First date advice for if you're feeling nervous after lockdown

Going on my first date post-lockdown, I was **bricking it.**

We had been messaging on a dating app for about three or four months. Spending all that time texting meant I was more **stressed out** than normal. I felt more invested than I usuall and I was **worried** that if we didn't connect in person, all our conversations would be a huge waste of time.

I spent most of the date in a bubble of **nervous panic**. Did my breath smell? Was I sitting weirdly? Did I look like I was listening? Was I being funny and charming and clever? But, it's not just me with post-lockdown dating problems.

The psychology researcher Ash King says "some people are **afraid** the date won't go well, get **disappointed** and face a **miserable** and **lonely** future**"** and she adds "You can create a better connection by simply being curious about the other person. Just go step by step have fun and **relax**". Many of her clients are also feeling stressed about post-lockdown dating.

Kelly Lehmann, 30, met her partner online, they went on a date and they have been a couple for 6 months. "My dating advice would be 'Just do it', honestly. We might get locked down again, so get out there," she says.

Source: adapted from ABC, Everyday

1. Match the words in bold from the text with the pictures and meanings

1. Extremely worried

2. Opposite of tense or anxious

3. To feel upset

4. Fear or anxiety

5. To feel unhappy

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6 Extremely scared

7 Unhappy because you have no company

8 Alarmed

9 Terrified

2. Watch the video and select all the adjetives that you hear

Moody

Honest

Optimistic

introverted

Rude

shy

Talkative

Sincere

Sarcastic

Outgoing

Romantic

Friendly

Reserved

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3. Watch the video again and tick the correct adjetives to describe Catherine, Angelique and San.

- Honest
- Outgoing
- Sarcastic
- introverted
- Sincere

- shy
- Optimistic
- Happy
- introverted
- Outgoing

- Sarcastic
- Reserved
- Romantic
- Sincere
- introverted

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