



# TEXTUALITY

HOW TO USE TEXTING TO GET  
“EMOTIONALLY NAKED” AND ATTRACT  
THE PARTNER OF YOUR DREAMS.



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# INTRO DUCTION

“HELLO.”  
“HI.”  
“HEYYY :)”

However you prefer your greetings, welcome to my e-book devoted strictly to one of the most pressing issues of our dating lives: online communication. From the first message to the final infuriating “you up? ;),” we all have our texting pet peeves and messages we think possibly scared off “The One.” Maybe things seemed so right in the beginning. Sweet “good morning” texts. “Goodnight” texts. “Good afternoon” texts. “Have a good day at work” texts. Too many texts. Oh, and the emojis! Cringe inducing! You were smothered. You had to ghost.

Maybe it started off on the wrong foot when you said “You hear the joke about the airplane?” And they said “No.” And you said, “Oh, it’ll probably go right over your head.”

And it did. It did so fast you heard the *whoosh*.

My husband and I met during the early days of online dating and my experience as a professional dating and relationship coach has given me unique insights into all the ways we shoot ourselves in the virtual foot when it comes to communicating online.

Many people place almost all of their attention on the actual dates: what to wear, what to say, how to smell, where to sit, what in the world to do with your hands etc. But few pay the necessary attention to the crucial moments in between what will hopefully be many wonderful, romantic dates. Texting is often where romance goes to die. And not a peaceful death.



A prolonged, painful death that makes you want to give up altogether.

My “emotionally naked” philosophy can help you bridge the gap in those crucial moments before and after a date. This 2-part e-book will ensure that once you get that phone number, you use that number, and you don’t lose that number. Each part of the book concludes with actual text messages you can use to move your relationship forward. So, swipe right, turn the page, and get ready to get in touch with your *textuality*.

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# PART ONE:

## *Ready, Set, Text*

### The NAKED Philosophy

Texting, like any other part of modern romance, is an art, not a science. As an art, it can be particularly frustrating to come across a texting Picasso while you seem to struggle to draw a circle. But practice, diligence, and intelligence make perfect. The people who find lasting love didn't find it by not being open and excited. Using the same NAKED philosophy I apply to dating overall, you can find just the right formulation of ingredients to start giving and getting great text in no time. **Consider this your texting "recipe book."** You, of course, will bring your own original spice and flair to the equation, but the main ingredients are all here for you.

The NAKED Dater is nothing if not a risk-taker. So, if you're not open to taking textual "risks," then close out right now because this book isn't for you. I'll wait. Close the e-book. Grab some Ben & Jerry's. Don't text anyone and binge watch some shows. Spend a whole weekend doing this, maybe two or three. Spend years just waiting for love to randomly fall in your lap without making any true effort of your own.

Still alone? Still unhappy with that?

That's what I thought.

Welcome back.

To be a truly NAKED dater is to **be comfortable with being uncomfortable**. Change is naturally uncomfortable. If you want to change from a single person into a person in a relationship, that's going to be a process. "Now wait," a nagging voice in your head may say, "I shouldn't have to change! Someone should love me for who I am! Lisa is trying to change me and that is wrong!" That voice you just heard, it is not your friend, it is your Frenemy and will refer to it as such from now on. This e-book is not about changing who you are, but rather, fine-tuning how you express yourself and bringing the natural spark you already have into your text conversations. It's a recipe book teaching you how to properly cook the food that you already love, not an angry chef making you eat anchovies that you hate.

Being a NAKED dater involves a level of self-reflection and self-criticism that we often prefer not to do and our Ben & Jerry's-loving Frenemy in our head tells us we should not *have* to do because we are already "perfect." This voice, this mental block of self-doubt we all have, has its purpose. It comes from the emotional part of our brain, the amygdala. Evolutionarily, it kept us from getting eaten by things that were bigger than us or snarling down weird-looking berries that were poisonous. In modern times, it keeps you from leaving your stove on accidentally when you leave the house or giving the raccoon in your trashcan a big ol' hug because it's so cute. Your Frenemy is fear, in its purest sense. It *means* well, but what it does when dating is discourage you from taking risks to avoid rejection.

You must learn to ignore that Frenemy, particularly when it comes to communication. People are complex!

Meaning and nuance can get lost in the verbal shuffle! Your Frenemy tells you everyone should just know exactly what everyone else means because it's *obvious*. Your Frenemy is wrong. It tells you dating should be or is "easy." It is wrong. Your Frenemy will sometimes, after years of frustration and failed relationships, tell you are unloveable.

**You are inherently loveable.** So it is wrong on that point as well. Train yourself to ignore that voice of fear. Do not give in to a "fight or flight" response when it comes to dating. You're not trying to fight or fly! You're trying to be loved! Hold your ground, mentally, even when you are faced with change. Remind yourself that **change is growth and growth is good**. And changing the way you think about texting will lead to better communication and more satisfying relationships.

# Using the NAKED Acronym

Back to the topic at hand: the ubiquitous and often mystifying world of texting. Your text communications when dating or your *textuality* should ideally be some combination of five factors, easily expressed through this NAKED acronym:

**N - NAUGHTY**

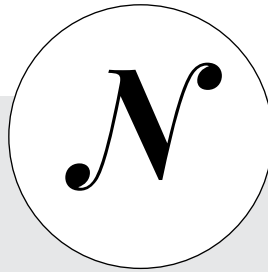
**A - ADVENTUROUS**

**K - KIND**

**E - ENTERTAINING**

**D - DESIRABLE**

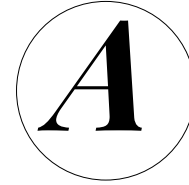
Let's look at each one a little more in depth.



## NAUGHTY

We begin by jumping right out of a lot of people's comfort zones: the naughty text. This can be as simple as a winking emoji to something more explicit (see **"More Example Texts" at the end of each part of this e-book for this type of text and others**). Take some time and figure out your particular brand of naughty. When you are sexually attracted to someone, what is it that turns you on? Is it strictly visual? Is it sonic, like the sound of their voice? Is it situational, like how they send flowers or always know when you're feeling down? Heck, maybe it's the sexy way they text! Use that and bring it to your text messages to spice them up.

Most men LOVE this method of texting. Think about it. Ideally, you both want to have sex with each other at some point, right? Let that knowledge lace your conversations with flirty anticipation. A naughty text in the middle of the day keeps you on their mind, a highlight in what might have been an otherwise very vanilla Wednesday afternoon. It doesn't have to be brazen or inappropriate, just sexual enough to make it loud and clear "Hey! I like you! Physically!" Every single person loves hearing that they are wanted in that way and a lot of people don't hear it enough. So don't be shy!



## ADVENTUROUS

An adventurous text can take many forms, from just initiating contact to planning a fun and interesting date. In an ideal relationship, two people combine to elevate each other's experiences. You make each other better. You do cool things. You go on adventures! Ask where they've traveled or where they'd like to go. Think about forward momentum and spontaneity. Suggest going to a museum you've always wanted to visit or ask if they'll be home later for a random movie night. Maybe there's a new bar in town or you found out the full moon that evening is going to be particularly bright. Any fun excuse to get together is an adventure opportunity.

And when your text lights up their screen, they'll be excited to see what new thing you want to experience with them. If their chats mostly consist of work reminders or the occasional "happy birthday" to or from a friend, this will be an exciting novelty and a welcome reprieve, all thanks to you.

K

## KIND

**This one should be a no-brainer but it's easy to forget: be nice!** This means two things. The first is that you need to remember that nuance can be lost in texts so, before jumping to an uncharitable conclusion about what someone means, think generously and text generously. Realize that something that comes off as playful in real life, can come off odd or downright mean via text. Ask clarifying questions before snapping back or writing them off for good. Just like you learned in kindergarten, you need to treat others how you would like to be treated, so text them how you would like to be texted.

Secondly, a kind text is one that shows you actually care about them as a person. Check in on them. Ask about how their family is or if they got that big promotion they wanted. Show that you're paying attention to the things that they care about. Nothing in the world says "girlfriend/boyfriend material" more than texting someone when they're sick and asking if they need anything. In the span of just a few characters and the push of a "send," you've shown yourself to be the sort of kind and caring individual that everyone needs in their life.

E

## ENTERTAINING

Texting should be fun! You're talking to a person you are interested in, so don't treat it like a job interview or making an event on your Google calendar. Texts have two purposes: fun and logistics. Ideally, you can mix both seamlessly instead of sticking to perfunctory questions or date setting:

"7pm tonight?"

"Cool. See you then."

"That was fun."

"I agree. Next week?"

"Sounds good"

*Booooooring. Yawn. Snoozefest.*

I don't want to sleep with that person. I want to ask them if the job position comes with a decent dental plan. Seriously, this tired back-and-forth is one step away from "Do I have to pay out-of-pocket for my annual cleanings?" in sex appeal. Why not spice it up?

Send links to weird stuff you find on the internet, interesting articles, or funny videos. If you're a comedian, let the jokes fly. Text them about an inside joke just you two share and watch it blossom into a whole wacky world that you can look back at and laugh. Send pictures! Invite them to play on your fave gaming app! **The same sort of fun banter you have with your friends can and should extend to your dating life.**

D

## DESIRABLE

Desirable texting is the overall goal and the idea of desirability is an important dating mantra. If you want to be desired, you have to act desirable. Try to live up to your own standards. Many times we are so busy thinking about what we find desirable in another person that we neglect to act in a way that attracts that person! We don't want to be ghosted, yet we ghost. We don't want the booty call, yet we send the "you up?" text (More on this in PART TWO). If Gandhi were alive today, he might put it like this: **Send the text that you wish to see in the world!**

Think about what you want in a mate. Loyalty? Respect? Humor? A car with decent gas mileage? Great. Now, how can you put those qualities out there via what you say and do. Show loyalty by texting that you're thinking about them. Show them respect by complimenting them on the way they care for their family. Take a picture of your new Prius that you are so very proud of to show you've got great gas mileage game. As much as opposites sometimes attract, desirable and undesired do not mix.

Do desirable things. Text desirable things. Be desired. It all goes together.



FAMED POET MAYA ANGELOU ONCE SAID, "PEOPLE WILL FORGET WHAT YOU SAY... BUT THEY WILL NEVER FORGET HOW YOU MADE THEM FEEL." YOU DON'T WANT TO JUST SAY SOMETHING. YOU WANT YOUR TEXTS TO MAKE THE RECIPIENT FEEL SOMETHING. YOU WANT TO BRING A SMILE TO THEIR FACE WHEN THEY READ THEM. SO WHEN LOOKING AT THE EXAMPLE TEXTS IN THIS BOOK AND YOUR OWN TEXTS IN REAL LIFE, THINK NAKED

## Sending the First Message

In the distant past, winking across a feudal pub or dropping an embroidered handkerchief at a suitor's feet might have been all it took to get someone's interest before the next harvest or whatever punctuated your small village's social life. Consider textual communication the natural extension of this age-old game. But instead of coming once a year, it's always harvest season or Feudal Village Poker Night or whatever got all of us together to get our flirt on back in the day.

Female clients of mine always want the men to do all the chasing. That most likely would have worked in the 1800s, but you also most likely would have died in childbirth. Time to update our thinking. **Do not be afraid to initiate.** Now, here comes Frenemy again: "But if I initiate now, he won't ever initiate *anything*! I'll chase him forever! I'll die waiting for him to text back! I don't want to do that!"

Shhhhh, Frenemy. That is simply untrue. Though texting first does imply risk, we're open to that, remember?

Frenemy continues: "What if he thinks I'm insecure or clingy? What if he doesn't text back?"

You have to ban this sort of constant "what if"-ing from your dating life. Those things might happen. But you're not decreasing the likelihood of them happening by being an aloof too-cool-for-school enigma. You're increasing the likelihood that they will think you're not interested. Which you are! So act like it!

For our first example, let's say you meet in person at a bar or a party or a friend's baby shower or wherever your preferred pick-up spot is. First of all, don't just give the person your number. **Exchange numbers.** Put yourself in the driver's seat. It's empowering. You decided if and when you want to text and what you want to say on your time. You spent less time sitting around waiting and letting Frenemy yammer on about what you did wrong and how the person will never text and all the other awful scenarios that Frenemy likes to remind you of.

Once you have the person's number, remember the NAKED acronym. Keep it short, fun, and flirty. Maybe a quick nod to how you met:

"Was really great to see you a Theresa's baby shower! Hope your night is going well."

That quickly gauges interest, reminds them of the first meeting that made you want their number in the first place, and it's a kind message (our big letter K from NAKED).

In a second scenario, let's say you matched or met through a dating app. Make sure you really **read their profile**. Read the description and look at the pictures. You might find something fun to intro with out of it:

"Nice picture on Mt. Everest! Must have been a crazy trip!"

Or just a straight-up compliment. That never goes wrong.

"What a great smile. How's your Tuesday treating you?"

When dating online, sometimes you have a lot more info available than when you first meeting in person, so use it to make a customized message. On an app, this person might have many messages they're juggling, so don't be afraid to make yours stand out. If they say they like a certain show, open with a quote from it to show you have a common interest. Compliment

their taste in movies or their super cute dog. The big K "kind" and E "entertaining" are crucial in this initial contact.

One final thing: **don't be afraid to pick up the phone and call!**

It sounds archaic, but people like hearing people's voices and men are often afraid to call and lose *their* aloofness. You can't both be aloof and mysterious! You can't both be hunting for clues! This is dating, not a Saturday morning Scooby-Doo cartoon!

Give them a call at a reasonable hour and they will say to themselves, "Whoa, this person is interested enough to make a little time during to actually speak! Amazing!" Just like you enjoy getting a card in the mail from someone who could have just as easily emailed, people enjoy an actual phone call.

# Example Texts: Do's & Don'ts

## FIRST MESSAGES

**DON'T:** "hey"

**DO:** "Hey you! ;-)"

**DO:** "I've been meaning to text you, but I suck at starting conversations. You want to try?"

Just saying "hi" is a fine first message, but adding just a few extra characters makes it flirtier and more intentional. The first choice may come across as "I'm kind of bored/boring." The second message more explicitly says, "I'm thinking about you!" The third is a fun way to break the ice.

**DO:** "Hey! You know what'd make my Monday a whole lot better? Chatting with you"

**DO:** "Good morning. On my way to work and hoped I'd get to chat with a sexy stranger..."

**DON'T:** "I have a major case of the Mondays :("

The second is such a bummer! And instead of suggesting something fun, you put the onus on them to ask what exactly is wrong with your Monday. Keep it light!

## COMPLIMENTS

**DO:** You looked amazing last night. Have you been working out?

**DO:** I saw that picture you uploaded. Hot damn!

**DO:** I could've sworn I saw you at the bar, but it could've been some other super attractive brunette.

**DON'T:** I liked your shirt last night. Looked expensive.

Unless you're looking for shopping tips, commenting on someone's general appearance is better than commenting on their clothes, especially the price of them. The three options have just a hint of "I'd like to see you naked" naughtiness. The third says, "You have good taste. Maybe I'd like to borrow your shirt." Not exactly the vibe you want to send.

**DON'T:** Is that your dog in the profile picture?

**DO:** What a cute dog! What's its name?

**DO:** The only thing cuter than that dog is you.

What answer is there to the first question besides "yes" or "no?" Not really a budding topic of conversation. Take it just a tiny step further and ask a question with a more interesting answer.

# PART TWO:

## *Keeping the Connection Going*

### Setting the First Date

You'd be surprised how many people, particularly men, are clueless when it comes to actually asking someone out. Picture this. You match on an app. Exchange numbers. You send one text. They respond. It's fun and interesting. You're excited about the possibility. You're texting every day now. It seems like things are going great! But somehow you two just turn into electronic pen pals, which is worse than old-fashioned pen pals because at least then you get practice your calligraphy skills. It's a fruitless, if at times entertaining, online exchange that never really goes anywhere.

Now, of course, some people are bored or lonely and have no real desire to do anything but chat. But some are truly dumbfounded by how to turn cool, sexy banter into cool, sexy dates. And some women are too willing to write someone off for not making a move, instead of making the move from online to #IRL themselves.

**The signals people think they are sending via text aren't always received.** That's why it's important to move from texting to in-person as soon as you can. Texting without physical contact can turn into a game. You don't want to become just a screen on someone's phone that they play with, the human equivalent of Candy Crush. You're even better than Candy Crush! You're a real-life person they can do real-life things with! Being a woman that expects more than a text takes you to the next level of assertiveness and attractiveness. Men will take notice.

**So make it easy for him!** For example:

*"I was going to hang with friends on Friday night, but I said I might have other plans....:-)"*

Let him know however you can that you have an expectation that you will see each other and soon. Now, if he responds with vague nonsense after that, that's your cue to move on. But you can't get mad that dates don't happen unless you make it explicit that you really want them to.



# Bootycalls, Dick Pics, & Ghosts

There are certain points of text etiquette that we think all adults should already know to follow and it can be jarring when someone you like breaks one of those rules. Things like very basic spelling and grammar errors can be a huge turn-off. Some people can't stand excessive emojis or gifs. rAnDoM CaPitaLiZaTion is a relic dating back to AOL Instant Messenger circa 2002, but I've seen it rear its uGly HeAd. But, by far, the most annoying type of text women often get is the classic bootycall. Usually sliding into your inbox at some truly odd time of the night or, worse yet, the wee hours of the morning, the bootycall can feel like a brisk and unexpected slap in the face.

"3am? Is this what he thinks of you? You're a lady! You deserve better! He has no respect for you! Get rid of him!" your Frenemy screeches in between your ears when your phone lights up with that late night invite. It's easy to think this type of message somehow reflects poorly on you or what he thinks of you, but that is not the case. Though you shouldn't respond if it comes too late at night, **do not automatically think of the bootycall as a bad thing.** He's showing his interest and being playful in his own way, which is a positive sign! Now, the ball is in your court. You can reciprocate interest while lightly correcting him on his approach. If this is someone you might truly have a connection with, shooting him down because he had three beers and wanted to see you is not the best move.

When you think about it, making that kind of advance puts him or her in an immensely vulnerable position, in the same way asking someone out does. You want to encourage that vulnerability, not snuff it out. You want him to initiate contact, right? Yes, he was a little hamfisted

about it, but that can be changed. Though a bootycall may seem premature or immature, you can channel the desire the person clearly has for you in the correct direction very easily:

"I'm flattered, but it's not my style to meet up so quickly so late at night. But let's make plans this week?"

Using a text like this, you reciprocate interest, let him down easy, and move the relationship forward in a positive direction. If he's someone you want to be with, he will jump at this opportunity to make it right.

But it's not just bootycalls that can make you want to throw your whole phone out of a 10th-story window. Yes, even more jarring than that is the audacious, inappropriate, unsolicited dick pic.

For the ladies, this is the elephant (or, if we're realistic, the crooked cocktail shrimp) in the room. In a serious or long-distance relationship, exchanging explicit photos can be fun and exciting. With the advent of Snapchat, it also need not be permanent. But nobody wants to get up from their desk on a casual afternoon, open a message from a potential suitor, and be greeted with their veiny member propped up on a dirty toilet seat.

(Side-note: These pictures are never well-composed. They're always taken in a bathroom or what appears to be some sort of underground cave. Dudes, if you're going to send a dick pic, at least get the composition right. Do any of these men know basic color theory? Find some flattering lighting! Know your angles! It's the least you could do!)

You stare at the dick pic. It stares back at you. Your eyes widen and then shut quickly. The horror. The gall! "Why? Why me? What have I done to deserve this?" our Frenemy wails and begs you to crack your phone in half with your bare hands just to end the suffering.

MEN: I NEED TO YOU TO REALLY  
PAY ATTENTION RIGHT NOW.  
**WOMEN DO NOT WANT YOUR  
UNSOLICITED PENIS PICTURE.**  
REMEMBER WHEN I SAID DATING  
ISN'T SUPPOSED TO BE A  
SCOOPY-DOO MYSTERY? WELL,  
IT'S ALSO NOT ADULT SHOW-  
AND-TELL. LET THE UNVEILING  
OF YOUR PENIS BE THE MAGICAL  
MOMENT IT IS MEANT TO  
BE, IN FRONT OF A TOTALLY  
ENTHUSIASTIC PARTICIPANT.

Just think it through for a moment. What would a woman's ideal response to this be? "Oh, goody gumdrops! A penis! Trevor, cancel all my meetings today. There's a dick to attend to!" And then she runs over? Would you even want a loon like that to actually come inside your house? She'd probably steal your silverware!

Until then, keep your third leg to yourself, in your pants, and off some innocent lady's phone unless explicitly asked for it. (And then, please, for the love of all that is good in this world, properly compose the picture! No toilet seats! Lighting and angles! Do yourself a favor!)

So, what do you, the recipient, do with this unexpected "gift?"

Whether or not you want to see this person after you've already seen their junk is up to you, but you can shoot them a text like this:

"Wow, I was hoping to see more of you, but not quite so soon!"

Maybe this will be a kind of wake-up call, blood will flow back to his brain, and you can get things back on track. If not, just delete the photo and move on (last thing you want if that erstwhile penis showing up on your iCloud when you're just trying to find your vacation photos.)

While dick pics are perhaps the most shocking, the biggest general disappointment is the ghost. Ghosting is when someone suddenly goes dark on you, bails mid-conversation, and ditches you mid-romantic connection! What once was a bustling text conversation is now such a ghost town it might as well have tumbleweed emojis rushing through it. It's

deserted and you have a right to feel sad about it. It's the worst.

Your Frenemy hates being ghosted and will insist on berating you about everything you did wrong and analyzing every detail of your and their personalities to figure out how this could have happened. "What's wrong with you? What's wrong with them? What does it all mean?"

**Ghosting can lead to a real dating "existential crisis" if you let it, so don't. Instead, think**

**NAKED.** You're a smart person, so look back through your messages to see what could be happening. Did they say they were going out of town or having a visitor? Have they not been feeling well? There are two sides to every story, so be big K "kind" and consider that there could be something happening behind the scenes.

Most importantly before jumping down the rabbit hole of dating woe and crazy accusations, **try to restart the conversation.**

"Hey there, stranger. Long time no chat!"

Still no response? Don't text again. Don't call and definitely don't try to track them down. Just back off. This is when your NAKED dater skills can truly shine. Do a brief reflection on it, but stay grounded. You have to let the relationship go, but you don't have to let it get you down. If you really want a sense of closure, you can send a message like this after a couple days go by:

"I saw you didn't respond to my texts. I was enjoying our connection. Mind if I ask what went wrong?"

Often times, you'll get a genuine response that might give you some insight. But you might not. Either way, you can't put your life on hold. **Just as you don't like every person you meet, every person isn't going to like you and that's ok!** Sometimes things just don't click and doesn't mean there's anything wrong with you or them! It's easy to assign blame, but the NAKED way is keeping a clear head and moving forward towards the next dating adventure.

Sometimes your ghost might turn into a "zombie," a figure that rises from the dead some weeks later, full of excuses. Don't bother responding, no matter how good the reasoning. You did the NAKED thing, reached out, and they couldn't work up ten seconds to meet you halfway and respond with whatever excuse they had. You need to be kind and considerate, but not stupid. If you're staying in the NAKED mindset, you will find that there are plenty of more caring and communicative fish in the sea.

Regardless of whether or not these are the specific texting faux pas you're experiencing, remember: communication is key. Don't assume the person knows they're doing something wrong and never be afraid to say what you want.

**REMEMBER:**  
**COMMUNICATION IS KEY.**

**DON'T ASSUME THE PERSON  
KNOWS THEY'RE DOING  
SOMETHING WRONG...**

# Reigniting Conversation and Reciprocity

We just spent the last couple pages going over some of the pitfalls and annoying texts people send (or fail to send), but let's not lose sight of the whole point: texting should be fun! If you start off on the right foot using the themes from Part One, you'll be one your way to what should be a text chat you love engaging with. It's important to keep that fun energy going and find ways to reignite the conversation. **Keeping yourself constantly on the other person's mind is how you get on the fast track to a committed relationship.** Texts are the perfect medium for sweet little love notes, fun reminders, and other signals that say to the recipient "this is someone I want to keep around."

Particularly past the initial stages, a spicy text game can help a couple stay interested and in tune with each other's lives. We're all so busy these days, but we have the ultimate method of communication in our hands at all times and sending a text takes literal seconds to send. It's truly an invaluable dating tool.

Say a couple days past between dates, you've scheduled another, but haven't spoken. Reigniting conversation can be as easy as reminding the person of how much fun you had the last time you saw them.

"Was just thinking of our last date...And now I can't stop thinking about it."

Sending pictures through the day is also a fun way to keep conversation going. Take a quick shot of something and send a caption like this:

"Saw this [object] and it reminded me of you. Was smiling for the rest of the day :-)"

What these texts have in common is that they are thoughtful, flirty, and remind the person how much you

like them! Everybody loves being reminded that their on someone else's mind. Sending these sort of texts makes you 2000% more likely to receive them. If you like a morning text, send a morning text. If you want to take things up a notch in naughty, send a sexy description of what you're wearing. Remember our friend Text Gandhi: "Send the text you wish to see in the world!"

One final note on an important thing to keep in mind throughout all of this texting fun: reciprocity. As a NAKED dater, you're going to be making yourself uncomfortable, putting yourself out there, but **your effort should not be one-sided**. If they can't be bothered to meet your effort with similar effort, then find someone who will. There is a person out there who will be refreshed and enthralled by your text game. You should make communication easy, but don't waste valuable time yelling into a void. You're a busy, valuable person who deserves textual reciprocity.



**YOUR GOING  
TO MAKE YOURSELF  
UNCOMFORTABLE,**

PUTTING YOURSELF OUT  
THERE, BUT YOUR EFFORT  
SHOULD **NOT** BE ONE SIDED!



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# More Example Texts

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## MAKING THE FIRST DATE

"I bet if you asked me out, I'd say yes."

Sweet, simple, and takes all the guesswork out of it for him. You already said yes!

"I've a feeling you're as charming in person as you are in text."

A clear compliment and a call to action.

"My thumbs are exhausted. Better ask me out quick before they completely give out on me."

Cute, funny, and again makes clear what the expectation is. Make a move, dude!

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## RESPONDING TO A BOOTYCALL

"Someone was up late thinking of me :-). Let's make plans for the daylight hours."

"Though I appreciate the invite, I'd appreciate grabbing dinner with you even more."

"Wow, you're a night owl! Maybe we can grab a movie later this week?"

## RESPONDING TO A DICK PIC

"It's only been a short time and we're already so serious! Want to meet my parents?"

"I appreciate the gift but my birthday isn't until September. Maybe hold off until then?"

"Whoa, slow down cowboy. How about let's start with dinner sometime?"

## RESPONDING TO GHOSTING

"I can't remember the last time we spoke. Let's change that."

"I'd love to be more than strangers."

"Earth to [name.] Come in [name]. We miss you!"

"Stop sending me mixed signals and start sending me memes."

## TEXTS TO SEND AFTER DATE #1

"I can't imagine how we'll top our first date but I'm willing to give it a try."

"Do you always look so cute? Or was that special for me?"

"So what are our plans tomorrow night?"

## FUN QUESTIONS AND FLIRTY TEXTS TO REIGNITE CONVERSATION

"What turns you on?"

"Can't wait to see you later. Picked out a special outfit just for you."

"I dreamt about you last night. I'd tell you the details, but they're a little scandalous...maybe a lot scandalous."

# Conclusion



Texting while dating can be anxiety-inducing and disappointing, but only if we allow ourselves to be ruled by fear. Don't let your thumbs be tied down by all the potential “what if”s. If you approach your textuality with a NAKED way of thinking and an open spirit, you'll find that making the transition from online to in-person is easier than ever before.

So many of our texting problems come from the one literal thing texting is supposed to solve: a lack of communication. Say what you mean, mean what you say, and don't be afraid to truly take risks. By doing this, you will attract people who also bring that sort of emotional fearlessness to the table. You'll be able to set amazing dates and have incredible experiences, ones truly worth texting home about. Then, not only will you have a fun text life, you'll have a fun real life too!

Depending on how long you've been single, it's easy to get discouraged. But don't allow bitterness to stop you from being truly open to love. And don't allow your misplaced pride to keep you from texting back a potentially great partner. And, perhaps most importantly, don't let your internal Frenemy beat up on you if you make a mistake or if someone doesn't text back. Take back the power by spending less time worrying and more time texting!

“That's all for now. Ttyl and happy dating :-)”