VANTAGE MEN · PROGRAM 7 OF 10

First Dates She Wants to Repeat

Plan, lead and enjoy first dates that turn into second dates.

Complete tier

The full 30-day program with every exercise and script

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Lessons

Module 1: Format and logistics

Short, active, easy to extend or end. You choose, she can veto.

Drinks, walk or activity

A drink at a bar with good seating, a walk with a coffee, or a light activity (a market, a gallery, mini golf) beat dinner for a first date. They are cheaper, shorter, easier to end and easier to extend when it goes well.

Pick a place you know, near where she can get home easily, with a second venue nearby for 'shall we go somewhere else?'. Arrive five minutes early and be settled when she walks in.

Leading with ease

Suggest, do not interrogate: 'Let's grab a drink at X, 7 on Thursday'. Confirm the day before. Have a plan B if the place is full. Leading logistics is attractive because it removes work from her.

Dress one notch above the venue. Clean shoes, fitted clothes, no logos. Smell good, not strong.

Module 2: Conversation that connects

Curiosity, stories and a little vulnerability. Fewer questions, more exchange.

Stories over questions

For every question you ask, offer something of your own. 'What do you do?' becomes 'I spent the day arguing with a spreadsheet. What was yours like?'. Stories give her something to react to; questions put her on the spot.

Go beyond logistics (job, city, siblings) within the first fifteen minutes: what she is excited about, what she would do with a free month, the last thing she changed her mind about.

Depth and vulnerability

Logan Ury's research at Hinge suggests that dates go better when people show a bit of vulnerability and are present, not when they try to impress. Admit something small and real: a fear, a failure, something you are working on.

Listen for what she lights up about and follow it. The best compliment on a first date is 'tell me more about that'.

Play and tension

Bring what you learned in the Flirting program: a tease, a disagreement held with a smile, eye contact, one light touch. Without it, a lovely conversation becomes a lovely friendship.

Module 3: The bill, the ending, the kiss

Decide in advance so you are not negotiating in the moment.

Paying

If you invited her, offer to pay without making it a thing. If she insists on splitting, split gracefully. Never argue about money on a first date and never comment on what she ordered.

Self-assessment matrix

Circle one number per row. Be honest; this is for you. Score today, at day 15 and at the end of the program.

Scoring

Before = today. Day 15 = midpoint. After = end of the plan you are following.

Criterion	1 looks like	5 looks like	Before	Day 15	After
Format choice	Dinner, long, expensive	Short, active, easy to extend	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Logistics leadership	Vague, late, unprepared	Clear plan, early, plan B	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Conversation	Interview	Stories, depth, play	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Presence	Thinking about the next line	Listening and following her energy	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Nerves	Over-talk or shut down	Settled, warm	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Ending	Awkward, drags on	On a high, with a clear next step	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Consent and respect	Guessing	Reading signals and checking in	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Second-date rate	Rare	Most good dates lead to a second	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Total (out of 40)			__	__	__

Reflection

Before: my lowest row is _____. The last time it cost me something was _____.

Day 15: what changed: _____. What is still hard: _____.

After: biggest shift: _____. Next program I will take: _____.