurately conveyed my vision of my ideal partner and relationship, I found my partner within a few weeks of going online. This relationship is completely unlike any I have had in the past. I am certain this never would have happened without Linda's incredible program that granted me so much clarity. Working with Linda was one of the very best things I did for myself this year. I can't recommend her highly enough."

Liza C.
Madison, WI

TRUST, BUT VERIFY, AND DO NOT IGNORE YOUR GUT INSTINCT

- Do not ignore your instincts about someone – that little voice in your head or clench in your gut that tells you something is not right.
- “Trust, but verify” – if a date tells you something inconsistent with a detail that he or she mentioned previously, do not ignore this! Check it out – either with reasonable questions - or a search on the internet. Even consider doing a background check to confirm the validity of these details.
- Ask questions with the goal of understanding the other person’s integrity, values, and honesty. If they provide answers that demonstrate that they do not hold strong values – do not ignore these “little” signs. A person who reflects that they are lacking in integrity in some areas of their life is much more likely to have such a lack carry over into their relationship with you; don’t trick yourself into believing otherwise.

"Since working with Linda, I have become clear about what I really want from a partner. She encouraged me to be my authentic self and provided coaching on how to project that image to others from the very beginning. She is good about calling me on my BS but also knows when to give me encouragement. I love all her tips on how to converse with potential dates over the various platforms (text, email, in-person, etc)."

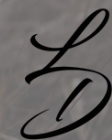
Andrew C.
New York City



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Put these practices in place so that you can feel safe during your dating journey and can then concentrate on getting to know the other person in a true and authentic manner.



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