**Is she into you?**

There are only so many ways that one can get a date, walk up and ask her out, or you take a step back and evaluate the situation, and take a strategic plan of attack. Regardless of how old you are, whether you are asking her to your firs frat party or an office party; there will always be doubt and hesitation.

The bottom line is, go in with a plan and the knowledge to shield you from embarrassment. There are going to be times when, sorry guys, she is not going to be interested, regardless of what you say or do. The important thing to do is recognize when she is letting you down easy. Here are a few tips and suggestions to help you understand the ‘mysterious’ language of women.

1. **Open conversation**. If you are able to carry on normal, diverse, flowing conversations with the ladies than you are in the door. The important thing to remember is that the conversation requires eye contact, body language and dialogue. If these things are missing, chances are, you may not have her undivided attention. If this is the case, after about 10 minutes politely excuse yourself from the situation, thank them for their time and move on.
2. **Family Matters.** If you have been dating for a little while and she has asked you to meet the family, this is generally a good sign. If you are reading this with the concern that she is losing interest. That is your first mistake. You’re reading her signals wrong. If you are meeting the family than she is more than just interested. From her the next move is all yours.
3. **When you need her**. You find yourself wanting to talk to her with the good news, and with the bad. And every time you call, she is busy; a show little interest or, doesn’t seem to understand. These are signs that perhaps this relationship has gone stale, needs recharging, or she is just not into you, or is a little on the selfish side. Regardless, this is usually a big red flag.
4. **When you’re not around**. Do you find yourself wondering what she is like at work or around her closest friends? Not sure that she is the same person with you that she is with her family? When she is comfortable around you (goes out with you in a ponytail and no makeup) or is happy lounging on the couch in her sweats this shows you that the bond is there and she values you in her life. If you notice she is still ‘overly chipper’ and fake at times, chances are you are still in that “new stage” and this may be something to look into. A lot of times women don’t know that they are still doing this, or may feel there is “something missing” from the date or relationship. This may be a sign she is trying to let you down gently.
5. **All for you**. Now this is where things may get a little confusing. Yes, we want her to be comfortable around you and be happy. But when she wants to look her best for you, and goes out of her way to be presentable (this can be done without hairspray, makeup and heels) than she is showing you that your opinion of her matters. IF she didn’t care that would be present in her presentation of her apparel and hygiene. Again, do not confuse this for relaxing and going for the natural style.
6. **She will pencil you in**. Finding time together is something that seems to be rare. Even from the first time you asked her out, it seemed as though it was more of a “hassle” for her to find a free afternoon of night. Sorry guys, if she was into you, there would be no question as to when she was free to hang out.
7. **Just called to say...** When you get that random text message or phone call to say “what’s up?” or “Was just thinking of you”. When you get to this stage guys, really, there is nothing to stress over. And eventually, yes, the text message and phone calls will get old. But just remind yourself, when that happens, there is no doubt she is into you.

Overall from all of the different tips and signs mentioned above the best thing that one can do is watching the body language. Watch for different subtle signs. If it’s a girl you saw from across the room and you want to ask her out, watch her body language and eye contact as you approach. Does she stand up straighter, fidget with her hair and clothes as you walk up to her? Is she looking around nervously and smiling? Strike up a conversation, see what happens.

If you approach her and she seems to fidget with her purse or belongings as if she is ready to leave, or rushed to finish her drink as you approach chances are, she is looking for the shortest conversation possible and the quickest route to the exit sign. This is when you take your loss and move on. The bottom line is you don’t have to go into dating or relationships blindly, be smart, and watch for signs and signals.