

ISSUE 01 - PREMIUM COMPANION

The Swipe System

A practical extension to the Women's Edition: frameworks, scorecards, decision tools, and pages worth returning to before and after the date.

THE SWIPE FIVE

Attraction. Do I genuinely want this person - not just their attention?

Effort. Are interest and initiative reciprocal?

Character. How do they behave when charm is not required?

Lifestyle. Could our actual lives fit together?

Intentions. Are we moving toward compatible things?

The question is not only, "Do they like me?" It is also: Do I like the evidence I am receiving?

THE 3C TEST

Chemistry creates energy. **Character** determines trust. **Compatibility** determines whether two real lives can work. Strong chemistry cannot substitute for the other two.

TOOL 01

The 24-Hour Date Debrief

Do this after the emotional high has settled, but while the details are still fresh.

Dimension	1	2	3	4	5
Attraction	■	■	■	■	■
Conversation	■	■	■	■	■
Emotional ease	■	■	■	■	■
Curiosity about me	■	■	■	■	■
Reciprocal effort	■	■	■	■	■
Lifestyle fit	■	■	■	■	■
Values fit	■	■	■	■	■
Respect for boundaries	■	■	■	■	■

Ask yourself

- Did I feel more like myself as the date went on?
- Did I enjoy them, or did I enjoy being chosen?
- What did they actually do that I liked?
- What am I explaining away already?
- Would I still want a second date if I knew they were definitely interested?

TOOL 02

The Situationship Audit

Use this when the connection feels emotionally significant but structurally unclear.

- We have discussed what each of us is looking for.
- Their actions are consistent with their stated intentions.
- Plans happen in advance, not only at convenience.
- I can ask reasonable questions without fearing I will 'ruin it.'
- Affection and intimacy are not the only forms of investment.
- I know what would need to change for this to become a relationship.
- I have a personal deadline for how long I will remain in ambiguity.

If clarity repeatedly feels dangerous, the ambiguity itself is information.

SWIPE FILE

Before You Send That Text

A small filter for messages written from anxiety, irritation, or the need for reassurance.

- 1. What am I trying to achieve?** Connection, information, logistics, repair - or relief from anxiety?
- 2. Would I send this if I felt secure?** If not, wait until the emotional charge drops.
- 3. Is there a cleaner sentence?** Say the actual thing instead of testing, hinting, or performing indifference.
- 4. Am I matching a pattern I dislike?** Do not use poor communication to protest poor communication.
- 5. Can this conversation wait for a call?** Nuance often deserves a voice.

Example

Instead of: "Guess you're busy lol."

Try: "I enjoyed seeing you. If you'd like to do it again, let me know when you're free."

Instead of: disappearing to see whether they chase.

Try: communicate your level of interest once, then watch what they do with the information.

REFERENCE

Green Flags Are Behaviors

Look for repeatable evidence, not labels.

- They follow through on small commitments.
- They can disagree without punishing or humiliating.
- They are curious about your inner life, not only your availability.
- They respect a no without negotiation.
- They speak about past partners with proportion and accountability.
- Their warmth does not disappear after intimacy.
- They can make plans, adjust plans, and communicate changes.
- You do not need to become smaller to keep the connection calm.

A green flag is strongest when it costs the person something: time, convenience, ego, patience, or effort.

WORKSHEET

Build Your Standards Before Chemistry

Standards work best when they are written before you have someone specific in mind.

NON-NEGOTIABLES - What must be present for a relationship to be healthy for me?

- _____
- _____
- _____

PREFERENCES - What would I enjoy, but could flex on?

- _____
- _____
- _____

DEAL BREAKERS - What evidence means I leave rather than negotiate myself out of my values?

- _____
- _____
- _____

EDITORIAL NOTE

The Man You Invented

Potential can become a relationship with a person who does not exist.

When attraction is strong, the mind fills gaps. A thoughtful message becomes 'emotionally mature.' A good date becomes 'relationship potential.' A future plan becomes 'serious intention.' The correction is simple: separate **what happened** from **what you concluded it meant**.

Write the evidence in one column and your interpretation in another. Date the evidence.

Evidence: He planned Saturday three days ahead.

Interpretation: He is serious about me.

Evidence: He said he is not ready for exclusivity.

Interpretation: He will probably change once he knows me better.

The first example may support interest. The second is a warning against replacing stated reality with imagined potential.

KEEP THIS PAGE

Your Next-Date Card

Screenshot this page. Read it before you leave.

- I am going to learn, not audition.
- Chemistry is information, not instruction.
- I can be warm without over-investing.
- I do not need to decide the future tonight.
- I will notice how I feel in my body and how they treat other people.
- I can enjoy a date that does not become a relationship.
- My job is not to be chosen. My job is to choose well.

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