



### How I Cut Down 5 lbs of Stomach Fat Per Week By Obeying this 1 Golden Rule

[Click Here to Read My Story](#)

Home > Living Well > Relationships > Attraction > How to Move From a Crush to a Date

## How to Move From a Crush to a Date

Like Be the first of your friends to like this.

TEXT SIZE: A A | [POST A COMMENT](#) | [PRINT](#) | [SEND TO FRIEND](#) [Tweet](#) 1



How to Move From a Crush to a Date

### Overview

Moving from a crush to a date is no small feat. Crushes are exciting, intimidating and nerve-wracking--and taking action to move beyond them requires courage and vulnerability. It's tough for most people to ask someone out, but it's possible to make the process easier by preparing in advance. Building self-confidence can also go a long way in turning crushes into dates.

### Step 1

Evaluate whether your crush is someone you would really like to date. As Erika V. Shearin Karres, author of "Crushes, Flirts and Friends," points out, crushes hold the potential of love but are most often temporary and superficial. Get to know more about the crush before asking her out. If you believe the two of you could be compatible, it's worth trying to pursue something more.

### Step 2

Flirt with your crush before you try to get a date. Flirting will signal your romantic interest and give you a chance to gauge your crush's reactions. Try giving compliments, asking thoughtful questions about his life, using playful body language or touching him lightly on the arm or shoulder. If he doesn't seem receptive, it might be wise to wait before asking for a date.

### What Really Attracts Men

9 Tips To Set Off An Uncontrollable Attraction In A Man [HaveTheRelationshipYouWant.com](#)

Sponsored Links

### Step 3

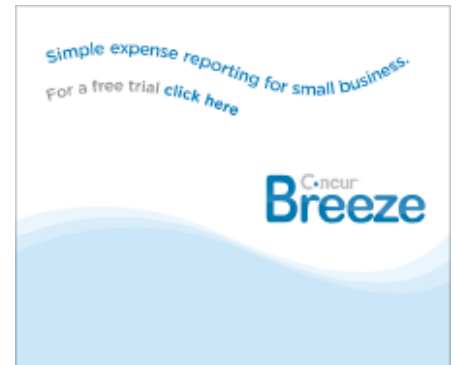
Display your true personality when you talk with a crush. It will help her get to know you better and may improve the chances that she will say yes to a date. Resist the urge to put pressure on yourself to act perfectly, be funny all the time or always say something interesting. Instead, enjoy the process of getting to know the other person, as Henry Cloud, author of "How to Get a Date Worth Keeping," recommends.

### Step 4

Ask your crush to spend more time with you. Suggest that the two of you meet up for coffee, a meal or a game. Try to take pressure off yourself before asking by reminding yourself that the stakes are not as high as you think and that you shouldn't take any rejections personally. Ask casually and confidently--and stay true to your personality when you do.

### Step 5

Build confidence before and during the process of asking someone out. Victoria Michaels Rogers, author of "The Automatic 2nd Date," encourages people to stand tall and hold their heads high, even if they don't feel as confident as they look. Use positive self-talk, praise your own actions and reward yourself for a job well done--even if the result doesn't always turn out to be what you wanted.



Remove this ad. Go Gold! advertisement

## More on this Topic

- [How to Tell if Someone Has a Crush on You](#)
- [How to Know if Someone Has a Crush on You](#)
- [What Are the Signs Someone Has a Crush on You?](#)
- [Signs a Man Has a Crush on You](#)
- [Signs of a Secret Crush](#)
- [Signs That a Woman Has a Crush on You](#)
- [How to Tell If You Have a Crush on a Guy](#)
- [How to Ask a Man Out for a Date](#)
- [How to Keep Yourself From Being Nervous on a Date](#)
- [How to Ask Somebody Out on a Date](#)

[more articles](#)

## Related Videos



[How to Set Guidelines for Teen Dating](#)



[Setting Up a Submission Move in SAMBO Martial Arts: Free Self-Defense Course](#)



[How to Shape Your Ski Turns](#)

### Is He Interested?

9 Simple Tricks To Know Instantly When A Man Is Interested In You  
[CatchHimAndKeepHim.com](http://CatchHimAndKeepHim.com)

### Flirting & Teasing Tips

Meet Beautiful Women. Never Feel Lonely Again.  
[ArtOfApproaching.com/Flirting](http://ArtOfApproaching.com/Flirting)

### Build Your Self-Esteem

Inspiration in Action! Try the Only Social Network for Empowered Women.  
[BraveHeartWomen.com](http://BraveHeartWomen.com)

### Start Dating Mr. Right

10 Qualities Men Love & Admire Attract Men Who Will Make You Happy  
[www.UnderstandMenNewYork.com](http://www.UnderstandMenNewYork.com)

Sponsored Links

### Related Topics

#### Living Well Tools



Symptom Checker



MyPlate



MyPlate D



Target Heart Rate



BMI Calculator



Quit Smoking



Loops



Fitness Tracker

#### References

- "Crushes, Flirts and Friends"; Erika V. Shearin Karres; Adams Media; 2005
- "How to Get a Date Worth Keeping"; Henry Cloud; Zondervan; 2005
- "The Automatic 2nd Date"; Victorya Michaels Rogers; Simon and Schuster; 2007

Photo Credit  
romance image by Mat Hayward from [Fotolia.com](http://Fotolia.com)

Carly Schuna

Article reviewed by RandyS


Last updated on: 07/29/10


**Write for LIVESTRONG.COM**



Health and fitness professionals are urged to apply


[Learn More](#)

**bing** How to Move From a Crush to a Date 




Senior Prank Day

VIDEO



Amazing Orange Crush Acan \$ ...

IMAGES



Amazing Orange Crush Acan \$ ...

WEB

### Member Comments

Be the first to post a comment.

### Add Your Comment

  Post this comment to my Facebook Profile

**Post**

- ABOUT**
- BLOG**
- CONTACT US**
- ADVERTISE WITH US**
- PRESS**
- FAQ**
- SITE MAP**
- MOBILE**

[In the news](#)

[Follow Us](#)

[Browse Topics](#) [Browse Articles](#) [a](#) [b](#) [c](#) [d](#) [e](#) [f](#) [g](#) [h](#) [i](#) [j](#) [k](#) [l](#) [m](#) [n](#) [o](#) [p](#) [q](#) [r](#) [s](#) [t](#) [u](#) [v](#) [w](#) [x](#) [y](#) [z](#) [Recent Articles](#) [1](#) [2](#) [3](#) [4](#) [5](#)

[Recent Member Updates](#) [Recipes](#) [Foods](#) [Routes](#) [Business Listings](#)

Copyright © 2010 Demand Media, Inc. Use of this web site constitutes acceptance of the LIVESTRONG.COM [Terms of Use](#) and [Privacy Policy Updated](#). The material appearing on LIVESTRONG.COM is for educational use only. It should not be used as a substitute for professional medical advice, diagnosis or treatment. LIVESTRONG is a registered trademark of the Lance Armstrong Foundation. The Lance Armstrong Foundation and LIVESTRONG.COM do not endorse any of the products or services that are advertised on the web site. Moreover, we do not select every advertiser or advertisement that appears on the web site-many of the advertisements are served by third party advertising companies.