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ASTRO REPORT

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YOUR 2019 SEX & DATING STRATEGY

Jenna Dewan

Moves On,
Swipes Right

Genius Tricks
for Finding
Your Person

+ Next-Level
Hookup Ideas

**BODY-
LANGUAGE
DECODER**

Signs
Your Date Is
Actually
Into You

3 Easy
Ways Your
Phone
Can Make
You Richer

JANUARY 2019

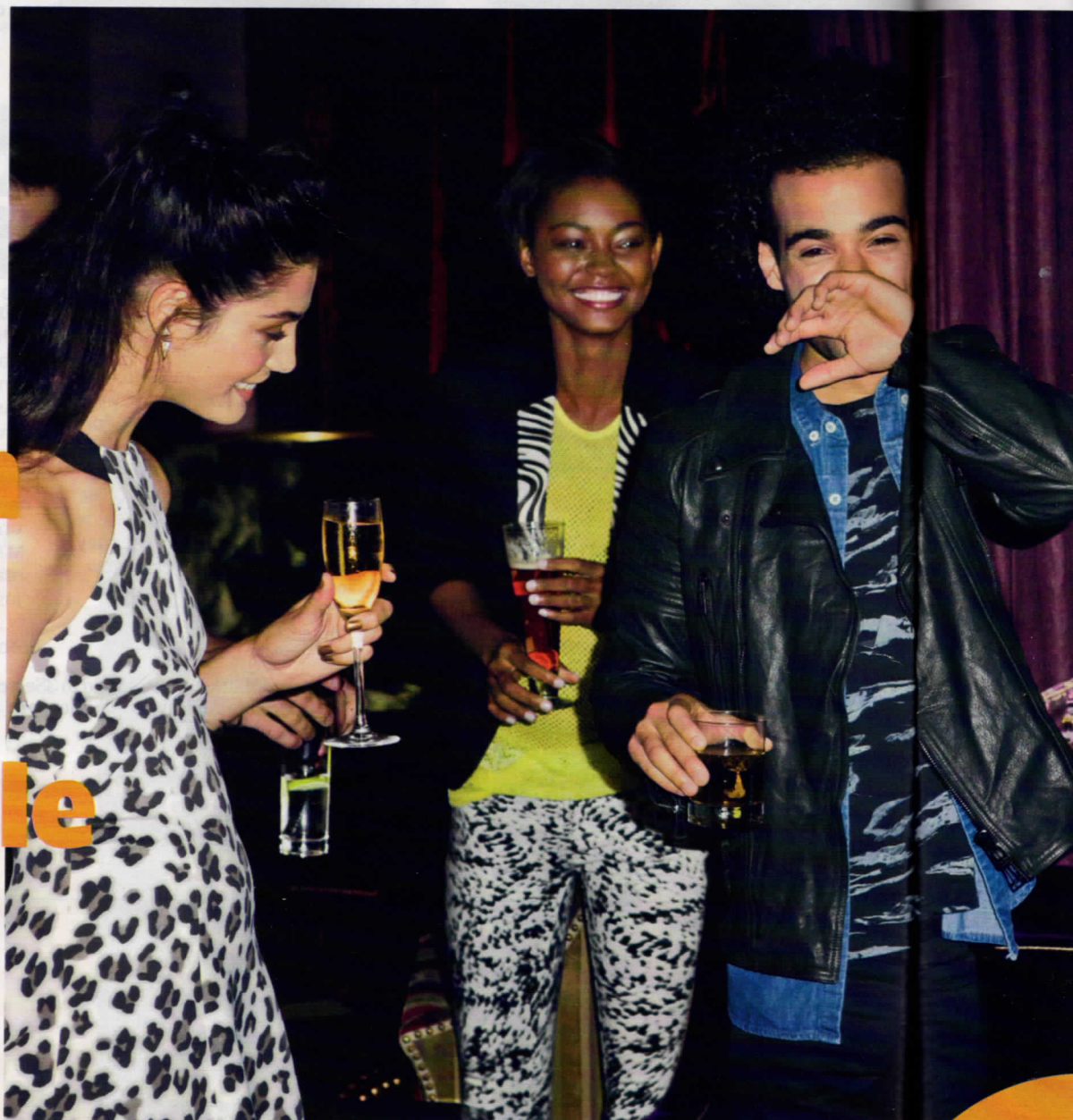
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Fresh Ways to Couple Up

NEW YEAR, NEW DATING STRATEGY.

BY STEPHANIE BOUCHARD



One definition of insanity? Spending 80 minutes a day—or 10 hours a week—swiping through dating-app profiles and hoping that *maybe* this time you'll find true love on your phone...only to end up empty-handed, again. (Yep, this is the average amount of effort people dedicate to searching for a match online, according to a recent survey by dating app Badoo.)

If you feel stuck in (or exhausted by) this disheartening cycle, you're not alone. "But erasing all your dating apps without a substitute for how you will meet someone isn't the right way to go about it," says dating expert

and matchmaker Kavita Ajwani. What is? Keeping an open, optimistic mind and trying unconventional strategies.

Thankfully, the love industry is blowing up with new (and a few retro)

ways for singles to get together. Even big-name apps are on a mission to help the nearly 84 percent of millennials who say they'd prefer to meet someone in real life.

Your challenge this year: Lean in to one or more of the following methods. To choose one that's right for you, ID your own level of dating-app fatigue based on our emoji scale at right, then try out the corresponding tactics.

"More are looking for hyper-approach says dating coach K. Sherm..."



"More people are looking for hyper-personal approaches," says dating coach Paulette Sherman, PsyD.

Ugh, So Frustrated

HACK YOUR DATING APP

Check to see if it offers in-app groups, then join one (maybe "yoga fanatics" or "brunch addicts") and try to organize a meetup. On The League, for example, group members often move into a WhatsApp chat to plan hangs, says founder Amanda Bradford. The payoff: "You'll have something in common with anyone you meet," adds psychotherapist Tina Tessina, PhD.

SWIPE RIGHT ON A BRANDED PARTY

Several apps, like Bumble, now host events for singles in certain cities. For instance, last summer, Coffee Meets Bagel launched The Gathering, an intimate concert series in New York. "We're putting together unique experiences that get people out of their day-to-day activities," says cofounder and CEO Arum Kang. Look for in-app invites.

CHEAT WITH INSTAGRAM

Search hashtags ("#LASurfers") and geotags ("Huntington Beach") to find people who have similar interests as you, then send a DM to an eligible contender: "I love that spot! How long have you been surfing?" As relationship coach Amie Leadingham says, "Connecting this way gives them the opportunity to check out your feed too." If they're interested, they'll reply.

Just Threw My Phone Against a Wall

CROWDSOURCE THROUGH PALS

Sloppy seconds? Yes, please. "Ask all your friends who they know or have gone on a date with recently who wasn't right for them but might be for you," suggests Sameera Sullivan, founder and CEO of matchmaking service Lasting Connections. "Nobody thinks to ask that, but good friends can always refer you to people they've met."

BECOME A LOCAL SCOUT

Your town newspaper's or blog's social-media account most likely shouts out fun events happening in your hood. Check their calendar sections. "That's where you'll find the food festivals, lectures, and classes where interesting people hang out," says online dating expert Eric Resnick. "You could bump into someone great."

BLIND DATE AT A GROUP DINNER

Services like Piña Colada in San Francisco and 8 at 8 Dinner Club in big cities can arrange a dinner for you and other singles you've never met. Just fill out a questionnaire listing things like age, interests, education, etc. The people who best match your profile (and vice versa) are then given a restaurant and time to meet and eat together.

That's It, I'm Moving to the Woods!

BOOK A SINGLES-ONLY VACAY

Programs like Camp No Counselors design camping trips for adults all around the country (think: unsupervised outdoor fun for about \$600). Or blow your savings on a singles vacation like the weeklong sightseeing/party cruise in France that The League hosted last summer (72 percent of the 70 attendees met someone they'd consider dating).

EMBRACE IRL MATCHMAKING

Pro setup services like Three Day Rule get to know you, then screen and vet potential boos and plan your dates. They also virtually eliminate ghosting, since matchmakers get instant feedback from both parties. Such TLC can cost from \$500 to \$5,000 or more, but you can join some companies' databases (like The Bevy's) for free.