

Avoid first date disasters and anxiety by following these simple tips



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Have you ever stressed yourself out preparing for that first date with the girl it took all your nerves to ask out on a date? Have you spent hours trying to figure out where to go, how much money it will cost, and what flowers to bring her? The following tips may help turn that stress into excitement.

The first thing you need to do is decide where you want to go on the date. This part is tricky and depends greatly on the personalities of the two going on the

date. For example, the usual dinner and a movie is good for a little conversation and there is little pressure to keep your date entertained the whole night. If you want a little more interaction you may want to take her to a nice restaurant and a local museum. Maybe you both like sports and you can go to a baseball game or the horse races. You will need to find an activity that you will both enjoy and will put the least amount of pressure on both parties. A date should be fun and allow

the two of you to connect and get to know each other.

You do not have to spend a fortune on a first date. Some men go overboard with fancy restaurants and black tie events that might empty your wallet and possibly send the wrong signal to the woman. A first date may cost as little as \$50. Get creative. There are many restaurants and activities that are low cost and even free. Some free activities to look for could be museums, exhibits, dancing, and even city parks that show movies for free. Spend what you are comfortable spending and no more. There is no need to try and impress the woman with money and fancy things. Simply be yourself.

One of the toughest parts of a first date is flowers; do you bring flowers and if so what kind? Presenting a woman with the gesture of flowers is an excellent way to make a great first impression. Anything from a small bouquet of carnations to a dozen roses will show your date that you are thoughtful and compassionate. Again, this is a personal preference. If you want to stand out from all the other "typical" guys, stay away from roses and have the florist pick out or build a bouquet specially for her. If you know that your date likes a certain type of flower then a bouquet of those flowers would be great. If you are unsure of what to get just ask the florist. They are professionals and will be glad to help you out.

When you are getting ready for that first date just relax, take deep breathes, and take time to plan it out. Make sure that you dress appropriate to what you are doing on the date. The most important part is to just be yourself and have a great time. Hopefully all your careful planning will lead to a second date.