

# Dating Dilemmas Video Content

Each category has the specific coordinating table of contents located below the video.

Single & Dating	
1. Where is the best place or way to meet single men?	0:47 - 10:12
2. How do you approach a man? How do you give him your number?	10:11 - 17:14
3. What do you do when a guy “poofs” or “ghosts”?	17:15 - 20:38
4. Will I have instant chemistry when I meet my One? Isn't it best when there's instant chemistry?	20:39 - 23:08
5. When should I have sex with him?	23:09 - 27:51
6. I'm dating a guy that <i>acts</i> like I'm his girlfriend (especially when we're together) but he won't commit.	27:52 - 31:08
7. How do you tell a man you want to be exclusive?	31:09 - 35:02
8. Is it really ok to date more than one person? How do you do it?!	35:03 - 38:34
9. I haven't heard from him in a while. Should I text him?	38:35 - 40:50
10. How do I get out of the Friend Zone?	40:51 - 48:38

Break- ups	
1. Should I break-up with him?	1:26 - 3:01
2. I decided to break-up with him... then I changed my mind. Does this mean I should stay with him?	3:02 - 5:18
3. He broke-up with me! I'm devastated & heartbroken.	5:19 - 14:43
4. I'm sad & I can't stop thinking about my ex. How do I “let go” of my ex?	14:44 - 21:28
5. How do I move forward after a break-up?	21:29 - 24:57
6. Is it ok to stalk your ex on social media? I can't stop.	24:58 - 30:36
7. When should I start dating after a break-up?	30:37 - 33:28
8. I miss my ex— especially since I've started dating again. Should I try to get back with him?	33:29 - 35:17
9. Is it ever ok to get back with your ex?	35:17 - 38:17
10. Should I be friends with my ex?	38:18 - 41:19

## Relationships

1. He's my dream man except for _____. Should I stay with him?	0:30 - 5:43
2. How do I get him to be a better boyfriend?	5:44 - 11:05
3. He says he loves me, but want to take a "break." What does this mean?	11:06 - 14:39
4. Can you make a long distance relationship work? How?	14:40 - 16:57
5. What is considered cheating?	16:58 - 19:29
6. I've been cheated on in the past. How do I ever 100% trust my new boyfriend or anyone else again?	19:30 - 24:21
7. Is it ever ok to snoop through his things?	24:22 - 28:18
8. My boyfriend is "friends" with his ex & that makes me uncomfortable.	28:19 - 31:23
9. I want to get engaged but he always makes excuses.	31:24 - 36:49
10. How do I know if he's my One?	36:50 - 41:51

## The 1st Date

1. Who should pay for the 1st date?	0:43 - 5:05
2. How long should the 1st date last?	5:06 - 7:02
3. What if there's no chemistry? I'm not even sure if I like him or not...	7:03 - 10:23
4. We had a great 1st date but he told me he's not looking for a relationship right now— but is open to the possibility. Should I go out with him again?	10:24 - 13:46
5. I get so nervous before a 1st date! What can I do to calm my nerves?	13:37 - 16:00
6. Should I kiss on the 1st date?	16:01 - 17:36
7. It was a great 1st date & I really really like him now! What should I do?	17:37 - 18:48
8. We had a great 1st date but then I saw he was active on the dating site. Does that mean he's not that interested?	18:49 - 22:35
9. After the 1st date, he's texting a lot— but hasn't asked me out again.	22:36 - 27:24
10. Very quickly into the 1st date, he asked me on a 2nd date. He's been texting quite a bit after. I'm not even sure if I like him— it feels a little too much too soon.	27:25 - 30:56

## Online Dating

1. Why should I pay for a dating site when there's plenty of free dating sites & apps?	0:56 - 7:09
2. Is online dating dangerous or risky? What if I get catfished?	7:10 - 12:09
3. I'm getting messages from so many men I have zero interest in. Do I have to respond to them?	12:10 - 14:53
4. I've been messaging back & forth with a guy quite a bit. I decided I don't want to meet him. What should I do?	14:54 - 17:06
5. Only the wrong type of men are contacting me! What should I do?	17:07 - 21:36
6. A guy simply "winked" at me. Wouldn't be message if he was actually interested?	21:37 - 24:35
7. A man messaged me that only has 1 photo on his profile. I <i>might</i> be interested. What should I do?	24:36 - 26:14
8. A man messaged me a few weeks ago & I didn't respond. I've decided I do want to talk to him. Is it too late to message him back?	26:15 - 28:23
9. I've been contacted by several men I'm interested in. It feels like too much to juggle. How can I place some potential matches on the "back-burner"?	28:24 - 31:00
10. How should an "internet" date go? Is it safe to meet someone off the internet?	31:01 - 35:32