

TOP TIPS TO

Pimp Your

Profile!

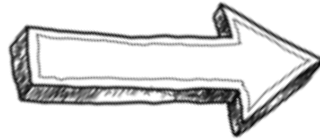
*Online
dating*

with
Stephanie Priest
LooseKnickers.com

Well hello there

...and welcome darlings, Stephanie here.

(that's me over there)



I've got a few tips to help you produce a fabulous dating site profile.





So many profiles are screaming for a make-over!

Perfectly nice people who come across as negative or desperate or even slutty (but their words ask for a gentleman!?).

People who are struggling to portray themselves in the right way.

All because the internet slid into our lives and the friendly, local places like the our traditional pub slid out and with it one of the main ways people met...face-to-face, not by swiping across Tinder!



So, the world of dating has changed.

Would you please do me
the great honour of
adding me as a Facebook
friend my dear?



Society and culture
have changed.

But at a very basic level,

people

have NOT changed.

We simply want to meet someone with whom we can share our hopes and dreams.



Someone to build a future with, have a family with, share life's ups and downs with.

Someone to enjoy life with and, for most of us, to find someone to have all of the above AND...

to jump into bed with!



Yep!

You read that right.

SEX!

I mean, it's one of the reasons you're *pimping your profile* isn't it, to find a mate.

Someone on the same wavelength, to enjoy laughter and love with and with whom you can have enjoyable, glorious, passionate, bonding, loving, exciting

SEX!



But...

**...the internet dating business
and the media brought problems.**

They have created distorted versions of what men and women are, what they think they SHOULD be and, what they think the other gender THINKS they should be!

Confused?



I bet you are and it's hardly surprising.

Because...

There are some dreadful urban myths out there in
Digital Dating Land such as...

#1. MEN ARE ONLY INTERESTED IN ONE THING!



Nope!

Generally speaking, men are more sexually *motivated* than most women but it does NOT mean it is the ONLY thing they're interested in.

Men want loving, intimate, long-term relationships too you know.

2. All Men are Players



No again!

Not always anyway, sometimes behaviour that appears to be 'player' behaviour is often as a consequence of fear!

Fear of rejection, fear of getting hurt, fear of a strong woman, an independent woman, fear of a giving woman, fear of the gold-diggers, the ball-breakers, the needy, the biological clock, the players...

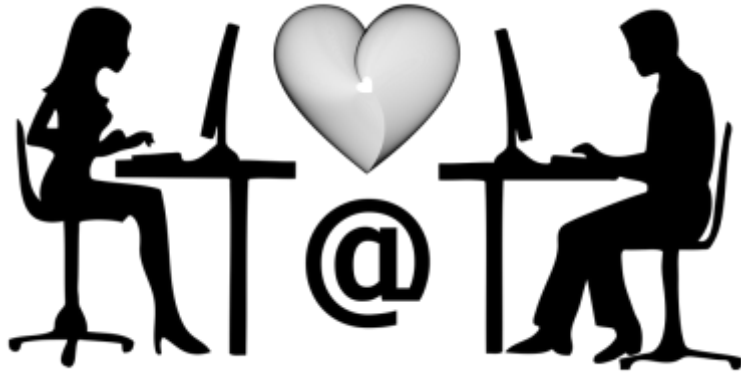
They're fearful of the same kinds of things women are.

And there's still an expectation on men to do all the 'chasing'.



That's pretty scary stuff.

DIGITAL DATING!



So, how do we deal with that when creating a dating profile?

First, you need to feel comfortable, confident and caring.

None of which means you need to bend yourself out of shape to fit in with another person's requirements (and neither should they)

Dating is not about passing some personality test.

It's about meeting people to find out if you get on well enough to have a SECOND DATE.

That's all it's for.

Now doesn't that take the

dream

out of dating?



Love 'N' Lust



They're NOT the same thing.

Expecting fireworks, orchestral music and mini Cupids to fly around your head when you meet someone is unrealistic.

If this does indeed happen it is NOT a signal that this person is

THE LOVE OF YOUR LIFE.

More likely it is your DNA screaming:



**BABY
MAKER
ALERT!**

**HAVE SEX NOW or the
HUMAN RACE will DIE OUT!**

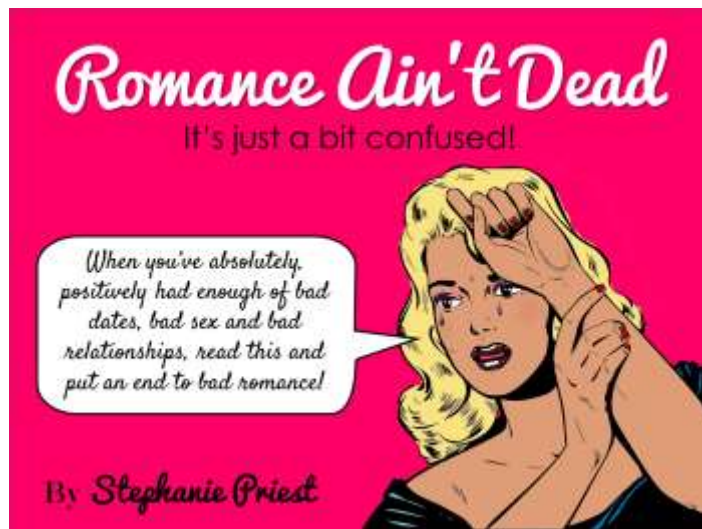
Your DNA drives your desire, your **hormones** drive you to action!

Not the person in front of you.

They DO NOT control you

YOU DO!

*P.s. This is where you have to take responsibility for your own actions.
Need more on this then read my other eBook:*



What Men Want

They want respect, appreciation, to feel good around their partner, to make their partner happy, to love, to be loved

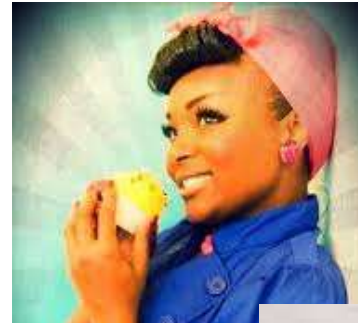
and lots of *luurve* of course.

Sound familiar?

And what kind of women can give them what they want?

Real women!

All shapes, all sizes, all colours, all backgrounds.



Your Profile

What It Should Look Like

Now ladies, a great profile is like a fabulous dress.

It should reveal enough about you to pique someone's interest but, not lay it all out 'on a plate' and shove it right under their nose, leaving NOTHING to the imagination...



Gorgeous lady, fabulous figure, great for publicity shots, not for dating profiles!



And no porn shots!

Why?

Because, if you want a decent partner, you need to be decent too.

For one, most men are quite visual and pouty, tarty, tits-out provocative images will do just that.

They'll provoke.





Yes, you'll get more hits on your Inbox (!) but they'll be a lot of messages from guys who think that sex is the **ONLY** thing on offer.

So if you want a 100 shags a week, girlfriend, you knock yourself out and post those selfies of you in your bra, with your lips puckered up like a cat's behind, lying on your bed!



And yes, if you want an intimate relationship with someone, you should let them know that sex is what you want too, but subtly.

Now, to me there is a world of difference between

'sexy' and **'sexual'**...

Katie Price a.k.a. Jordan, is someone I consider to be '**sexual**'



Hot damn. That woman's got it going on!!!

On the other hand to me (and my Dad) Helen Mirren is *'sexy'*!

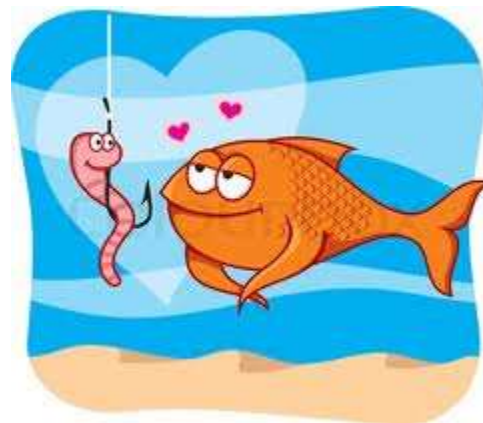


And she's 71 years old for goodness sake! Testimony to the fact that appeal has sod-all to do with age!

This is NOT a slur against Ms Price, she's a successful business-woman and a dedicated mother (and I think, really quite pretty underneath the cosmetics)

But the photos on the dating sites which are in the Ms Price category will and do, attract the fish you don't want on your hook or who will take your bait then swim away as fast as they can!

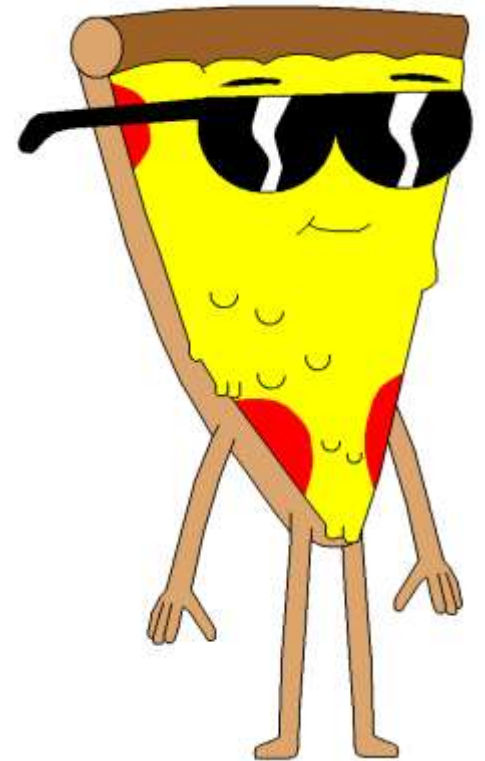
The Helen Mirren category will get perhaps fewer nibbles but they'll be more sincere and will want to hang around longer.



More than anything, you REALLY need to be honest about what you want from the dating site and from the people you meet on there.

We live in a permissive society now which is great in some ways, no longer are women persecuted or ostracised for having sex before marriage! However, it makes finding a long-term companion more difficult – for both sexes.

We're more picky, we find fault, we hit delete and order a new date like ordering a pizza!



Now, if what you seek is an 'intimate encounter' and nothing more, well...

there's an App for that!



Looking for a man in uniform?



there's an App for that as well!

Want a millionaire husband?



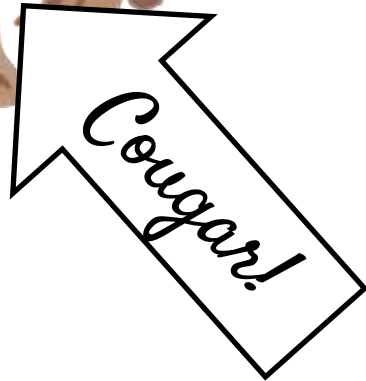
An older partner or...



a younger one!?



yep, there's even an App for that!



Want to instantly pick your guaranteed Prince Charming, perfect partner who is psychic and knows your every mood, caters to your every whim, loves shopping for shoes, hates football and ALWAYS puts the toilet lid down?

Ain't got no
App for that!



Let's Get Started!

You will need:



3-5 photos (full face smiling, full length, hobby/interest shot)



Something to make notes with.



Minimum of 1 good friend (optional but recommended)



100% positive outlook and large dash of humour

These Are My Personal MUSTS

You must:

Maintain your integrity to who you are...non-negotiable!

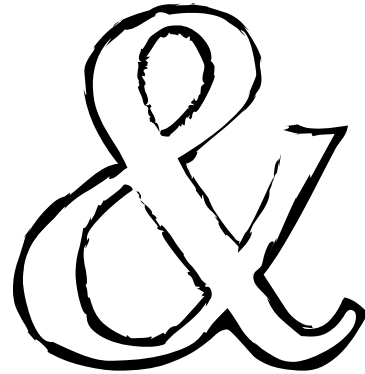
Respect yourself.

Respect others.

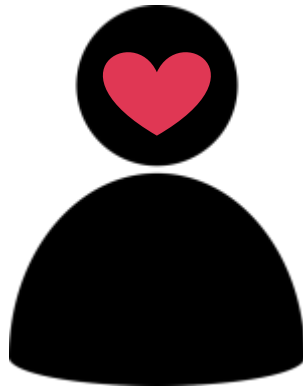
Accept that we are ALL UNIQUE and individual.

Accept that men are different to women – this is a good thing!

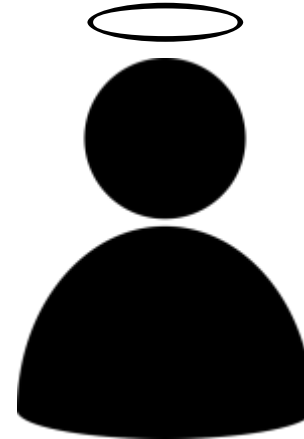
Accept that you are a woman – this too is a good thing!



Understand that Rome wasn't built in a day, neither are good relationships.



Be your own best friend –
love yourself, (not to be
confused with bragging)



Write about 5 of **your best
features** and traits – ask
your friend to help with this.



Be **specific** about activities and interests, avoid clichés like “cosy nights in with a bottle of wine and a DVD, walks on the beach” blah blah blah...YAWN!

Describe what you admire in a partner not what you WOULD like in a man – talk about some admirable qualities – consideration, respect, independence, honesty...

“I’d like a really cute guy with balls!”



A silhouette of a woman stands on a beach at sunset, her arms outstretched and head tilted back. The background is a vibrant orange and yellow sky over the ocean.

Above all

Be positive

*about yourself,
about others
and about life.*

Don't *TELL what you are*

Demonstrate it, if you have a sense of humour, show it.



“ I'm funny”



“I'm good at DIY, I've got a new bookcase in my house from one of those flat-packs you get from Ikea. It's a shame though, it should have been a bed!”

Talk about the great life you have
If you're in a rut, GET OUT and GET A LIFE,
even a teeny bit of one.

Put happiness into your hobbies, put passion in your passions or, if you are a couch potato, say so!

I guarantee there are lots of other sofa-slaves out there. Just be honest about it.



Describe an achievement:

“After years of trying I finally baked a cake which was edible!”

“As a bit of fun I started

*to learn the guitar

*salsa classes

*Knit

*oil painting

(*delete as appropriate!)

“I ran the local marathon this year, it was a big challenge but I did it”

Open Questions

A good way to generate more interesting, introductory messages.

“I’m a bit of a film fanatic, I have over 2000 titles and an ultimate Top Ten list, what are your Top Ten films, maybe we have some in common?”

I mean, the aim is to find people with common interests isn't it. Being specific about your interests will encourage those with a similar mindset to get in touch.



Be Original, Be Unique, Be You



Smile

Smile when you take your photos and smile when you write your profile

Want some assistance with your profile photos?

You need



Just No!

There's no need for a 'look at me, I'm trying to be a bit whacky' photo – unless you are a bit whacky!

No photos of your children, pets, your friends (he might fancy one of them and not you!) and no 'sexy' photos, keep your clothes on girl!

Be Nice, Not B*tchy

Avoid negativity (think how you feel when you read a negative profile)

Avoid rants

Avoid bitterness and cynicism (not all men are b@\$!@%*s)

Avoid lewdness

No disparaging comments

Keep it short – don't write your entire life history, they won't all read it and you'll have nothing to talk about on a date!

Responses

Personally I usually include a kind of caveat in my profile.

Something like this:

“I’m not being rude if I don’t respond to your message if it only contains “hi” or just “how are you”. I enjoy spending time with men who want to converse, if this is not you, we’re not compatible.”

OR

“I ensure I reply to everyone who messages me more than a few words like “hi” or just “how are you”.”

OR

“If you want a nice reply, send me a nice introduction otherwise I’ll just hit DELETE!”

This gives me permission to instantly delete any messages which fall into this category – no matter how cute the sender is!

No effort = No reply!

*P.S I make it a personal policy to reply to **everyone** who has been polite enough to write nice introductory messages.*

Check your grammar and spelling, get someone else to assist if you're concerned.

Update it regularly to keep it fresh and let people know you have a life!

And Off You Go...

Ah, you didn't think that was it did you?

In true



style

*Here's one I
prepared
earlier!*

Sexikitty4U



Er, I'm not sure what 2 write here, I hate this bit. I've been on other sites and think that there are no decent men left anywhere, just the stalkers and the pervs but thought I'll give it another go before I give up completely.

I like 2 go out clubbing and ave a drink (or 10 lol) oh and cosy nights in with a DVD and bottle of wine, just want someone to share it with or I drink it all myself lol.

I don't like players or cheats I'm looking for a LTR with good job ask if u want know more.



A MUCH BETTER EXAMPLE:

SoniaT



You have a life!

Hi there

At the weekend you'll find me out and about finding new places to dine (I LOVE food and trying new dishes) and feeding my curious mind, I finally got to Stonehenge last year, it was amazing.

Once a week I go dancing – I'm still new to it and feel like Bambi wearing clogs on a laminate floor, but I'm learning and getting better, maybe you should wear steel toe-caps if we meet at a salsa club!

*Showing you don't
take yourself too
seriously*

*He could suggest
you meet there*

Lots of positivity

My job is great I help young people with special needs achieve their dreams to get qualifications, it gives me such a buzz to see them succeed,

I'm lucky enough to get the school holidays off when I love to go camping – maybe I'll tell you my guilty pleasure when we get to know each other better.

Ooh a bit of teasing!

*His admirable
qualities*

You'll be the kind of man who takes pride in himself and appreciates honesty in others as well as yourself. And you like a bit of spontaneity (like jumping in the car on a clear night with a flask of hot coffee to go and look at the stars).

But its not all go, go, go there's nothing nicer than indulging in the odd lazy Sunday watching films ([ask me about my film collection!](#)) and eating hot buttered crumpets together, bliss.

*Inviting him to ask you a
question AND it sounds
better than "cosy night in
with a DVD and wine"!*

Remember...

Ask OPEN questions:

(who, what, when, where, why and how).

It's not a life history, it can be a bit off-putting to read a great tome on a profile, it always makes me think they'll do the same when you meet.

We all have our own personal histories and insecurities, men included. Be polite and respectful.

A Dating Profile

Is The First Impression You Make

It's simply a method of finding someone with similar interests or mindset to MEET UP with.

Emails and texting are NOT dates. If a guy does not ask you out within the first week or so he probably never will! Politely extract yourself from the dialogue and move on.

Yes this is old-fashioned, expecting the man to do the asking but, Romance is not about swapping roles, it's about embracing we are...WOMEN.

Sometimes, especially with so much Girl Power around, a chap may be a little shy. You can try something like this:

“I really like our emails but I always enjoy talking face to face more, how about you?”

Keep first dates simple, daytime is good as it give you both the option to bow out politely after suitable amount of time. It also gives you scope to extend the meeting if mutually desired.



BE SAFE:

ALWAYS

let someone know where you are and who you're meeting



ALWAYS

meet somewhere public.



BE SAFE:

Ladies, **NEVER, EVER,** if you want a decent start to a decent relationship, **NEVER** have sex on a first date!

And, **NEVER EVER** turn up drunk or get howling drunk on a first date!

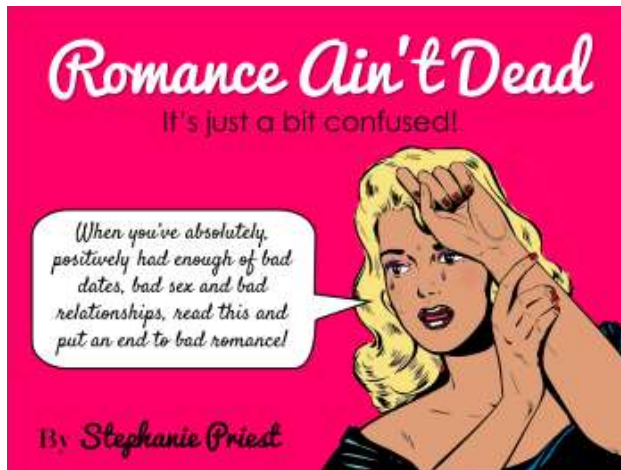


Above all...ENJOY!

Want to know why you keep meeting, dating, and falling in love with the 'wrong ones'?

How about a helping hand with some new profile pictures?

Just click the pics to get hold of them!



Got some questions? Write to me here Stephanie@looseknickers.com