

Dating Article - First Impressions

Did you know that people will make snap decisions about you in as little as 2 seconds? They would have made judgment about your economic and educational levels, your social position and your levels of sophistication and success. And they are basing those decisions purely upon what they see. This is according to Malcolm Gladwell, in his best selling book "*Blink: The Power of Thinking Without Thinking*".

We want to be loved the way we are and we are often wary of packaging ourselves. This is understandable but not always realistic. Whether we like it or not, packaging is important, whether we're considering a house, a product or a person. We think what looks attractive or reliable from the outside must surely be attractive and reliable on the inside as well. We judge the books by their covers; we buy houses based on what we see and we take people at face value. And yes, they do the same to us.

First impression is especially important in our search for that special someone. Many singles make the mistake of neglecting their appearances. They grow tired of the effort of presenting themselves well and then later wonder why nothing happens or develops further after the first date.

This is especially true for singles that have come out of a long relationship in which some complacency or bad habits in their presentation has set in. After all, if you do not look after your first impression, who will? Of course, presentation is not all that matters in the dating game, but it is definitely a critical factor in the game of attraction and plays an important role at the beginning of any relationship.

You may not have any control over your eyes, your nose or other physical features that you were born with, but you have complete control over the outfit you put on, the body language you convey and the manner which you speak. Through your wardrobe, body language and conversations, you have the opportunity to showcase who you are in an attractive light and as a result take control of the first impression that you make.

So what is YOUR first impression to other people? Is there anything you can do to improve it? In the end of the day, isn't it always better to leave on people a positive rather than a negative impression?