



Let's change the norms of dating: treat each other well,
have an open mind and make a better world

Rachel's blog posts and videos

Dating advice for new daters

[New to online dating? Top tips to get started](#)

[Am I ready for a relationship?](#)

[Video: How do I know when I'm ready to date again?](#)

[Video: Dating After Divorce](#)

[Why You Didn't Get A Second Date](#)

[What to wear and how to smell good: Preparing for a date](#)

[How should I prepare for my first date?](#)

[When should I sleep with my date?](#)

[How do I decide if my date is right for me?](#)

[How can I get dates with attractive people?](#)

[Ideas for alternative dates](#)

[Am I emotionally available?](#)

[How you answer the trolley problem can affect your romantic prospects](#)

[Sex and dating from May 2021](#)

[Better dating for men](#)

Self-care

[Video: Meditate before a date](#)

[Using meditation to improve your relationships](#)

[Self-Care In Dating And Relationships](#)

[Mental health, dating and relationships](#)

[Anxious about Dating?](#)

[Needing Space](#)

[Am I emotionally available?](#)

[Dating Nicely](#)



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Should we break up?

The S Word: Saying sorry to your date

Appreciating your partner without being cheesy

Can Your Relationship Survive Lockdown?

Love In The Time Of Corona(Virus)

Dating safety

Could I be the victim of a dating scam?

Protecting yourself from online dating crime

How dating has changed since the pandemic

The Dating Games: Video-dating

Can Your Relationship Survive Lockdown?

Love In The Time Of Corona(Virus)

Dating outside your ingroup

Why You Should Talk To Your White Partner About Race

Can Dating Change The World?

Can You Help Who You're Attracted To?

Dating apps could do more to combat racism

Diversity in your dating

Mixed race dating: Meghan and her white fiancé and #Hashtag Lightie

Reading On Relationships

Dating and technology

Short story about using an app to guide your relationship

Podcast on the future of dating



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New year resolutions blog posts

[What have I learnt about dating in 2016?](#)

[How are you going to date differently in 2018?](#)

[Creative Dating in 2020](#)

[What Relationship Skills Do I Need For 2021?](#)

[Finding Love in 2022](#)

Relationships

[Does my mate fancy me? Take the quiz!](#)

[Part I: Can men and women be “just good friends”?](#)

[Part II: How can I stay “just good friends”?](#)

[The S Word: Saying sorry to your date](#)

[Appreciating your partner without being cheesy](#)

[Can Your Relationship Survive Lockdown?](#)

[Should we break up?](#)

[Am I emotionally available?](#)

[What Relationship Skills Do I Need For 2021?](#)

[Self-Care In Dating And Relationships](#)