

Dating tips from Dr Love



Rules of attraction ... uncover the science behind dating

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Sun Online

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WHY waste time going out with the wrong people when science can help you find your perfect match in just **THREE** minutes?

It's something that baffles Dr Harry Witchel, whose research into the science of dating has earned him the moniker Dr Love.

The boffin from Bristol University reckons speed dating is the answer to the nation's relationship woes this Valentine's Day.

He told us: "The process of romantic attraction is deeply scientific. There are countless studies that back up the theory that magnetism between men and women is because of neurological exchanges.

"That's why speed dating is so effective, you can quickly eliminate those you don't click with.

"Although science plays a large role in attraction, I don't think any scientist would eliminate other elements.

"Body language is crucial. Actions speak louder than words and in three minutes you can read the body language between you and your date and decide whether there is a spark."



Dr Love ... dating boffin Harry Witche

Dr Harry says non-verbal communication is much more confusing than most people think.

He told us: "People jump to quick conclusions about the body language of others. But there's a surprising amount of error

"People often psyche themselves out by misconstruing another individual's body language as unapproachable when it's not always the case."

Here are Harry's top tips for succeeding at speed dating:

Don't limit your conversation to talking about yourself. Instead discuss other things such as popular culture, music or television. You will achieve a fuller insight into your date's personality as the conversation will be less scripted.

Don't discuss religion or politics, it's always a recipe for disaster. Keep things light, you've only got three minutes.

Reveal something about yourself. The process of confiding is like a mutual striptease. If you give something away, the chances are your date will reveal something in response.

Be broad-minded. You might not feel an instant physical attraction but personalities can be just as attractive.

Don't eat or drink too much before hand. Flirting on a full stomach can slow down your responses. You need to be quick-witted.

Watch out for mixed messages. Body language can be ambiguous and a lot of people give off bogus come-hither looks, when they don't mean to.

Show of your sense of humour. Everyone likes to meet someone who makes them laugh.

Don't butt in. The ability to listen is really important in a speed dating situation. It's no good spending the entire three minutes talking about yourself.