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Hello and welcome to 6 minutes English. I’m Dan. And hello I’m Rob. In today’s program we’re going to be looking at what our brains are doing when we are using dating apps. Now Rob, have you ever use the dating apps?

No way, I would never use one. So Rob, can you explain when talking about dating apps?

What we mean by swipe left and swipe right?

Ah yes, these are not new words but technology has given them new meaning. To swipe is the movement of your fingers on the smart phone to change the screen you’re looking at. So imagine turning the page in the book. Well, on a phone you swipe. In some dating apps they show you pictures of people you might find attractive. If you do like them, you swipe right. If you don’t like them, you swipe left. We will dig deeper into this topic shortly but first a question. In the UK, approximately how many marriages start with the couple meeting online?

Is it:

A, 1 in 3

B, 1 in 4

Or C, 1 in 5

What do you think?

Um well, all of those seem quite high to me so I’m going to guess in the middle 1 in 4. Well, we’ll find out if you right later in the program. Now, Alice Grey is a science communicator and blogger recently she was a guest on BBC radio for women’s hour program and she was asked about what goes on in our brains when we use dating apps compare to when we meet people in real life. What different does she say there is.

It is very interesting that just with the instantaneous swipe left, swipe right that the process in our brains of how we pick out a suitable mate will be very different when actually it’s really similar to how we do in person.

So she says that what goes on in our brains is actually very similar, online we make decision very quickly about who we like. These decisions are almost immediate. She uses the adjective instantaneous for this so we make the instantaneous decisions then choose to swipe left or swipe right. In real life, we do the same thing. We know almost immediately when we see someone. If we find them attractive or not. Although of course in digital dating once you swipe left you will never see that person again and you won’t have a chance to meet. In the real world, you could meet someone you don’t find attractive instantaneously and then get to know them and find that you do quite like them. Yes, it is true. But then possibly they won’t like you and then you have to deal with rejection. Rejection is when someone doesn’t find you attractive and I don’t want to spend time with you or get to know you so what’s the difference in our brains between online rejection and real life rejection?

Here’s Alice Gray again.

We see that a lot of the patterns associated with rejection in real life and rejection on dating apps are similar. It’s just the exposure to be rate them out for rejection you get on dating apps is a lot higher than the one in real life. So in real life you have time to soft compute the rejection, get over a little bit and just for fell and get on with it whereas the rate rejection of dating apps is so high often hard to cope with one coming after another.

So she said that our brains respond to real life and online rejection is quite similar. But in the digital world. You can be rejected many more times. In real life you have a bit more time to recover from rejection. To get over it that’s she said. You can dust yourself off which is the way of saying that you think positively to make yourself feel better. Imagining falling on over the ground when you get up, you might be covered in dust and dirt. You need to dust yourself off to make yourself ready again before you carry on.

In the online world though, you don’t have that type. Online dating apps can lead many rejections psychologically that can be difficult to manage. Another way of saying difficult to manage is difficult to cope with.

Well we don’t want you to reject us so time now to give you the answer to that quiz question before recap of today’s vocabulary. I asked in the UK approximately how many marriages start with the couple meeting online. Is it

a) One in three

b) One in four or

c) One in five

So I said the one in four 25%. Was I right?

Sorry Rob the answer is a) one in three. Does that surprise you?

Yes, it does. I didn’t think it would be that high.

It’s the sign of the time, Rob. Digital world, Digital Dating. Let’s have a look at the vocabulary. Ok

We started with the verb to swipe the movement of our finger on the smartphone or tablet screen to indicate whether we like someone or not. Swipe right for like. Swipe left if you don’t like. Our decision to find whether we like someone or not are often instantaneous. This adjective means immediately, at once.

Rejection is when you let someone know that you are not interested in them. You don’t want to romantically involved with them.

If you are rejected you might need some time to feel better, and for this you can use the phrasal verb, get over. It can take sometimes to get over a rejection.

Yeah I know. Being positive and optimistic after a rejection can be described as dusting yourself off. But having many rejection can be difficult to cope with, which means it can be difficult to manage, difficult to keep positive.

Well we hope you don’t swipe left on this program and will join us next time. Remember you can find us on Instagram. Facebook Twitter, YouTube and of course, our website bbclearningenglish.com

And don’t forget our new BBC English app.

Oh good idea. See you soon. Bye

Bye bye.