

# Dating tips for MEN 40+ single,divorced or career focused

Beginning to date when you've reached the milestone of 40 can be both exciting and a little daunting, depending a lot on earlier experiences and relationships. Whatever the reason for throwing yourself into dating now, perhaps you've been career focused, or you've been married for 15 years and just got divorced a year ago, both scenarios mean you could be heading in different directions. Your previous experiences will spring into action now and give some kind of rough guide as to what you may expect - but try to put that aside, whether you had good or bad experiences dating before, dating in our teens, 20's or 30's is not quite the same as in our 40's or 50's. If you've been married, you may well have children now, which for sure adds another dimension. And if you've never been married and now find yourself single at 40 you have probably some fairly fixed lifestyle patterns. So where to begin? The chances are if you found dating in your twenties somewhat challenging, you may hold a more negative view of what is ahead, but try not to think about this, as everything has changed anyway.



There are always positive aspects to any new situation and this is no different, but here are some tips for making life and dating a little easier. Don't let your previous experiences, divorce hang over you, yes, easier said than done sometimes, but it's important to remember, bitterness or emotional fall-out you may carry will prevent you from fully enjoying a new relationship. If you've only just divorced or ended a long term relationship, try and give yourself at least two years before seriously LOOKING for a relationship - adapt to being single FIRST otherwise you may just end up causing others to experience similar emotional fall-out. OR only date women seeking something casual and happy with that, until really ready.

Many areas of your life will have improved, you will probably be more settled professionally, in yourself "generally" these are huge positives to attract someone genuine and nice into your life. By the time you reach 40, 45 or 50 many women will find that very attractive, they will see you as being more stable and emotionally mature to embrace a relationship. Women (generally) are not put off by age itself - Men are far more preoccupied with age and looks, women less so overall.

Confidence is attractive, but be careful it's not mistaken for arrogance. If you don't feel so confident in your personal life just think to yourself the woman sitting in front of you "probably is feeling the same" most people feel a little less confident romantically than their professional one. Remember, most women will probably see you as being far more attractive now than you were at 25-30.

Attributes most women look for are probably ones that you have now. At 20 the things women look for, are completely over the head of guys in their twenties, so many of the attributes women LOOK for are more likely to

be found in an older man. Being stable in your life, comfortable in your own skin, not trying to fit in and follow, but your own person, these are the qualities that you probably now possess. Talking - women enjoy sharing what they think and feel, so if you genuinely like women, feel happy in female company and find it "easy" to converse in general conversation, that is all you really need. If she feels at ease with you, then you will be a success.

Don't ever be overly familiar on a first date - meaning: don't ever suggest anything physical or be overly sexual -it may seem like a fairly obvious thing not to discuss, but sometimes through being anxious we can say things we might not normally, of course IF you're on Tinder that is the whole point of being on there - IT'S CASUAL, but please if you've met a woman any other way, please remember MOST women want a real relationship, they want to get to know a man, his values, his outlook on life before ever considering a physical relationship.



Lastly - if you are looking for a serious relationship, try to select partners within your own age group ( 5-10 years either way) YES, I know you may like the idea of a relationship with a 30 year old, but unless YOU are ready to fully embrace what that means in terms of perhaps MARRIAGE and having a family, it is destined not to last as most 30/35 year old women will want a family. Just keep this in mind. If you know you have some issues as many of us do - men and women, not just men, especially where sharing emotional intimacy is concerned, then try to deal with it, try to establish a way to move through this, as not sharing or opening up will definitely prevent you from forming a long-term relationship. Simply men who demonstrate the ability to talk to women easily are already at the top of the ladder or closer to, in having success with women than those who prefer to be in male company. Intimacy: a woman will always let a man know when she's ready, and if a man does all the right things at the right time, he will NEVER have to ask, the woman will be a walking and willing participant to embrace the next stage of the relationship.