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**Title: Online dating starts with a worthy profile**  
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Now that the stigma is gone, more and more singles are mating and marrying after meeting online.

With the growing interest, dating Web sites are making background checks in an effort to make cyberdating almost painless--almost. There is that small detail of writing an "expose" of who you are, what you've done and why you are worthy of a date. Oh, that. Many of you have told me that writing your profile blows. But it doesn't have to. Writing a profile is like having great sex. It should last long enough to get a tingle, but leave the participant wanting more. Your profile is your only means of connecting, so fire it up. Remember:

- Keep your clothes on. Your reader has not yet earned the right to know your intimacies. No need for full disclosure. Getting naked too early does nothing but show a few unwanted blemishes.

- Flash some of your goods upfront. You've got one sentence next to that mug shot to get your readers' attention. 'I'm a nice girl ...' is sweet, but boring. Besides, everyone's nice online. Inject your personality into your writing, otherwise you'll sound like everyone else. Get the date before you bore the hell out of them.

- If Fabio says it, you shouldn't. Write about your likes and dislikes. Long walks on the beach? Please. If you could do anything today, would you really fondle nature?

- Save your past traumas for later, this is foreplay. Your reading public doesn't need to know about your heartbreak and struggles. Everyone's got them. Stay light. Talk about awards you won as a kid or other silly events in your life. Leave the heavy stuff for when someone's around to support you.

- Self-pity will not get you laid. In researching these sites, I saw a profile that read "If you can get past this picture, then maybe we'll be good together." The rest of the droning profile was filled with wallowing descriptions and a disheveled perspective. Mmm, how can I get some of that?

- Use your friends. If you feel the need to brag, use your buds. "I'm charming," sounds pompous. "My friends tell me I'm gracious" sounds at least believable. Having friends is always a plus. Having friends that seem to like you is even better.

- If you're not pleasant or you're not fit, so be it. That's you. Better to not give false expectations: Most likely you'll either scare people who could connect with you or attract those who want you for the wrong reasons. That's a waste of time, folks.

- Tell your spotter first. If you can't tell your gym buddy, don't reveal it to a stranger. Protect yourself. The only difference is the keyboard.

- If you give readers the paddle, get ready to be spanked. On the friskier sites, people expect full disclosure. So watch your friskiness. Don't set the bar lower than you're willing to bend.

- Watch your screen name. "PRTYGRL" wanted to know why she was getting responses from guys who wanted only a quickie. Now, that's a stumper, hmmm.

Cyberdating can juice up your social life--with an honest profile and a ready 'tude. If you find you're not attracting who you want, change what you say and not who you are. Then it's up to your readers to answer the question asked by Britney Spears--and now you--  
"Can you handle my truth?"

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