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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Dating Box

By Devlyn Steele

Whether you are actively dating or just getting back into dating, it is a world full of possibilities.

However, most of us are creatures of habit and our patterns keep us in a dating box, searching for and dating the same types over and over.

Making contact online, you first have to find people that interest you by searching the dating website's membership. Online the dating box is literal, as you have to fill in web forms to find potential dates. Most dating sites give you two ways to search - quick or advanced. Quick searches are just that - they're small web forms that let you search based on just a few criteria, like location or age. Advanced searches are larger web forms that let you search using lots of more specific criteria, like hair color, eye color, education, body type and more.

Just remember that the more criteria that you use for your searches, the fewer results you'll get. Searches are unforgiving - they'll return exactly what you ask for. We call them "harsh numbers". When you choose an age range of, let's say, 30-39, the person who just turned 40 will not show up in the search results. If you want to find someone with light brown hair, those great dark brown haired people...like me...will be cast aside.

Also, many sites let you use keywords as part of the search criteria. This allows a search for words in a member's profile that match your areas of interest. You can search specifically for words like "tennis", "skiing", or something else. This lets you be super-specific if you wish.

Although you want to find someone that attracts you and that you share things in common, don't limit yourself to what you think is "your type". After all, the "type" that you have gone for in the past might have not worked out. Think "outside your box". What we often think is "our type" is the same person we have been chasing unsuccessfully, through one bad relationship after another, our whole life. Even if your type was a successful relationship in the past, you cannot repeat a relationship you once had with someone new. Unless you date outside your box you will never know if maybe someone different just might be your "type."

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When going over your wants, there is the numbers trap that we need to watch out for as well. Offline we often use the expression, "numbers don't lie." However the new culture of online dating, numbers often do lie.

For instance the harsh numbers of weight, height and age when in black and white may make a person appear unattractive to you online, who you would find very attractive offline.

When we meet people in person we don't say,

How old are you?

How much do you weigh?

How tall are you?

How much money do you make?

In person someone may carry his or her height, weight or age off in a very attractive manner. But when you look at the numbers online you think too old, too heavy, too short, too tall etc and that simply may not be the case. You have the right to want what you want, but I tell you this so that you can allow yourself to look past the numbers and be more open.

If you're not finding people that fit, try expanding your horizons. You are not making any long-term commitment when meeting people, so be open and meet more people and who you fall for might surprise you. So get out of your dating box and don't restrict yourself. Allow the incredible opportunity of online dating to work for you. Contact and meet a lot of people and leave yourself open to the possibilities.

As a life coach, Devlyn has made helping people find ways to improve their lives his personal mission and passion. He is a public consultant, a private counselor, an author and creator of Tools To Life. He has hosted his own radio shows called "Tools To Life" and "Love beat" and has been a guest on over 150 various shows. You can read his articles and advice all over the internet. Devlyn has often been referred to as "America's Leading Life-Coach." For free E-books and more information visit DevlynSteele.com Send Questions To:

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The Single's Guide To Online Dating

By Hak Ty

If you're single and you're willing to try out new avenues to dating then you should try out online dating.

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It's definitely fun, less expensive and easier than dating the regular way. You're also able to meet more people since the Internet lets you talk to people from all over the world! With online dating, there's no need to restrict yourself to dating the same old guys from your very small town (read: population of 817). With online dating, there's no such thing as social classes because it's open to everyone!

The Virtual Places To Be For Online Dating - If you're now open to the idea of online dating, there are several cyber places that you could stop by and see if there's anyone who appeals to your taste. First stop would be the online dating sites.

These sites were primarily designed to help people meet others with the same interests as theirs and maybe forge a relationship later on. Online dating sites such as these require you to register for membership and maybe even pay to enjoy additional features of the website.

Then, these online dating sites would ask you to create a profile for your own so that other members would know a little about you. These profiles could be the key to catching the interest of your future Mr. or Ms. Right so make sure that you make your profile as interesting as possible - without lying about anything, of course. Most online dating sites also allow you to upload photos of yourself so if you're reasonably attractive, do make sure that you post your best picture.

The second place that allows you to date online is chat rooms such as those provided by MIRC or Yahoo. These chat rooms are usually divided or categorized according to region, race or interest. If you enter a chat room with the name Singles20–40, then you should expect to meet people belonging to that age group. It's imperative to choose a chat room that reflects your preferences to ensure that you'll meet people who are probably similar to you in terms of interests.

The third virtual place to be if you want to try online dating is forums or interactive websites. By joining a forum or registering for membership in an interactive website, you'll be able to meet people who are sure to share the same interests as you do. These forums usually hold regular meetings so make sure that you participate actively and get yourself known!.

Read more Dating articles at

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