

Ten Commandments of Dating

1: Thou Shalt Not Ignore Thy Date

Paying close attention to your date's every move is not up for discussion. So unless you're intent on hurting your companion's feelings, keep your eyes and ears directed at your date at all times. If you made your date feel like they're the only person in the room, you'll have gone a long way towards living up to your role as the perfect date.

2: Thou Shalt Not Drink Or Become Intoxicated

Even if you're not driving, excessive consumption of alcohol and other recreational drugs is strictly prohibited. As far as first impressions go, this behavior can put you at a disadvantage. The best way to avoid becoming too drunk is to eat plenty before the date. That way you'll be able to absorb the alcohol faster. Even if you're just looking to chase the butterflies out of your stomach, forgo the booze in favor of some deep breathing exercises.

3: Thou Shalt Not Talk About Thy Ex

Whether you've just broken up, happened to run into your ex that day, or just can't help digging up the past, talking about your ex is a first date faux pas. The last thing your date wants to hear about is how horrible or great your ex was. As far as your date is concerned, you've never gone out with anyone before.

4: Thou Shalt Not Lie

First dates are all about getting to know each other and being honest. If you happen to be out of a job, living with your parents or hard up for cash, by all means don't lie about it. You can omit the information, as long as you fess up when asked point blank.

5: Thou Shalt Not Commit An Act Of Road Rage

When transporting your date from one destination to another, thou shalt obey the rules of the road and be courteous to other drivers. If you happen to be cut off by a kamikaze driver or even get thrown the bird, act as if nothing happened. Do not, and we repeat, do not proceed to chase down the offender.

6: Thou Shalt Not Show Up Over 20 Minutes Late

When it comes to dating, timeliness is next to godliness. The worst thing you can do to your date is keep them waiting. Nobody likes to sit around wondering whether they're being stood up, especially if they're already nervous about going out with someone for the first time.

7: Thou Shalt Not Come On Too Strong

It's considered in very bad taste to make lewd comments about your date's appearance, touch them without permission, or insinuate wanting to get more sexual. When getting to know someone for the first time, most people prefer to keep things on a platonic level. That means putting a nix on the sexual advances. Most importantly, never try to push your date into a sexual situation.

8: Thou Shalt Not Use Thy Cellular

Using a cellular phone during your date can be a major turnoff. By talking on the phone, you're saying that your date is not significant enough to captivate your attention, implying that your work and friends are much more important. That's not exactly the message you want to convey to someone who has kindly agreed to go out with you.

9: Thou Shalt Not Talk About Building A Family

Before sizing up your date for mate potential, take a breather and get a little perspective. Remember, whatever will be, will be. Grilling your date about their desire to have kids will only make you seem foolish and desperate. If you want to find out whether someone would make a good husband or wife, try studying their behavior instead. Actions will always speak much louder than words.

10: Thou Shalt Not Whine

If "I want" figures prominently on your list of most frequently used phrases, then prepare to monitor your behavior during date hours. If you have your heart set on doing something particular, take the lead-just make sure your date is fine with your arrangements. If, on the other hand, you've let your date take control, either voice your dissent right away or pretend you're enjoying yourself.

For more information please contact your Employee Assistance Program at 800-862-3398.