



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](#)

[Healthy Dating in 2023](#)

[The future of dating: algorithms on dating apps](#)

[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](#)

[Creative dating](#)

[Finding Love in 2022](#)

Self-care

[Video: Meditate before a date](#)

[Video: Affirmations for well-being and confidence](#)

[Video: Meditation for self-compassion and overwhelming emotions](#)

[Loving Kindness Meditation](#)

[Using meditation to improve your relationships](#)



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Self-Care In Dating And Relationships

Mental health, dating and relationships

Anxious about Dating?

Needing Space

Am I emotionally available?

Dating Nicely

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



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LGBTQ+

Reading for LGBT history month

Interview with trans writer Juno Roche

Podcast with game

Podcast with dating dilemmas

Menopause

Sex, Dating and Relationships during the Menopause

Dating and technology

Short story about using an app to guide your relationship

Podcast on the future of dating

Another short story about dating with a shopping app

The future of dating

AI and dating

Relationships

How do you know if your relationship will work? A checklist

What Relationship Skills Can I Work At?

Appreciating your partner without being cheesy

Should we break up?

Am I emotionally available?

Self-Care In Dating And 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

Can Your Relationship Survive Lockdown?



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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?](#)

[Finding Love in 2022](#)

[Creative dating](#)

[Healthy Dating in 2023](#)