



Online dating can be tough, painful, and soul-destroying but it doesn't have to be. Trying to increase your chances of getting more matches and improving your presence on dating apps? Check out this little black book!

The Other Little Black Book

By Mel W

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The *Other* Little Black Book
1 Essentials for Men on Dating Apps

Mel W

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Print ISBN: 978-1-958892-37-4

Ebook ISBN: 979-8-88531-704-7

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Published by BookLocker.com, Inc., Trenton, Georgia.

BookLocker.com, Inc.

2024

First Edition

Library of Congress Cataloging in Publication Data
W, Mel

The Other Little Black Book: Essentials for Men on Dating
Apps by Mel W

Library of Congress Control Number: 2024921515

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INTRODUCTION

To be honest, online dating can be tough, sometimes painful, and even soul-destroying, to say the least. There are a variety of reasons why this can happen, but the good news is that it doesn't have to be that way. If you want to improve your online dating efforts, this little black book may be just what you need.

Of the 3.2 million Australians who used dating apps last year, 73.9% were men. This explains why in a highly competitive arena, men really need to improve their chances of getting a match to at least have a place in the race. It is important for men on dating apps to put their best foot forward because people judge a book by its cover in the online jungle.

Putting your best foot forward is one of the most significant things you can do to stand out from the crowd. It's the little things like taking more time to craft an attractive profile, with well-written details and an appealing photo.

I am often called the 'Date Whisperer' and have seen it all. When reviewing dating apps, I've noticed men miss out on

potential matches because of their profile content. Helping men shine online.

To help men put their best foot forward in the online dating area, I created Mel W & Co to provide a range of online resources, including articles, videos, and podcasts, to help men take their dating app game to the next level. It's about helping great guys who are overlooked by potential suitors.

This book is designed to assist you to navigate the online dating world more efficiently. It includes helpful tips on creating a profile, writing messages, and selecting the right people to connect with. It can also help you understand misreading online situations. To make it easier, there will be summarised tips at the end of each chapter.

My advice on dating apps has always been simple, in an online jungle where people judge a book by its cover, do not waste valuable opportunities to put your best foot forward,

This book will take you from being on the dating app bench to a dating app pro to increase and improve your online presence.

“If you really want to do something, you’ll find a way. If you don’t, you’ll find an excuse.”

— Jim Rohn

STEP 1: THEIR CODE AND YOUR BOUNDARIES

“To be prepared for war is one of the most effective means of preserving peace.” – George Washington.

This chapter is all about preparation and awareness. Prepare yourself for combat and be aware that it is psychological warfare out there.

Technology has made people highly accessible. Like most things, it's about balance. Like the Yin and the Yang. Like sugar and salt. So, while people are highly accessible, they've also become highly disposable. This creates space for online antics.

Flirting on social media through private messaging, chatting on WhatsApp, and using dating apps can almost be compared to a virtual prison yard. Prison yard rules should define how prisoners act. They set the boundaries for what is acceptable and what is not according to their code.

The rules are loose for the social inmates you will encounter in a virtual prison yard. This chapter will help

your ability to be your own virtual prison guard. It will also help you deal with social inmates, whether it be on apps, social media, in person or from afar.

To maintain your own peace inside, prepare for the war. To do that, you must understand that if you are a newbie online, you will likely encounter some crappy behaviour. If you are not new, then no doubt you have encountered some of the codes in this step.

With these codes, a person's manners and social accountability seem to have gotten lost somehow. Set your boundaries for what is acceptable and what is not according to their code. Here are a few tips to prepare you for a war where there are no real rules. Please note that some of the codes may be more applicable when your connection is in person and beyond dating apps. Still, it's important to be aware and prepared.

Their Code: Blocked. You have been blocked. All communication has abruptly ended and permanently by blocking your phone number or social media accounts and you can't access them, and you can't see any of their accounts.

Your Boundaries: Move on. If you've been blocked, try to figure out when it happened, then avoid repeating it with the next person. Albert Einstein said, 'Insanity is doing the same thing over and over again and expecting different results.'

Their Code: Breadcrumbs. Leads you on. Drops small crumbs of interest e.g. an occasional message, phone call, date plan, or social media interaction. Inconsistent contact. Usually doesn't intend to follow-through.

Your Boundaries: Fly away! You are an eagle, not a pigeon. Breadcrumbs are for pigeons! Respect yourself, spread your wings and fly away.

Their Code: Paperclipping. It is like breadcrumbing, where someone enters your life to feel good about themselves and then leaves yet again.

Your Boundaries: Close the open house! Next time you see them coming, shut the front door. You are not a cheap rental. Don't let people rent your valuable time for free. Bam! Boom!

Their Code: Ghosting. Abruptly no longer accepting or responding to phone calls, instant messages, etc. You can

send messages and can see their accounts, but they don't respond or acknowledge you.

Your Boundaries: Do not disturb. If someone ghosts you, respect the dead and never disturb them again. Amen!

Their Code: Fire dooring. Your connection only works in one direction, like the fire escape doors at work. They open to evacuate down the stairs when there's an emergency, false alarm or a fire drill. However, from the outside the doors don't open to come back up.

Your Boundaries: Get into your Honda and drive away from Rhonda. Eventually, you'll feel exhausted without the Fire Department. Learn to read the room. You have two choices if you are always initiating contact... don't come back after the fire drill OR stay and ride through all the false alarms and fire drills and stop complaining.

Their Code: Cookie jarring. The person you have been seeing (without an official status) has little intention of entering a relationship with you but keeps you while seeking other partners.

Your Boundaries: Put yourself on a cookie-free diet. Reduce those calories and cut your losses. If you think this is about the chase and find it appealing, you might want to do some internal work. You deserve better so set boundaries and stick to them to protect yourself.

Their Code: Cushioning. If the current relationship fails, they always have other options to consider. This gives them a sense of security if the current relationship doesn't work out. Despite their commitment to one person, they entertain other romantic possibilities.

Your Boundaries: Use this cushion at your own risk. There is nothing soft about this cushion. This cushion has energy vampire powers. It is filled with rocks. Do not pick it up. No more needs to be said, the definition says enough.

Their Code: Freckling. UV rays stimulate melanin production in the skin, causing freckles. Think of a summer holiday, when the sun's out, the freckles are out. When the days get colder and there is less sun, these types disappear. Just like freckles appear in the summer they'll be gone by winter.

Your Boundaries: Slip, slop, slap! Slip on a shirt. Slop on dating app sunscreen. Slap on a hat to protect you from

sun and pack lightly. Protect yourself when summer ends. Enjoy it knowing it may not last longer than the vacay.

Their Code: Hard balling. Their expectation of a relationship is crystal clear, whether a long-term partnership is desired or a casual one or a hook-up only. They have told you what they are prepared for or capable of.

Your Boundaries: Listen to them! Having two ears and one mouth is a positive thing, so listen more and speak less. Trying to talk to them out of what they want might be perceived as needy or that you didn't listen. When their expectations prevail, prepare yourself not to be upset.

Their Code: Haunting. An ex or former flame is still very much present on your social media. You no longer interact, but they still view all of your stories, like all of your posts, and even comment on them.

Your Boundaries: Too easy! Look good in your posts and reels. Look authentic. Look fun. Look happy. Do not write passive aggressive hints. Do not post photos of you groping others or sloppily kissing someone. Look like the guy everyone wants to be and be with.

Their Code: House planting. They treat you like a houseplant. They water you occasionally. They treat you like an object, not a person.

Your Boundaries: You are not a mushroom! Soon they'll treat you like a mushroom, keeping you in the dark and feeding you pooh so they grow! Ever smelt a mushroom farm? One of the most pungent chemicals in mushrooms is ammonia. A hot, humid environment intensifies the smell. You need to block that nose and walk.

Their Code Mosting. This is when someone goes overboard with all the fluffy compliments and romantic talk, then disappears. It's not someone complimenting and flattering; it's someone pretending to be totally smitten for some cheap interaction to feed their ego.

Your Boundaries: Lights, camera, action. Without meaning and purpose, words are cheap. Do not forget that. After many promised words are said, actions are the currency you should invest in. If they promise the world in messages or phone calls, see if they follow through. Words can be as fake as a cheap toupee without a fire hazard rating tag – dangerous as they are likely to be made of cheap, highly flammable materials.

Their Code: Pocketing. You are hidden from their friends, family or on social media. While it can be unintentional, sometimes pocketing stems from shame - figure out if it is yours or theirs.

Your Boundaries: The band aid needs to be ripped off. Bring it up. Address it. Ask them why. Regardless of the initial pain, it needs to be done. If you do not raise this issue, as in not removing the band aid, this situation will most likely get more serious. Reduce the risk of an emotional infection and remove the band aid quickly.

When you remain hidden in a dark pocket, you will eventually become insecure and toxic emotionally. It's human nature.

To help reduce inflammation and pain that is about to occur, apply R.I.C.E. – Rest to recover. Ice the temptation to beg for their return. Compartmentalise the memories and focus on your future. Elevate beyond yourself to something that makes you feel good! The person you are with should feel proud to be with you.

You know what to do - Remove the band aid and apply R.I.C.E.

Their Code: Slow Fade. It's when someone slowly ends a relationship but doesn't tell you about it. They slowly distance themselves from you. This is a way to avoid confrontation. Instead of telling you it is over, they will start to see you less, call you less, and make more excuses for not being able to see you.

Your Boundaries: Recognise the signs my brother! This is like when people slowly release air out of a balloon. Like an inflated balloon, it is full, smooth, whole and round. As the air slowly escapes, the balloon slowly becomes saggy, deflates, and eventually becomes extremely flat with crêpe like texture!

This is called slow rejection or love exhalation. It is cruel. Recognise the signs and take the necessary steps. Try talking. If they are not willing to talk, walk away!

Their Code: Submarining. They have been romantically involved with you. Something more than just friends with benefits bed buddy. Feelings and commitment were involved. Then suddenly, they ghosted you. They disappeared without notice. As if nothing had happened, then they resurfaced without an apology or explanation.

Your Boundaries: Do not engage or entertain yet again. Abort the mission! Invest in a floating vessel that is always above the water. Promote yourself to captain and take charge. Sail to another ocean and embark on a new adventure. People treat you according to how they value you.

YOUR TAKEAWAY CONTAINER

Be aware that not everyone knows how to behave. Sometimes it is not about you. It's about them.

If it looks like a duck, behaves like a duck, and quacks like a duck, then it's probably a duck and not the swan you're hoping for. Don't ignore the situation, act.

Your boundaries are more significant than their codes.

Staying is a choice and walking away is also a choice.

Choices + boundaries = freedom.

Your life is yours to create. Speak up!

*Not your circus, not your
monkeys but you may
meet some clowns.*



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