

Honesty is Still the Best Policy

[BY SUSAN SEMENIW]

You've been here before—you went on a date, the other person said they'd call, but days have gone by and they haven't. You keep checking your phone, your email and Facebook and possibly even make excuses for the communication blip, but the reality is that if someone is interested they will call and make time for you no matter how busy they are.

Whether you tweet, text, email or phone, communication is complicated and it can be tricky to read people. So do yourself (and your date) a favour—keep it simple and be forthright about your feelings. Not interested in seeing someone again? It's ok to say so, just be diplomatic and courteous about it. Simply explain to them that you like them as a person but you don't see any potential romantic connection. And don't say you'll call if you're not planning to.

Many of us are too afraid to be honest with others. If you're dating someone you like as a friend but the other person has stronger feelings about you, you may choose to take the nice route and not tell them how you really feel. But the more time you spend with someone, the more disappointed they'll be when you do eventually reveal your interest to be lukewarm and you'll end up hurting them more in the end. It can be difficult to say no, but leading someone on is inconsiderate. Definitely don't play along with a goodnight smooch, for example, if you're not feeling it! Your date might think you've just given them

a green light to pursue a romantic relationship.

Most people have a very particular 'type' that they tend to find attractive and everyone has their own unique list of criteria for a romantic partner. So if someone's not interested in you, don't take it to mean you're not attractive or don't have great qualities—it so often simply means you're not the right fit for that person.

Remember to be yourself. Don't pretend to be someone you're not, exaggerate your accomplishments or make promises you don't intend to keep—if the relationship escalates, it'll only catch up with you. And be honest about your relationship goals. If you absolutely don't want kids and your date does, don't fool yourself into thinking you'll change.

Being honest is liberating: the more upfront you are with others, the more honest people are going to be with you. You'll end up feeling more in control and confident and you won't get into nearly as many arguments.

Don't forget to turn on

your dating decoder and pay attention to the signals. You shouldn't let romantic feelings blind you to the truth or let you make excuses for behaviour that indicates a

lack of interest from your date. Pay attention to actions and non-verbal clues when you're together—body language is very telling. Listen to what people say and watch how they act. If you're unclear about something, ask. And stay away from making assumptions: in the long run, this will all make for smoother sailing. 

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