



THE AUTHENTIC DATING PROFILE GUIDE

Step-by-step guidance for attracting compatible matches
without masking, performing, or overexplaining.

Your profile is not an audition. It is a filter for finding people who appreciate the real you.

Designed for neurodivergent adults navigating dating and connection.

A LibraBloom resource



Before You Write: Change the Goal

A dating profile does not need to make the largest possible number of people like you. Its job is to help the right people recognize you - and help incompatible people move along. That means you do not have to sound more outgoing, spontaneous, flirtatious, or socially effortless than you really are.

A useful profile answers three questions: Who am I? What is it like to spend time with me? Who might fit well with me?

STEP 1 | START WITH YOUR ACTUAL LIFE

Before trying to sound clever, make a short inventory of what is genuinely true. Specific details create connection better than generic adjectives.

Write down:

- 3 things you genuinely enjoy
- 2 ways you like to spend an ordinary weekend
- 1 topic you can happily talk about for a long time
- 2 qualities people close to you tend to appreciate
- 1 thing that makes you feel most like yourself

Instead of: "I like music, movies, travel, and having fun."

Try: "I collect vinyl, make elaborate Sunday breakfasts, and can lose an entire afternoon in a botanical garden."

My three most 'me' interests:

An ordinary day I actually enjoy:



STEP 2 | SHOW, DON'T PERFORM

Many people write the profile they think dating apps reward. For neurodivergent people, that can turn into masking: presenting a version of yourself that may attract matches but becomes exhausting to maintain.

Look for phrases that feel like a performance:

"Always up for anything." "Super spontaneous." "I can talk to anyone." "I love going out all the time."

If those statements are not really true, replace them with language that gives someone a realistic picture of you.

Authenticity test: If someone planned a date based only on your profile, would you actually enjoy the date they imagined?

STEP 3 | SHARE NEURODIVERGENCE ON YOUR TERMS

You do not owe strangers your diagnosis, medical history, or an explanation of why you communicate the way you do. You can disclose that you are autistic, ADHD, neurodivergent, or socially anxious if it feels useful - but disclosure is a choice, not a requirement.

Three valid approaches:

Direct: "Autistic, happily nerdy, and much better one-on-one than in a loud room."

Needs-based: "I do best with direct communication and low-key plans."

No label: Simply describe your preferences and personality without naming a diagnosis.

Avoid turning your bio into a disclaimer. You are introducing yourself, not defending yourself. A sentence or two is usually enough if you choose to mention neurodivergence.



STEP 4 | DESCRIBE WHAT CONNECTION LOOKS LIKE

"Looking for someone nice" gives a match very little information. Think about compatibility in concrete terms: communication, pace, social energy, affection, routines, curiosity, humor, and how you like to spend time together.

Try completing these sentences:

- I feel comfortable with people who...
- I appreciate communication that is...
- A great date for me would be...
- I connect best when...
- Something I would love to share with a partner is...

I tend to feel safe and comfortable with people who:

A date I would genuinely look forward to:

STEP 5 | USE POSITIVE BOUNDARIES

Boundaries are useful, but a long list of warnings can make a profile feel defensive. When possible, translate a negative rule into information about what works well for you.

Instead of...	Try...
"Don't play games."	"I value clear, direct communication."
"No party people."	"I'm happiest with quieter plans and smaller groups."
"Don't expect instant replies."	"I may take a little time to respond, but I value thoughtful conversation."



STEP 6 | GIVE PEOPLE AN EASY OPENING

Starting a conversation can be difficult for both you and your matches. Give them something specific to respond to. A good profile contains at least one built-in conversation starter.

Examples:

- "Tell me the oddly specific topic you know way too much about."
- "Currently looking for the best dumplings in town - recommendations welcome."
- "Choose our first-date activity: used bookstore, coffee + a walk, or an unnecessarily competitive board game."

The LibraBloom Profile Formula

1. One warm opening line that sounds like you
2. Two or three specific interests or everyday-life details
3. One clue about your social or communication style
4. What kind of connection you hope to build
5. One easy conversation starter

Example profile

"Quietly funny, curious, and happiest when I have something interesting to learn. I love vintage records, weird museums, plants, and finding restaurants with excellent dessert. I'm more comfortable one-on-one than in a crowded bar, and I appreciate people who say what they mean. I'd like to meet someone kind, a little nerdy, and interested in building something genuine at a comfortable pace. Tell me about the niche interest you could give a 20-minute presentation on with no preparation."

Notice what this example does not do: apologize, list deficits, promise to be easygoing, or explain every social difficulty. It gives enough information for a compatible person to recognize a possible fit.



STEP 7 | CHOOSE PHOTOS THAT SUPPORT THE STORY

Your photos do not need to prove that you are highly social. Choose images that are current, recognizable, and connected to your real life.

A useful mix is: one clear face photo, one full-body photo, one photo doing something you genuinely enjoy, and one image that gives a match an easy question to ask. Group photos are fine, but your profile should not make someone guess which person is you.

STEP 8 | RUN THE NO-MASKING REVIEW

Before posting, ask yourself:

- ☐ Does this sound like the way I actually talk?
- ☐ Did I include specific details instead of generic dating-profile language?
- ☐ Am I claiming to enjoy activities or social situations I mostly tolerate?
- ☐ Did I describe my preferences without apologizing for them?
- ☐ If I disclosed neurodivergence, did I share only what I wanted to share?
- ☐ Did I avoid turning my profile into a list of diagnoses, warnings, or explanations?
- ☐ Can someone tell what spending time with me might actually feel like?
- ☐ Did I give a compatible person an easy way to start a conversation?

Remember: The goal is not to become more dateable by becoming less yourself. The goal is to make it easier for compatible people to find you.



Build Your Profile

Use these prompts to draft a profile before worrying about character limits.

My opening line:

Two or three specific things I genuinely enjoy:

What someone should know about how I like to socialize or communicate:

The kind of connection / person I hope to find:

My conversation starter:

My first draft

Want personalized feedback? LibraBloom coaching is designed for neurodivergent adults navigating dating, relationships, and social connection. Sessions are practical, structured, shame-free, and available by video or in person.

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