

12 First Date Mistakes Women Over 40 Make That Push Men Away



A Digital Romance Report

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About the Author

Ronnie Ann Ryan, MBA, CCC, is the Dating Coach for Women, a workshop leader and author of *MANifesting Mr. Right, Why Can't I Find Love?* and *7 Massive Mistakes Baby Boomer Women Make That Keep You Single*. Since 2002, she has shared her proven dating strategies with thousands of single women to help them find the magic of love.

Still single at 40, Ronnie turned around her romantic life, dating 30 men in 15 months to meet her husband Paul and they have been happily married since 2000. She has been interviewed or featured by BBC Radio, FOX and ABC News, Huffington Post, Fox News Magazine Online, eHarmony.com, BuzzFeed.com, NPR, MSN.com, YourTango.com, and MORE.com among others. Learn more at www.NeverTooLate.biz

Introduction

So, you're single in midlife? That's probably not something you expected. If you're a widow, losing a loved one early is not something you could ever anticipate. And if you've been divorced, that can be a devastating loss as well, leaving emotional wounds that need healing.

Some women remain single into midlife for a variety of reasons – that happened to me. I was still single at 40 and frankly that was an unpleasant surprise when I awoke on that milestone birthday. I couldn't understand how that happened to me, but it did.

Now you are ready to find love again. Maybe you've been mingling and dating but haven't found "the one" yet. Or you're thinking about getting started. If you are new to midlife dating or having difficulty getting past the first date, this book is sure to make a difference.

I am going to share 12 first date mistakes that you could be making without even realizing it. You'll learn what turns a man off, what creates a strong connection and how to appear interested without seeming desperate. Discover how to be a great first date and leave him wanting more!

Regardless of your romantic history and current circumstances, finding love is completely possible. I really want you to take that in and believe it. Love is your destiny. You deserve love without question. Sharing life with a romantic partner is a basic human desire.

However, dating in midlife is very different than dating in your 20s or 30s. There are nuances and strategies that you may have never heard of that can make all the difference in how quickly you find love.

The best thing you can possibly do for yourself is to learn what works to find love in midlife. As baby boomers, you have specific ideas and beliefs that can definitely get in the way and prevent you from connecting with a wonderful man. As a dating coach for women over 40, I consider this my mission – to help women like you date smarter and find love faster while avoiding confusion, angst and unnecessary heartbreak.

In this book you'll learn about 12 first date mistakes that can push men away and sabotage your chances for finding love. As you read through, think about which mistakes apply to you. I ask you to open your mind and consider new ways of doing things that will bring you the results you want – a lasting loving relationship with the right man for you.

Having married for the first time at 43, I know firsthand what it's like to date in midlife. I've had many clients over 40, 50 and 60 date successfully and find love again. They know without a doubt that everything they went through was worth it because the end

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result is so amazing. Give yourself permission to find love too and join the happy ranks of women who took the time to learn about dating after 40.

Take my client Patti, a widow of 55 who lives in a small town in a sparsely populated state. Even with what you might think of as “slim pickings”, Patti worked with me and followed my advice to find love again. She just got engaged! This is how I know without question that you can find love. I did, Patti did and so can you. My practical, down-to-earth dating advice has been proven over and over again.

First Date Mistake #1 Don't start with how bad your day was.

You went on a first date, had a great time with a guy and feel like you really connected. You think he definitely had a good time too. Then you're heartbroken and disappointed when he doesn't call or ask you out again. What went wrong? This is the first of 12 mistakes that could turn off your date or push him away without you even realizing the impact of your actions.

I'm always amazed at how many single women over 40 start a date by sharing how bad their day was. Maybe you rushed to get to your date which caused stress. Or a bunch of things went wrong at work. Whatever happened, don't start off your first face-to-face conversation with your bad day, parking, or traffic problems. You don't get a second chance to make a good first impression. Don't start with negativity.

This is why I recommend not being late. Do whatever you need to do to arrive on time or even a little early. Then you can take a moment to calm yourself, check your makeup and get in the best mindset to meet a new man.

Here's what happens when you show up late and start out talking about bad traffic or your horrible day– he gets the impression your day is more important than getting to know him. He can feel used and unappreciated right out of the gate because you're focused on yourself and not getting to know him.

Turn this around and think about how you'd feel if a man did this to you. He flies in at the last minute and leaves you waiting at the table alone while he gets his coffee. That means you probably already purchased your own beverage. Then he launches into a tirade about his day leaving you with little to contribute as your energy plummets in reaction to his.

Remember, you are setting the tone for your future (or lack of one) from the moment you say, “Hello”. So don't waste those precious first few moments talking about a crummy day!

First Date Mistake #2

Don't drink too much.

Maybe this sounds terribly obvious. But, if that were true, why would I get so many emails from women who tell me they were having a few drinks and one thing lead to another? I agree with Patti Stanger, The Millionaire Matchmaker from Bravo TV who has her clients follow a strict two-drink policy.

Setting a two-drink limit is such a smart strategy for several reasons. First, keeping a clear head helps you stay objective about your date. Too much alcohol often makes the guy seem so much better than he would otherwise. Remaining objective for the first six to eight dates keeps you from falling head over heels for a man who turns out to be unworthy of your attention.

Second, it takes time to get to know someone. When you drink, your inhibitions are lowered. So you may say or do things that might have been better saved for later. Keep your mind at full attention and to retain a "wait and see" attitude to date smart and guard your heart.

Third, a clear head helps you keep promises to yourself about your behavior. You won't need to worry about making a mistake you were determined not to repeat such as saying the wrong thing or loosening up too much.

Fourth, you won't look like you have a drinking problem. For some men this is a big red flag. When you don't indulge in more than two cocktails, you know you will easily make the best possible first impression.

Fifth, if you have any concerns about safety, staying sober is essential. You need your wits about you to not divulge private details and get home safely. This is particularly true if you are driving.

Sixth, who wants to look back a first date with regrets? Set a limit for yourself and stick to it!

First Date Mistake #3

Don't interrogate him.

A first date is not the time to qualify a man against your ideal mate check list. Don't do it! Save that for another time. The point of a first date is to get a second date. In order to do that, you want to be fun, attentive and easy to be with.

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Here's what happens if you start to ask a lot of pointed questions – he'll get uncomfortable and turned off. Men may like to grill (cook on one that is), but they hate being "grilled". When you start asking detailed questions about his living, his ex wife, why he got divorced, his kids, his dating habits, or online dating experience, he'll feel like he is being interrogated. That will never get you a second date!

You may feel you need to know certain things so you don't waste time with the wrong men. Let me tell you; that attitude will definitely keep you single. Dating takes time and cannot be hurried. There are no short cuts for qualifying a man.

Many of the questions you want answered are personal and most people don't want to reveal details until there is some level of trust. That won't happen right away. You need to spend time together to build trust. See if like each other before digging for private details.

On the flip side, I've had women tell me they didn't like being questioned by a man either. Of course not! No one likes it. When you delve into confidential matters, it feels highly invasive. Think of this kind of information as available only on a "need to know" basis. Don't divulge your private life too quickly and don't expect him to either.

When faced with questions that cross the line, many people tend to gloss over details or fib. So, this ends up being a pointless objective anyway. You aren't likely to get the real dirt with a direct question on the first date.

Instead, learn the art of conversation. Ask fun questions that allow your date's passions to show. Safe subjects include vacation, hobbies, sports, movies, books, music, or food. Choose easy topics that wouldn't threaten a soul.

Once you get more comfortable with each other, you can ask those more difficult questions to find out if your date is a potential match. When you spread those tough inquiries out over several dates, you will probably get more truthful answers too.

First Date Mistake #4

Don't complain about men, dating, work, health, finances or your kids.

Realizing that a first date is the only chance you have to make a first impression, complaining about anything is a poor dating strategy. I realize not discussing these topics may seem like a big list of don'ts. But there are so many other possibilities to talk about.

Complaints are not fun to listen to and won't make him curious to know more about you. Your dissatisfaction highlights what is not working about your life. Is that really the impression you want to make? I hope not!

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Again, you want to be a woman who is fun to spend time with. Complaining just won't show off any of your good points.

Here's something most women don't understand about men. When you talk unkindly about men in general or a specific man to a guy you just met, your date will think you are criticizing him. Most men internalize these comments. So, your attitude about men greatly affects the man before you.

I know this is a difficult concept. Still, do yourself a favor and don't let that cat out of the bag if you had a number of bad dating experiences. Please keep that to yourself. If you don't, you'll end up looking like a woman who has bad luck with men, attracts losers, or doesn't know how to set boundaries. Appearing as if you have any of these unfortunate problems will not get you a second date.

When you complain about life problems, men experience you as a downer. You are entitled to not love everything about your life, but sharing that should be held back at the beginning. Yes, you want a supportive friend, but he has to like you first and want to be your friend and lover. You'll have plenty of time to share later on.

On occasion, I've had the pleasure to work with male dating coaching clients. They offer incredible insight into how men think. When I talk to single men, I'm astonished at how many tell me women treated them like a therapist!

If you happen to meet a man who is a good listener, don't ruin your chances for love by taking advantage of that and whining. Present yourself as an upbeat woman who is confident and happy with her life – that will get you a lot more second dates.

First Date Mistake #5 Don't talk about your ex.

Don't talk about your ex. This is a tough one for some women, but I strongly recommend you make this your standard dating policy. No matter what happened with your ex, please keep it to yourself on a first date and even second. A new guy doesn't want to know your romantic war stories. Details of your divorce or why your relationship failed should not be discussed.

Sometimes women go into what happened in all of their relationships or just the most recent one. Here's another little known secret about men: even if they ask about your romantic history, they don't really want to know who you've been with or how many relationships you've had.

Crazy as it sounds, men prefer to think of you as a new discovery. Don't spoil the illusion by sharing every heart-wrenching detail of your previous romances. This is a MASSIVE

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TURN OFF to men and nothing will make them walk away faster – even if he seems riveted by your story telling.

When you focus on your romantic failures, you paint yourself as a woman men leave. How can that ever help you look attractive to a new guy? He might start thinking, “Hey maybe her ex left for a good reason.” Don’t take your date down this road. Zip your lips and don’t talk about your ex.

If you meet a man who asks about your ex and why you got divorced or broke up, I encourage you to deflect the question and shift the conversation to happier subjects. You can simply say, “I rather learn more about who you are and talk about that later.”

Here’s an important insight about dating; when you discuss your ex, it’s like bringing him with you on your date. Think about it - two is a romantic number, but three is a crowd. Then, if your date talks about his ex too, it’s like having a foursome and you could practically play bridge! That’s not so romantic. Leave your ex out of the conversation on your first date or you risk not getting a second.

Even if your date talks about his ex, don’t follow in his footsteps because it won’t work in your favor and could spiral down to become a “bitch session.” Know that if your date spends a lot of time talking trash about his ex, that’s a strong signal he’s not over her yet. He’s still attached in some way and not emotionally available for you. His heart is not healed no matter how long it’s been.

Now, you don’t want to send that message about yourself either right? You want to appear emotionally available and healed. So don’t talk about your ex – case closed.

First Date Mistake #6 Don’t be a proud mother.

I know I just told you not to complain about your children, but you can’t be too much of a proud mother either. Being excited about what your kids are doing is one of the joys of motherhood. It’s just not sexy or romantic.

Now I’m not saying you can’t talk about your kids at all. When the topic comes up, give him a few details like names, gender, age, grade, and hobbies. Even one cute story is perfectly fine. Then move on.

The problem comes in when you go on and on about the last soccer match, brag about how Jenny got straight A’s or Bob won the science award. This becomes family-oriented and your date is not part of the family.

The focus for your first date is to get to know each other. When you veer off to talk about your children, you can push a guy away or make his eyes glaze over with boredom. Neither one will get you a second date.

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Yes, a man will have to like your kids – they are a package deal with you. Just not on the first date. And maybe not the second. As I've said before, give him a chance to like you first. For this one time, your children cannot be your first priority.

First Date Mistake #7 **Don't tell him how busy you are.**

You might not know this about men, but some have become hyper-sensitive about women who are busy. Why is that? Pure and simple; busy women don't have time for a man. It's a fact. If you make it hard to set a date because of your crazy, jam-packed life, you will fall off or lower on his list of potential mates.

This is true whether you have an amazing career, are a hard-core soccer mom or both. When you let him know about the insane schedule you live by, you share a preview of how hard it will be to date you. Is that the impression you want to make?

I learned this the hard way myself. I blew my chances with a guy who had many good qualities. How could I know his wife was not around for him and the last thing he wanted was another woman who left him wanting? He told me this as he said good bye and mentioned how he hoped I wasn't one of those super busy types. Oh well.

No matter how busy you are, you don't want a new man to think you won't have time for him or he'll be low on your list of priorities. Men like their egos stroked. They choose women who make them feel good. So when you give him the impression you're too busy, he gets turned off and walks away.

Let's face it; you don't like it either when a man tells you he's too busy to see you. Women write to me about this. How can he text and call, but not have time to date you?

Here's the hard truth – when a man tells you he's so busy at work, he's really saying is he's too busy FOR YOU. He has other priorities which might be other women, his career, his kids, his family or whatever. But he's telling you that you aren't at the top of his list.

Maybe now you can see how this feels to a man who is looking for love. No one wants to enter a relationship where they can see they'll never be important. He doesn't want to fight for your attention. If you are really busy, keep it to yourself. And, if you can't make a date, offer another time when you are available. That's the best way to get a second date and build a relationship.

First Date Mistake #8 **Don't overdo honesty.**

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I've had dating coaching clients who insist they want to "put everything on the table" and tell the man "how it is". What a terrible idea! This is more of a dare than anything else. It's like saying to the guy, "See if you want me once you hear about my situation." Being logical, a man would be nuts to date you after you lay it all out on the table. Most people don't want to take on problems from the word go.

Maybe you have had a tough life. That's OK, you're human. But, the last thing you want to do is bombard a man (or anyone) with a circus tent full of drama. That's a surefire method to push men away. If you do this on first dates, ask yourself if you are trying to keep men at bay. Your honest answer could be an eye opener.

Singles do many things to interfere with dating success. Too much honesty on a first date is the perfect example of crippling self-sabotage that thwarts your chance for love.

I've had women tell me they don't want to put on "airs" and rather "let it all hang out". Ridiculous! You will not be attractive with all your vulnerability showing and NO ONE WOULD BE.

Sometimes women think if they just blurt out their troubles up front, it will be over with and they can move on to the good stuff. Sorry, dating doesn't work that way. You actually create a barrier.

What works better is to be your best so you are attractive and a good catch. Of course you actually are! Then, slowly reveal issues, but only as needed. Don't shove your troubles in a man's face. Let him learn to like you first. Then when you tell him something, he's not as likely to freak out and might be sympathetic.

If you have a health issue, financial problems, or a troubled child, this is a private matter not to be shared carelessly. Don't expose your dirty laundry to just anyone. Men (and women) need to earn that right and prove they are worthy of hearing intimate details about your life. Otherwise you'll have a string of first date strangers knowing all your personal issues. That is not smart.

Women have asked me when they should tell a man they had cancer, an eating disorder, went through bankruptcy, are being sued, etc. The answer is when they need to know. This is not being dishonest in any way. Learning to "keep your own council" is an important act of self-preservation. Be smart about your privacy – there's plenty of time to fill him in later, after you establish a solid foundation.

First Date Mistake #9 Don't just listen – tell him about yourself.

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You might be shy and think the best thing is to let the man talk about himself. Many women tell me they feel more comfortable asking questions than talking about themselves. But if you do that, how will he get to know you?

I know this seems like a great strategy and being a good listener is a sought after quality. Yet, not speaking up actually does you a disservice. You need to participate and show him you can contribute to a conversation, not just take it all in. Most men want a woman who can have a good conversation and this is a chance to show your intelligence and social skills as well.

Don't fall into this habit. Truthfully, it's a little bit lazy. Stretch yourself to let him see your personality. Most times, you'll be more appreciated for doing so. You'll seem livelier and more engaging. When you're quiet, he could move on to look for a more vibrant woman who energizes him.

Remember, you are setting the tone for your potential relationship from the moment you meet. Can you imagine being with someone who does all the talking? How long would you last? You need to participate. Be yourself – that's the best way to find out if the two of you are a good match.

First Date Mistake #10 **Don't just talk; ask questions about him.**

On the flip side of mistake #9, some women talk about themselves nonstop and don't give the man a chance to express himself. This is a missed opportunity. Again, you need to get to know your date to see if you're compatible. Discovering if the two of you can hold a good conversation is essential for finding a good match.

While I've already recommended not bombarding a guy with probing questions, you can certainly ask about his activities and what is important to him. Find out his favorite food and the one place he dreams of visiting. Discover the teams he follows or hobbies he adores.

On a first date, you want to create a lively exchange rather than relentlessly jabbering. After a while, I would hope you'd be bored hearing your own voice.

You can learn a lot about a man by how he answers your questions.

- Does he hold back from sharing?
- Does he seem uncomfortable talking about himself?
- Does he take over the conversation?
- What do you notice about his body language?
- Does he seem nervous?
- Does he look away when answering or engage in eye contact?

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Good conversation requires two people fully engaged and that is especially true if you want a second date. Make room for a man to tell you who he is so you can find out what you have in common.

First Date Mistake #11 Don't ask for a second date.

Let's say everything goes well and you don't make any of these first date mistakes. You like him and he likes you. Hopefully, he'll ask for another date. However, if he doesn't, don't take over his job by asking him!

Dating is still an archaic mating ritual rooted in biology. You cannot take the DNA out of dating. Men still have hunter instincts and if you want a second date, keep this illusion alive. What works best for the first four to eight dates is to let the man lead and pursue you.

Think about ballroom dancing. How many leaders are there? Just one right? How many followers? Just one and that's your job! Please let the man lead which means if he likes you, he'll contact you and ask you out again.

Many women make the mistake of taking over pursuit by asking a man out because he seems too slow at making a move. This line of thinking shows a lack of understanding about men and how dating works. As a woman, your job is to be the observer.

The purpose of dating is for "data gathering" so you can discover what a man will do to win you over without your prompts or interference. If he doesn't call you then you know he's not that interested. If he does ask for a second date, he's probably not into you.

I understand how it's frustrating to wait and you have become accustomed to taking charge as you do in business. Sorry to tell you, but your business skills are of no use when it comes to love. If anything, your business skills will put a man into a competitive mindset which is sure to kill any hope of romance.

I've had many successful female clients. One in particular founded a \$7 million company and was extremely proud of her business achievements. As a result, she kept approaching dating like it was one of her business deals. Needless to say, this did not work and pushed men away.

I had to explain there is no "follow up" for women in dating. She had gathered men's business cards at networking and singles events with the mistaken idea she should call them to get something going. That does not work and you are NOT going to be the EXCEPTION to that rule. (Thank you Greg Behrendt, author of He's Just Not That Into You.) Do not kid yourself – it won't be different with you.

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It's not easy to let go of control, but the truth is, that's the only way you can find out how motivated a man is to date you. How often does he text or call? How often does he ask you out? How much time goes by between dates? Observing how he pursues you tells you what his intentions are more authentically than by directly asking a man questions.

Grandmother wisdom says to watch what a man does, rather than listen to what he says. This is still true today, especially dating over 40. A man might say anything to get you into bed. Talk is cheap. You want to pay attention to his actions to see how interested he is in you. Watch for alignment between what he says and does as well.

Men do not like to be pursued! They get suspicious about why you like them so much. They might think you are desperate or easy. The old double standard still operates today with many men.

Don't try to "close the deal" on a first date by saying, "I hope to see you again". And don't ask him out. Let him do the work and it will be much easier to know if he's genuinely interested. If he is, I guarantee he'll ask you out. If he calls but doesn't ask you out, that's another sign he's not that interested. Case closed.

First Date Mistake #12

Don't sleep with him.

Last but not least, my dating advice in this area is old fashioned, but works. Do NOT sleep with a man on the first date. The stigma of first date sex has diminished significantly. The trouble is you don't know which guy is more progressive in his thinking and which will cast you aside because in his twisted mind you were "easy".

Since you can't know which kind of guy you're with on a first date, why take the chance? Hold off on sex until you know the man better. Allow a little sexual tension to build. This is smart dating advice for health and safety reasons too.

The problem with sleeping with a guy right away is that many women bond after intimacy. Feelings start to grow for a man you don't really know anything about. You may find him totally attractive and have amazing chemistry, but unfortunately, that doesn't indicate there will be a long-term relationship or true love.

Hot chemistry has misled many a gal to first date sex and regrets when you don't hear from the guy again. A man may say all the right things. However, that doesn't mean he has the same long-term intentions you dream about.

Don't misinterpret his flattery, flirting, attention or charm for anything but trying to get you in the sack. If he does mean what he says, he'll respect you and wait until you are ready for intimacy.

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If you do jump into bed and then don't hear from a guy, don't beat yourself up. You probably had fun, so what the heck? Let it go and move on to find a better man who wants what you want. Next time, promise yourself to wait a few dates longer to discover if he pursues you consistently.



That's it! The 12 first date mistakes that push men away. I hope I have opened your eyes, given you some new insights and helped you with understanding men and dating over 40. Women who follow my dating advice find love faster and with less drama, so give these suggestions a try.

Please let me know how you are doing on Facebook at www.Facebook.com/RonnieAnnRyanDatingCoach or send me an email directly Ronnie@NeverTooLate.biz I love hearing from and interacting with my readers. It's my mission to help single women over 40 with a burning desire for love to meet their match. That goes for you too.

Wishing You Love,
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