

TIRED OF ATTRACTING MR WRONG?

FLIRTING FOR LOVE

(or fun)



**FIND OUT HOW TO FLIRT WITH A MAN
IN A WAY THAT ATTRACTS THE
“RIGHT KIND” OF RELATIONSHIP**

NADINE PIAT

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WHY IS FLIRTING IMPORTANT?

Most people flirt one way or another. Whether it's playful banter or a real attempt at getting closer to that someone they've got their eye on, and often times we do so without realizing we're doing it. In fact, most of us started flirting when we were still in nappies (weird though true).

When we were younger we'd flirt as a form of fun and play and to get attention, though what happened as you got older? Did you continue to flirt and did your flirting style evolve when you started to mature?

You see, as an adult our flirting intentions and desired outcomes tend to become more complex. Rather than simply trying to win someone's approval or to get the ice-cream you want, as an adult the way you flirt can be your ticket to love, no love, or the wrong love - which leads me to three important questions:

1. Do believe you flirt in some way?
2. If yes, do you think you flirt in a way that creates the results you're looking for when it comes meeting the kind of man you desire (and the kind of man who's good for you)?
3. Do you continue to flirt and inspire desire and passion after a relationship has begun (long-term)?

No matter what your answers are to these three questions, this report is going to assist you to attract the right man for you and create lasting attraction through flirting.

The funny thing about flirting is that it comes in all shapes and sizes. There are so many things we can do to engage a potential new love interest...

Sometimes it's non-verbal and all about facial expression, hand movements and overall body language, or it's a mix of the verbal too. Of course when messaging via text, chat and emails it's mostly in the written form (minus the photos). Either way, all forms of flirting have their place and are useful when used in a way that supports your ultimate goal.

I remember chatting to some girlfriends, and I shared with them that I didn't think I was much of a flirt. Most of them started laughing and swiftly corrected me by saying that I was in fact a flirting queen. The interesting thing they said is that I tend to have a way about me that's alluring and draws people in, almost like I flirt with everyone, even women and children. I naturally connect.

At first I thought that this meant that they perceived me as a charmer (or even a lesbian, haha), though they said that it wasn't like I "coming onto them" or trying to charm the pants off anyone... Instead, I exude a warmth and playfulness that was attractive and in some ways captivating. I have a natural way of making people feel comfortable and accepted, and I show genuine interest in who they are, which to the receiver, can feel like I'm "flirting" with them.

I was awestruck, as I really didn't see myself like that, and at the same time I knew that I easily attracted people to me.

When I look back on how I was as a teenager, and even as a young adult I wasn't like this. There was a defining moment in my life when I really started to love and appreciate me, and that's when I became more confident. When this internal shift took place I naturally became more open, interactive and more appealing. As my confidence lifted I organically became more alluring.

You see, I didn't have a strategy, yet men would ask me out and want to get to know me. For some time this was strange and almost a little bazaar to me (and still is), because during those teenage years I NEVER thought that I would be this woman - the woman who could choose the man she wanted.

So what was I doing differently?

The difference was... I become more at peace with who I am, I was no longer comparing myself to others or looking for attention, and when these kind of mindset shifts happen, others feel good in your presence.

I was just me liking me, valuing me and being the best version of *me* - I was playful and interested in people and life. That's pretty much it. There was no force or neediness. I didn't change to get attention or to feel better about myself. Simple.

So this means that if I could change the way I interact and attract men, then so can you! It's important to note that I wasn't trying to be sexy or seductive - true sexiness and allure comes from your heart and soul, from the essence of you.

Of course, a cheeky smile, playful banter or a batting of the eyelashes can help in certain situations, though this is not the complete answer if you're *flirting for love*. For some people flirting comes naturally, for others flirting is awkward and foreign and they'd rather hide than put themselves out there! So let's change that in a way that's effective for you!

Did you know that there is meaning to flirting?

If you answered no, you wouldn't be alone in that thought process; however, flirting can actually be very essential to an individual's love success and the way we flirt holds meaning and defines the kind of connection we're seeking.

The biggest mistake women make is; they either don't flirt enough, or when they do flirt the way they flirt can send the "wrong" message. It all depends whether you are flirting for love or fun.

After reading this report you should have a better understanding as to why flirting is a powerful string to your love-bow, and how you can flirt in a way that gives you the results you actually want.

HERE ARE SOME REASONS TO LEARN THE ART OF FLIRTING

Breaks the Ice

Flirting is a great way to strike a conversation with a complete stranger, or with someone you barely know.

A simple smile with someone could start a long conversation or give someone the signal to approach you. Whether you want to find love or even build more friendships the same applies.

Just think about it...

If you see an attractive guy in the bar, how do you approach him?

The answer is most of you wouldn't approach the guy. Most of you would pretty much do nothing and wait and wait and wait for the guy to make the first real move.

Why not act on it? Do you believe it's not what women do? If so, get over it!

When flirting with a man it's important to do so with no expectations. The reason I say this is because most women and men won't make the first move for fear of being rejected. Having a "who cares" attitude will swiftly move you closer to meeting Mr. Forever.

It's not important who makes the first move. It's simply important for SOMEONE to make a move. If you think it's a man's job then you'll be waiting forever. Men can be shy so don't wait. And as I say in my [Unlock His Heart](#) Program, it's what you do after the first move that matters.

Shows Attraction or Interest

Showing interest in someone does not mean you're actually going to be interested in them. It all depends on what you're looking for. Are you looking for something casual or a love relationship? Do you love a sharp mind or someone more relaxed and chilled, do you like a sporty man or a music man, do you like a witty man or a serious man?

Initial appeal is typically superficial and based on no actual facts or knowledge of the other person, which makes dating and mating a numbers game. You might as well up your chances of finding the man you like by initiating contact.

Yes, he could be married or in a relationship, he could be emotionally closed, he could be a guy who's not interested in having a relationship – though he could also be the most wonderful man who's been looking for someone just like you all his life.

A girlfriend of mine, Allana, was at a kids play center and she saw a man there with his young son. He didn't have a ring on so she thought that he could be single. She struck up a conversation

with him and at the end of the conversations she asked him if he'd be interested in meeting her for a coffee one day, and the rest is history. They're crazy about each other. He's kind, attentive, really fun (her words), handsome and successful! She took a risk and is reaping the rewards.

You've got to take risks to find love - and flirting is not a big risk, flirting is an Ice-Breaker.

So, if you don't want to come right out and tell the guy at the bar or the supermarket that you like him or that you've got a twinkle in your eye for him, flirting is going to be the best option for you.

It shows that you're interested in more than just occupying a seat next to him at the bar. Flirting allows you to say what you want without being overly aggressive.

Builds Confidence (or does it?)

For many years much of my coaching career has been devoted to assisting others to live their life knowing that they're 100% worthy and of value. Understanding your inherent worth and believing you're worthy leads to treating yourself with more self-love, which creates a deep sense of inner peace, which in turn, skyrockets your confidence (I go into these topics in great detail in my [Never Lose Him](#) program).

When you know *your worth* you'll effortlessly find yourself more confident around men and find flirting much easier to do. This means, flirting alone will not actually build your confidence, though through practice and self-belief, you can build your confidence in the way you flirt.

If you regularly find yourself seeking attention and adoration, often *needing* to be the center of attention, or conversely, you tend to withdraw and are super shy and insecure, then I suggest you pay attention to your understanding of your self worth. Someone who seeks external validation or retreats and hides for fear of not being accepted or wanted, will find it difficult to flirt at all or in a way that attracts a compatible love mate.

If you want to feel more at peace with yourself, your past and future, then a few healthy and pro-love mind shifts will set you on your way. How you flirt or don't flirt will indicate your level of confidence and self-belief...

So the more you flirt and *put yourself out there* the more confident you should become in your flirting ability, though being confident in flirting does not mean that you believe in yourself. If you tend to doubt yourself and question your attractiveness and lovability then flirting can do the opposite, you may actually feel worse, particularly if you don't get the result you want. Meaning, if you're attached to an outcome, which is essentially how the other person receives, perceives and responds to your flirting, then this can work against you.

This is not a healthy way to flirt. Flirting allows you interact with people you may not normally meet or speak to, regardless of the outcome.

Love you, believe in and flirt in an authentic way.

Keeps the Flame Burning

Flirting is particularly important in long-term relationships. Play and fun is needed to keep a relationship fresh and engaged. Emotional maturity and physical and emotional intimacy are also of great importance, though the reality is; over time couples tend to take each other for granted. Once that initial “new” and “in love” feeling wears off, you’re left with the realities of a long-term relationship. Everything feels familiar, so spice it up!

As a whole flirting helps to rekindle a flame that was once there and there’s no reason why you can’t get it back. A wife who compliments her husband of ten years on his physique or the things he does that she likes (and he her), can keep desire and passion alive.

A girlfriend who still flashes a flirtatious grin will tend to make her boyfriend feel appreciated, wanted, sexy and like he’s still “got it”. Flirting symbolizes the attraction you have for your loved one and is certainly needed from time to time.

So as you can see, whether you’re interested in talking to someone, already dating, or have been in a relationship for years, it is essential that you flirt regularly. Flirting is like the universal language of attraction and really does benefit many types of relationships. Being playful and fun is relationship gold.

FLIRTING TYPES

What Type of Flirter Are You And What Type Of Flirting Do You Respond to?

Were you aware that there are now studies about flirting types? Researchers have found that there are five different types of flirting used by both women and men. Each of these flirting styles represents your personality, and in a sense what you're looking to get out of the connection and a relationship.

Review the different types below and see if you can figure out which one best describes your flirting style (I added in a 6th type):

1. The Physical/Aggressive Pursuer Flirter

If you're a physical flirter, you're not shy, embarrassed, or ashamed to say what's on your mind. You will openly express your sexual desires for another person and are not fearful of what might be said in return. The physical flirting style is generally used more by men than women. Studies have shown that this type of flirting generates relationships with tons of sexual chemistry.

This kind of flirting can be animalistic. There's a 'I WANT YOU NOW' vibe which has little to do with an emotional connection or true compatibility.

Some women can be more aggressive like this, which is great if they just want to hookup, BUT if they desire true love, then this approach can attract the kind of mate who just wants fun. Someone who's not all that comfortable with emotional intimacy tends to be a more sexually aggressive flirter, which has them bypassing a heart-centered connection.

If this is your approach, then perhaps you may like to revisit this and see if this is working for you. It could be. Once again, it's all about what you ultimately want, as this will determine the best way to flirt.

2. The Traditional/Old School Flirter

A woman who engages in the traditional flirting style is the type who believes that the guy should be the one to make the first move. So as a woman, you'd be the one who's receptive to flirtation, without actually putting too much on the table. In a way, you're basically just waiting for the guy to make the move, and you're the one who'll respond in a slightly flirtatious manner.

Unfortunately, the downside of this is that you're leaving the guy with the decision on whether or not to approach you. And in some cases, you may find that the men who approach you aren't really your type. Though you may respond with eye contact and receptive words, you're still

letting fate or the guy's attraction to you decide whether or not you'll end up flirting with someone you'll like.

And the big hairy truth is: Many men don't want to come across like a predator. This means that the *best men* can be a little on the shy side, particularly when there's no obvious encouragement from the woman – so while you're waiting to be noticed and approached, you may be letting Mr. Right pass you by.

3. The Polite Flirter

Again another flirting type that is used by introverts, this method of flirting is done in a non-sexual way. They might throw little hints out there from time to time, but they keep it very vague and innocent. In fact, the guy you're politely flirting with may not even pick up or notice your approach; he might just miss all the subtle hints.

If you're a polite flirter, it tends to takes guts to actually approach the guy you like. And since this involves some risk, you'll probably feel like you've invested a fair bit of emotion into your interaction with the guy. The good news is that this type of flirting often pays off, as polite flirter tend to end up with meaningful long-lasting relationships. Much of the flirting is based on building rapport first, before venturing into flirtation that's more expressive or sexual.

If you fall into this category of flirting and still feel that you're not attracting the men you like or desire, then perhaps it's time to be a little more obvious in your approach.

4. The Sincere/Genuine Flirter

Ladies, this may be hard to believe but there are actually guys out there that are sincere in their flirting and really want to build an emotional connection with you! And if this is what you want too then you've also got to know how to flirt in a 'looking for love' kind of way.

The sincere flirter is open and honest and really wants to get to know you for who you are. When they are attracted to someone, they make it their mission to get closer to them emotionally.

A person looking for love wants to get to know who the other person is. They'll converse about more meaningful topics such as: your interests, what you like or don't like. The relationships once established are highly connected on a level like none of the other flirting types.

You can still be cheeky and playful, in fact men looking for love want a woman who they can have a good time with and for a long time. So make your flirting fun, though not too sexual, build that up over time. Of course a key element to a healthy intimate relationship is sexual compatibility – just dance with this carefully.

The truth is most men looking for love will not be overtly sexual when they meet a woman they really like. They'll tend to hold back and this is a good thing to look out for when dating. Though you've just got to be careful to not end up in the friend's zone. Someone has to make a move at some stage. Progressive moves that evoke desire and mystery will tantalize him. Little by little you can build tension while maintaining your *genuine flirting type* status.

5. The Bench Sitter Flirter/The Mixed Signal Flirter

This type of flirting makes use of a "hook" or a "bait" giving him the idea that you're open to flirting. You're making the first subtle move such as making eye contact, smiling or leaning in towards the guy. However, once the guy actually approaches you and makes the first overt move, you take the passive stance and let him do most of the outward flirting.

This style allows you to pick out the guy you want by giving him the signal that you're open to his advances. So unlike the polite flirting style, you actually get to pick out who approaches you. However, once you get the guy to finally venture into your space, you're basically just letting him woo you into becoming more flirtatious with him.

In a way, the situation goes like this: You lure a guy until he gives in and approaches you. Once he's in a conversation with you, you leave all the flirting to him as you're taking the passive role. Once you realize that he's your type, you can then try some subtly flirtatious moves. But if he's not your type, you have the option to just be passive, until he gets the hint that he's not really what you're looking for.

6. The Playground Flirter

Last but not least is the Playground Flirter. I'm sure women thought that this kind of flirting was over in middle school when boys would pull their pigtails or try to look up their skirt.

Unfortunately ladies, there are some "big boys" out there who still love to flirt in this manner and maybe you do this too.

The playground flirter is one who just flirts to flirt. They have no real rhyme or reason for flirting and to be quite honest, they're not looking for anything in particular. They can also be sarcastic and think it's funny to tease you or even put you down. In general those who playground flirt are more interested in boosting their own self-esteem than being involved in a relationship. They can enjoy testing people and seeing someone squirm.

I remember a guy who I met online who was keen on me. We met up for a coffee and he seemed nice enough, though I wasn't feeling any real attraction to him. He had an accent and was not that easy to understand and what we spoke about wasn't particularly inspiring...

After the coffee we went for a little walk around the complex and I decided that I would say goodbye. By this stage we were sitting outside a fruit shop and he started poking me around the stomach and grabbing my leg, which I told him to please stop doing. He then proceeded to grab me around the waist and he tried to drag me across the bench into him. I stopped him and said to him, "No touching"! What on earth was he doing. I felt man-handled.

After this happened I couldn't wait for him to go, so I sent him on his way. The whole time he was smirking and laughing like a little boy, seeing how far he could push me, it was a silly game. Clearly I wasn't up for stroking his ego. I never heard from him again.

Which type of flirter are you?

It is actually possible to be more than one type of flirter. So maybe you're a combination of old school and sincere flirting?

Now that you're seen an overview of the different types of flirting methods, can you identify the way you flirt? Could it be possible that your flirting style is not getting you the results you want? Maybe it's time to mix things up a bit, allowing you to attract the kind of relationship you really want.

WHY DO YOU FLIRT?

Did you know that humans aren't the only species who flirt? Birds show off their colorful feathers or sing the sweetest songs. Mammals try to defeat the alpha male in their group to try and impress their mate.

Humans put their best foot forward in order to attract a mate they've got their eye on. It's basically hard-wired into every animal's psyche. Flirting gets us closer to a mate, and in turn, this continues the circle of life. However, as the dating world is becoming more and more complex, there are also other reasons for why people flirt.

For many people, flirting is how they started their relationships and met new people. The question however is, are you sending the right message? If you've been trying to flirt with someone you're interested in and they're not giving you the response you'd hoped for, you might need to take a step back and think about how your approach is being perceived by the other party.

First up, it's imperative to ask yourself if you're looking for love or fun? Once you know this you'll then know what to do.

Here are some helpful guidelines for you:

Flirting for Attention

If you're single and just like the attention you get from flirting, then you'll tend to steer clear of deeper conversations. When flirting for attention most flirter's will go for playful banter and may seek confirmation of their attractiveness. If you're looking for attention but you are a "sincere flirter," chances are you're going to send the wrong signals. Trying to "get to know" a person creates a deep emotional connection, thus leaving the other person to feel led on.

I'm not a big supporter of flirting for attention. In my opinion it's a waste of energy, and as mentioned above, if you lack confidence and you don't think you're good enough or worthy of love, then no amount of flirting will fill that void. Sometimes, flirting for attention can give you a short-lived ego boost, that doesn't actually fulfill the core of you. So, is it really worth your time?

Also those who are in a relationship can still be guilty of flirting with people outside of their relationship for attention. They can do this for fun, to feel wanted and desired by someone else. They may never take this further, though this can be hurtful for their partner and can dilute the connection they have with their loved one.

Most often this is playing with fire.

Perhaps it would be healthier to work on the relationship and flirt with your partner instead of looking for attention elsewhere.

If you like to meet new people and are interested in building friendships, it's better to stick to just building rapport. Take the flirting out of the equation, and just stick to neutral topics. Don't make eyes at the guy, and don't make him think that you want anything flirtatious to come out of your encounter. There's a thin line between being nice and flirting, so be wary of crossing that line.

Flirting for Relationships

If you're really interested in flirting with someone because you want to see where things go, you're going to need to be careful about what your "first impression" is giving off.

For instance, if a woman is attracted to a guy she met in a social setting, the worst thing she could do would be to give off a 'come get me' vibe. Wearing tight and revealing clothing, flirting in an aggressive sexual manner, and touching in a sexual way could all send the message, "I want a one night stand". Women often wonder why they "attract the wrong guys", but if you just take a step back and analyze the situation it could be that you're sending messages you don't even know that you're sending.

If you're flirting for relationships you should try sincere, polite, or traditional flirting methods as they involve getting to know a person better and building a deeper connection.

A man wants to feel comfortable and at ease around a woman who he is looking for a long-term relationship with. He wants a woman who is sure enough of herself to put herself out there, but not too cocky to the point that she'd boss a guy around to do her bidding. There should be a nice dance between you and the guy you want to be with.

In a way, you have to exude confidence, but not so much that you're emasculating the guy and making him feel small. There must be a movement of energy between you and the guy, wherein you both have an similar amount of input over your interaction. If you try to control most of the interaction, you'll be seen as way too dominant and even needy. Conversely, if you're mostly submissive, the guy may think you're too passive to hold his interest.

Simply be the healthiest most confident version of you. If you're confident in who you are, you won't feel the need to force or control anything nor will you hide and shy away. Find your healthy loving place.

Flirting for a Fling

Okay so maybe you don't want anything serious. There are people that simple want a fling or a one night stand and are not really interested in a relationship. There is nothing wrong with this as long as the person you're flirting with is aware of this. You don't want to send mixed signals by delving deep into conversation and trying to get closer to them, this leads to confusion on the other party's behalf. Not to mention, if you do manage to get that initial "fling", if you've led them to believe could be an official relationship, they may be a bit pissed off in the end. To avoid complication, you should consider either the aggressive approach or the playground flirting to get your point across.

Sending the wrong message in your flirting could leave you and the other party in a bit of a pickle. You don't want to burn bridges or have someone to believe that what you're after is something more than your actual intentions. By being clear, you will eliminate attracting the wrong people, hurting someone's feelings, or getting involved in something you're not truly ready for.

It's up to you to decide what your intention is - *for Love or Fun?*

ETIQUETTE FOR FLIRTING

The Do's and Don'ts of Flirting

With flirting there are some guidelines that need to be in place. If you're not being mindful of how you're flirting and what lines you're crossing, you could end up in a lot of trouble. There is certainly such a thing as too much flirting, being too aggressive, or sending off signals that could land you with a restraining order.

To prevent all of that, I have created a list of flirting do's and don'ts that you need to be aware of. If you haven't been practicing good flirting etiquette, now would be the perfect time!

Do Pace Yourself

Even though there are some flirts out there who will jump at any opportunity they are given to flirt, you really should pace yourself. Start off flirting in a light and casual way. Something as simple as a smile and a "You look nice today", or "I really love your shirt", can really go a long way.

Going too fast too soon could lead to rejection or mixed signals. Whatever your reason for flirting, starting slow is your best option. If you're overly aggressive you're going to leave the other party feeling a bit uneasy.

Do Know When to Back Off

There is nothing worse than someone who is flirting with you that doesn't know when to let it go. Men tend to be the worst offenders though woman can do this too. If a man doesn't respond with equal enthusiasm or his body language is closed off then it's time to back off. This is okay. It happens. Remember it's a numbers game. Go and find someone else to chat to.

Do Flirt in Appropriate Places

I didn't think that I would have to state the obvious but there are just some places that are not meant for flirting. For instance, if you're going to a family funeral and you see someone you're attracted to, I don't think this is the time or the place to be flirting. Be mindful of the location, event, or occasion so that you don't offend anyone.

Don't Cross Touching Boundaries

While I would like to say that guys are more prone to touching as a means of flirting, ladies have been known to grab in a few inappropriate places as well. Touching someone, whether innocent or

sexual in nature is a violation of their personal space. Things like grabbing private areas to get their attention are not something you should ever do. Once you've gotten to know them better and the feelings are mutual, touching of course is not a problem.

If someone is showing you attention, they're laughing and smiling with you, then a little touch on the arm is fine. Touch indicates interest. When we like someone, we tend to automatically touch someone, often this is done subconsciously, just be sure to do so appropriately.

If someone is touching you in a way that feels inappropriate or that crosses a boundary then you should let them know. Any good relationship begins with healthy boundaries. The right guy will appreciate this, and a gentleman will not touch a woman inappropriately, particularly not without your encouragement.

Don't Become a Stalker

Last but not least is the stalker mode. Let me explain what I mean by being a stalker. Once a man states that they have no real interest in you or does not want to take the relationship any further, let it go. Yes, rejection can hurt but you've got to dust yourself off and keep moving.

It is not okay to stare at them, sit next to them every chance you get, show up where they regularly go hoping to meet up with them again, or anything in between. This could land you in stop of legal bother (and not to mention; emotional bother).

To experience real love with another, the other person needs to be able to return the love. Also, to experience real love it's imperative to love yourself, and stalker like behavior is a strong indication of lack of self-worth, insecurity and delusion (please seek professional support you tend to stalk people).

Now you know the basic dos and don'ts of flirting. It is important to keep these things in mind when trying to get closer to someone you're interested in. Taking things too far or sending the wrong vibes could really be bad for business.

FLIRTING MOVES THAT WILL ATTRACT MEN

There are tons of movies, TV shows, books and other forms of media that portray different ways women can flirt with men. But which ones actually work the best?

Soften & Lower Your Voice

When you soften and lower your voice you become easier to listen to, and without trying you'll automatically sound like you have a slightly seductive tone. Of course there are some women who naturally have a softer voice, and therefore you might already be on the money. If you tend to be timid, shy and/or almost inaudible, you may need to do the opposite and add a little more energy and enthusiasm to the way you verbally express yourself.

I tend to have a strong voice that's a little deeper than most so when I chat with men I tend to soften my voice and actually lift it a little (instead of deepening it), so that I'm a little more feminine in the way I express myself. It feels good and it's something I try to do more of in general, not just when chatting with a partner or with men in general. Softening actually changes the way I feel – I feel more at peace, more gentle and more open to love and giving and receiving.

In addition to this, lowering the volume of your voice might get the guy to move just a little bit closer to you, thus, giving him some semblance of intimacy and closeness.

When the guy sees that you're letting him get a little closer to you, you're already encouraging him to continue with your flirtatious conversation.

Just don't over do the seductive tone if you're looking for love. You don't want to sound like your trying to be something you're not or send the "wrong" message. Smiling and giving a warm vibe will work too.

Speak Slowly

Consider the difference between a boss barking orders and a loved one telling you about their day. The boss speaks in a quick, authoritative tone, whereas the loved one wants you to stay glued to their every word.

Speaking slowly gives your words a slightly loving and caring tone, which men will find hard to resist. It also gives him the impression that you're relaxed in his company.

When some people are nervous they can speak very fast and be either, overtly animated or quiet and withdrawn. If you tend to be the former then perhaps you could tone down your

animation or if you clam up then maybe it's time to become more expressive and animated (as per the above point).

Move Into His Personal Space

There are some guys who are wary of entering your personal space, and so they keep a respectable distance between you. Bless those guys! But there may be some cases where you'll be frustrated that he's not moving closer to you. This is when you should take control of the situation.

You don't have to drape yourself all over him, though, just casually lean in closer whenever you want to emphasize what you're saying. Allow him to feel the touch of your hand on his forearm or the slight whiff of your perfume each time you come closer.

In fact, when we like someone we tend to just touch them without thinking about it, though this is not the case for everyone. Not everyone is a natural toucher – if this is new to you try to make sure your touches are smooth. Not jerky or staged. You can always practice touching when catching up with friends.

Make Effective Eye Contact

Of course you have to make eye contact! Nothing says "I don't like you" more than never looking in his direction. However, be careful that the eye contact you make isn't too intense that you come across like a man-slayer. There's really nothing sexy about looking into a man's eyes and making him think that you're trying to prod his soul the whole time you're with him! This can feel invasive. Go for warm, open and sensual.

Dr. Monica Moore, a psychologist at Webster University in St. Louis, researched the types of flirting techniques that were used in singles bars, shopping malls, and places young people go to meet each other. Her research revealed that it's not the most physically appealing people who get approached, rather the ones who signal their availability and confidence through basic flirting techniques like eye contact and smiles. Isn't that great news!

My tip for you is: When making eye contact make sure hold the connection for three seconds, not one, not two, but three whole seconds! I suggest you also add a slight smile to the gaze, this smile will let him know that you're approachable.

This kind of eye contact lets him know that you like what you see, you're single and happy to be approached if he was to come over.

(*Please see '[Unlock His Heart](#)' for more flirting tips)

Sit Beside Him

Sitting facing each other is reminiscent of a job interview, so that's way too stiff and formal for something as free-flowing as flirtation. Instead, opt to sit beside him when sitting at a table. This is why sitting at the bar is such a great way to get a flirtatious vibe going on.

Sitting beside the person you're flirting with gives them some semblance of privacy, as you won't be staring at each other the whole time. That way, when you feel a little nervous, you can shyly look away without feeling his gaze boring into you. Also, by sitting beside the guy you like, whether it be the bar or at a table, you're also allowing slight accidental touches to happen, such as the brush of your fingertips, knees touching or passively touching elbows. It has that accidental-but-on-purpose feel that adds that excitement to your encounter.

FOUR RULES FOR WORKPLACE FLIRTING

Flirting in the workplace is a very risky thing to do. However, you've probably heard stories about people who started off as co-workers and ended up married years later. How did that happen?

Well, I can't speak for all workplace romances, but if you're going to flirt and you're really interested in someone, you'd better play it safe. Even for those who just flirt for the attention or casual conversation, flirting can be taken out of context and could leave you unemployed or with a lawsuit. I've put together four basic rules that you should always follow when flirting in the workplace.

1. Always Follow Company Policy

Whether you're currently in a relationship with a co worker or you want to take a friendship to the next level you need to be sure that you're within the guidelines your work has set forth. This is especially true for managerial and director positions, because they stand to lose a lot more than just their jobs. Read through your company handbook to see what it says about flirting. If there are no rules in place you should still tread lightly. Keep all flirting to a minimum until after hours.

2. Touching And Flirting In The Office

Never, ever should you commence to physically touch someone in the workplace. It doesn't even matter if it's your spouse. When you're at work, you're there to do a job. Thus public displays of affection and other physical contact should not take place.

It is also important to point out that touching could be misconstrued and land you in a lot of trouble with higher up personnel. Once someone makes a complaint that you've touched them, an investigation is opened. Even something as simple as a gentle touch on the hand or a cheeky comment can turn into a huge ordeal. Also, when at work drinks, be particularly mindful of your surroundings. Often it's best to avoid drinking too much alcohol during these kinds of events. Keep a clear head.

3. Don't Leave a Flirting 'Paper Trail'

Sending a text message or a flirtatious email means you're leaving a paper trail. In one instant the email that you sent to the cute guy that works in accounting could be sent to the entire company and there is nothing you can do about it. Even if it was innocent and heartfelt it could be made out to be a big deal. Keep the correspondence strictly business at all times.

4. Be Leery of Flirting to Get Ahead

There are some of us who believe that a friendly “innocent” flirting with the boss is a great way to get that promotion you’ve been after. While that method might work for some, it is a very thin line between getting promoted and ruining your reputation. Remember when you’re in the office, nothing is just between you and someone else. Eventually everyone in your office finds out about what’s going on. So how does it look to a group of your peers that in the last two years you’ve gotten 3 promotions? They begin to question your work ethic and begin to label you as flirting to get ahead. When this happens your reputation is ruined, and moving up the ladder in any other location is going to be hard.

My personal and professional opinion is that you keep workplace flirting to a minimum. While you do spend most of your time with your co workers during the week, it is still not in your best interest to flirt. There are plenty of cases out there of flirting gone wrong and the employee ends up losing their job and not able to obtain another because they’ve been labeled a liability. If you do have personal interests in a coworker, ask them out after hours and then flirt as much as you want.

TECHNOLOGY FLIRTING DON'TS

I know you're probably tired of hearing about all these rules and regulations when flirting, but it's a different world we live in today. You have to make sure that you protect yourself at all costs, at least until you know that the other party is interested in you as well. There are a lot of major mistakes that people make when flirting using technology. Techno flirting can be a great way to start a conversation with someone that you may be a bit shy to approach, but if you're not careful it could come back to bite you in the behind in a serious way.

Watch the Content

Text messages, emails, and anything in written form can be viewed out of context to the receiver. Have you ever received a text message from someone in all capital letters? In your mind you believe they are upset about something, however, in their mind they just sent you a regular message. Or have you ever sent someone a text message utilizing the "smart text" feature and what you meant to text is not what came out?

For instance, you text, "I can't wait to see your beautiful nipples again" but what you really meant was, "I can't wait to see your beautiful dimples again." Be careful of what you are sending and who you are sending it to before deciding to hit send. Review your message carefully because once it's gone, there is no getting it back.

Stop Flirting Under the Influence

Sad but true there are a lot of people that will send a quick text message to an admirer while under the influence. When you're drinking and not in your right mind, it may not be the best time to send out a flirtatious email or text message. Just think about it, when you're drunk you say and do some of the craziest things and by the next morning you hardly remember any of it.

Chances are the same thing could happen when sending a text message. Therefore, wait until the alcohol wears off and then express your undying love or attraction for the person you're interested in.

Beware of Revealing Pictures

This one is huge, and it gets everyone in trouble. You should not ever send a revealing picture of yourself to anyone. Ladies, showing off your body parts and other assets as a way to get to know

someone is risky and can send the “wrong” message. Understand and realize that once you hit send there is no retract or delete button that will help you out.

Suppose the person is not that into you and they begin showing the picture around to others? You have no idea of knowing how many people your photos are sent to, and the worse part about it is that there is no way to delete things once they’re out there. It could be very embarrassing, damaging, and humiliating. Save the provocative pictures for your spouse or at least once you’re in a committed relationship. And if you must – do not include your face in the images. Be safe.

These are just a few of the tips I’ve found helpful when deciding to techno flirt. It is a great way to get a feel for if someone is interested in you, but if you’re not careful it could also be a very embarrassing occasion. Remember no dirty pics, proof read everything, and don’t text while drunk. Keep those in mind and you’ll go far.

GREAT FACTS ABOUT FLIRTING

So since the majority of this guide is about rules, what to do, what not to do, and everything in between, I figured I'd end with a few great facts I found out about flirting. Some of these you might have already known, but as studies continue on flirting, there are more and more interesting things to learn. I hope you enjoy them as much as I did. Take a look!

- 1. Flirting can Boost Your Immunity** – You're probably laughing about this but it is a true statement that flirting can really benefit your health. Studies have shown that people who flirt have a higher white blood cell count which increases their immunity to illness.
- 2. Flirting is Against the Law in Some States** – Again, you're laughing but it is true. In the State of Arkansas, playful banter could result to 30 days in jail. In NYC there is an outdated law that suggests men are not allowed to gaze at a woman in a "sexual" manner or else he faces a \$25 fine.
- 3. Sending out 35 flirting signals per hour could nab you a date** – All this time you've been thinking you had to look the best in order to get a date. What's a signal for flirting? A wink of an eye, a flip of the hair or even the tilting of the head. When your body language reads you're a good flirt, the attention will automatically come your way.
- 4. Eye Contact is Important** – Now remember I am not talking about gawking at the guy next to you for hours, but eye contact is a definite signal to flirt. Research shows that making eye contact with someone at least three times is the best way to let them know you're interested.
- 5. Men Commonly Misconstrue Friendly Gestures for Flirting** – Sometimes a woman is just being nice; however, men are quite often quick to jump to the conclusion that she's got the hots for them. Be careful in mixed signals or you could get embarrassed when the feelings aren't as mutual as you thought.

Again, all of these are actual facts that have been studied and researched by scientists and doctors around the world. I really hoped that you enjoyed these facts.

I also hope that this guide was able to give you some insights on flirting, what you should do, what you should steer clear of and how to be a better flirt.

With any luck you'll be one step closer to attracting the attention of that extra special person in your life.

One smile or conversation could be the beginning of a great love story.

Be Courageous, Be Fearless And Invite Love Into Your Life.

~ Nadine Piat