

HOW TO DEAL WITH A DATE WHO MOVES TOO FAST

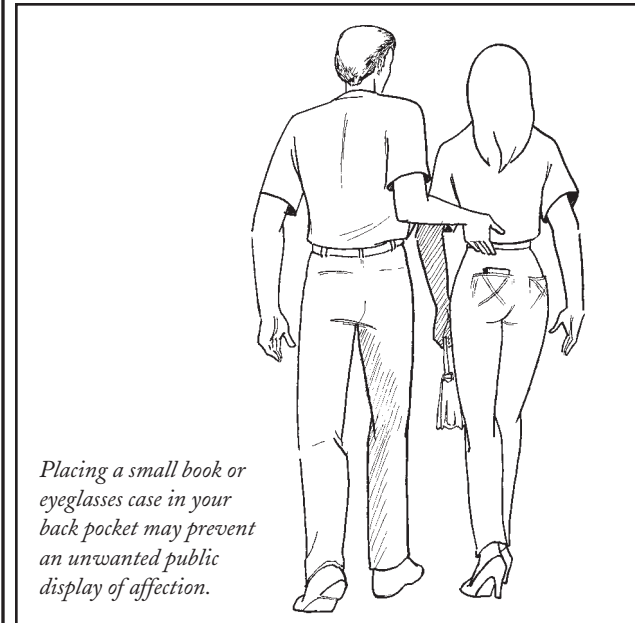
- 1 Watch for the signs of “relationship acceleration.”**
If your date starts talking about moving in or having kids or marrying, and you are not yet ready to proceed that quickly, you may have a problem.
- 2 Tell your date to slow down.**
Send a clear, unambiguous message. Sometimes joking about it will convey your feelings, but if a light touch does not work, express it more directly: tell him that you think he is getting too serious too soon, and that you think you both should spend time with other friends.
- 3 Do not agree to more than one date a week.**
By no means should you plan a weekend vacation together.
- 4 Talk about past relationships.**
Find out what goals he had in recent relationships. Someone who moves at a lightning pace may be on the rebound, wanting only to replace a past relationship. Be sure you are not being used merely as a vehicle for accomplishing a goal that you were not involved in setting, like having kids or buying a house.

- 5 Postpone any conversation about the future of your relationship.**

If you want to continue dating this person but do not want to get serious yet, suggest discussing the situation at a specific date in the future, after you have spent some more time together.

- 6 Beware of flattery.**

When someone wants to move too fast, he may just be lonely or incapable of being single. You may feel flattered by his seriousness, but often his intensity does not have much to do with you. He may only want to be with someone, anyone.



HOW TO STOP UNWANTED PDAs

Overeager dates may use a Public Display of Affection (PDA) to accelerate a relationship, unaware that these PDAs may make you, your friends, or even casual bystanders feel uncomfortable. The best solution is to voice discomfort—but because that can be awkward, use the following techniques to block an unwanted PDA:

- **Handholding:** If your date tries to hold your hand, allow him to do so for a few minutes, release the hand to adjust your hair, and then lower the hand to your side. **Alternative:** You could fake a sneeze, then lower both hands to your sides.
- **Kissing:** As your date advances, step back and explain you're catching a cold. Sound concerned for your date's health and well-being. **Alternative:** Sneeze or cough in his face.
- **Walking with One Hand Slipped in the Rear Pocket of Your Pants:** Pull your date's hand out of your pocket, perhaps with a coy line like, "Wait until we get home." **Alternative:** Place an object—a checkbook, a wallet, a folded scarf, a glasses case, or a rolled newspaper—in the pocket.

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