

The **DATING DOCTOR'S**  
tips on...

# Flirting



Your quick reference guide to fool-proof  
flirting and building relationships



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## The Dating Doctor's Tips on Flirting

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Suite 413, 27 Colmore Row,  
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Tel: 0121 270 6269

Fax: 08716 660847

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Book Design by Karen Cooper



# Flirting Is...

**A form of communication. It's mostly about using your body, and how sexual you make the flirting. When you flirt with strangers, you're being friendly. With colleagues at work, you're building rapport. And you're simmering when you flirt with your lover.**

- flirting is a fifth *what* you say, a third *how* you say it and half *what you do*.
- women have 52 different flirting signals to show that they're interested. Men only have ten.
- men tend to concentrate on what they *say* and women on what they *do* with their hands, face and eyes.
- all mammals and most birds engage in complicated and energetic courtship rituals to attract others for sex. They flirt.
- studies show that the 'eyebrow flash' combined with a smile is the most 'come-on' signal used by women.
- on average the 'sideways glance' used by women to attract the attention of a man lasts less than three seconds, and she rotates her head between 25 to 45 degrees.
- research shows that horseracing is one of the best flirting environments in Britain. The half hour between the action creates a social micro-climate where interaction between strangers is encouraged.
- when two people are flirting the average length of the pause between each one speaking is only 0.764 seconds. This compares to 0.807 seconds in normal conversation.

# Flirt With Your Body & Your Mind

**Use every part of your body to flirt.**

**Your posture and stance** to show confidence. **Your face and head** to show interest and **your eyes** to melt them. **Your smile** to disarm them and **your mouth** to tease them. **Your fingers** to touch them and **your movements** to catch their eye. And play 'kneesie' and 'footsie' if you want to surprise them. Use **your mind** to think up things that will please them.

- learn to use your eyes (see page 4) – *sideways glances, lingering looks, come-hither stares, flirting triangles, longing-looks across the room.*
- share secrets – create an opportunity to whisper in their ear.



- share a delicacy – give them a bite of your chocolate bar.
- flirt on-line and in texts – just don't get too raunchy before you meet for the first time.
- **flirt light at work** – limit it to your posture, your face and your smile. Remember it should be fun, not intimidating.

"The thing about flirting is that it's different for everyone. Make sure you watch their reaction and be aware that you can go further in a bar than you can at work."

# 3 Ways to Flirt

The way we flirt falls into three categories:

1. **Non-verbal** (*your body language & what you do*),
2. **Vocal** (*the tone of voice and how you say things*)  
and...
3. **Verbal** (*what you say*).

## 1. Non Verbal Flirting

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### Posture (how you look)

**The first thing to think about is your posture - make sure you look confident and relaxed.**

- guys, imagine you're walking on a beach full of gorgeous girls lying there sunbathing. Straighten up, pull-in your stomach and relax your shoulders.
- girls, push out your chest and wiggle your hips.
- lean slightly forward when sitting, so you're not bolt upright.

### Face & Head

- make sure you show interest in what they're saying. Animate your face in response to what the other person is saying.
- guys, head tilting is best as it can be hard to raise your eyebrows.
- girls, could try the *eyebrow flash*, but be careful because it can seem a bit intimate (never do it in Japan where it has sexual connotations).

