

## How to Do Online Dating so it's Fun, Successful, and Safe



### Episode 45: How to Do Online Dating so it's Fun, Successful, and Safe with Lisa Copeland

**Gregory Anne:** Welcome back everybody. To another episode of rebellious wellness over 50 today, we're going to talk about dating. Do not leave the room. If you're one of those people who would love to do it, but you think it's going to suck or you're afraid, or you feel like you're too old. Stay with us. My guests, Lisa Copeland is an expert in dating over 50.

She's going to help us. So Lisa, welcome.

**Lisa Copeland:** Hi Greg. It's so nice to be here with you.

**Gregory Anne:** It's great to be here with you because, heck, it's a big topic. I just read about mid-life divorce, later in life divorces and or separations from long-term partnerships. And I interviewed a woman who lost a spouse, but met somebody during COVID and actually all in the past year and a half got engaged and is now married.

And all of that happened during COVID. And so that should give other people some hope, but tell us a little bit about your story. How did you get to be this dating expert?

**Lisa Copeland:** I will tell you that. But first of all, yes, a lot of my clients safely found amazing men during COVID and even now people are more serious.

They don't want to be so alone and people want to be safe. But yes they've gotten themselves into amazing relationships during COVID.

**Gregory Anne:** That's a good news to start with.

**Lisa Copeland:** Okay. So how did I get into this? I was married. I had two marriages, one for 24 years. That's my children's father. And then I was in a marriage based on total chemistry. And I have so many clients say to me, oh my God, I have to have initial attraction. I have to have chemistry. And the problem with chemistry, especially if it's really intense, it is not sustainable. And he and I, we got married too quick and we still had amazing chemistry, but there was no friendship in the relationship. So I would say almost two years to the day we got married, we separated and I took time to heal and came out of that thinking, you know what?

I got to find someone. I was in my early fifties, I got to find someone that can help me with this process. But the only people out there were young coaches, like men in their twenties and thirties. What do they know about what it's like to date fifties and our body images and how we feel about ourselves.

And so I call my sister up sobbing saying, I'll never be in another relationship again. I can't find someone to help me. And she said, you are like one of the most resourceful people. I know, just start to figure it out. And so that's what I did. And a friend said to me, You know, we can't get a date

if our life depended on it, you are having the best, best, best time. What are you doing? And then I came up on a statistic after that, about how many people were getting divorced, in this time of life. And I thought. You know what? I love dating and I didn't want another woman to suffer and cry the way I did.

And so that's why wrap women in a cocoon of support when they work with me, because dating can be hard when you don't know what to do, and you don't know why things are happening. So that's how I got started.

**Gregory Anne:** I love that. And I love the cocoon of support. That sounds like something we could all use.

Whether it's in dating or otherwise find the right kind of person who will wrap you in a cocoon of support girls.

**Lisa Copeland:** It's really important.

**Gregory Anne:** So aside from the obvious, you know, over 50, we don't have to go through the litany of reasons why it's scary. And then on top of that, we're in scary times, right?

The world has gotten a little bit less stable. You don't know who people really are. Everybody looks great on social media. Probably they all look great on dating sites too. So what would you say just to break through the fear and put a profile, you're going to talk about the importance of what the profile looks like, but what are you going to say to somebody to just get them to do it?

If they've been wanting to meet somebody, but they're afraid of online.

**Lisa Copeland:** Well, I have found that a lot of women that just go online, it's very hard for them because they're missing a few key ingredients and I call them the foundation pieces to dating it's one, making sure your confidence is in place because we have this tendency to compare ourselves to when we were 20.

But men don't know what you look like at 20, they only know what they look like. Now, the other part is really understanding men. We weren't taught who these men are. And a friend and I back in the day of the original sex in the city, we were sitting there having Cosmo's and we were laughing, you know, and we were going, what we really want are women in men's bodies because we wanted that sensitivity.

Qualities women have, but just in the male body. We were very right about that. But what it is is men are not women in men's bodies. They think differently. They act differently. And clients tell me that once they understand how the male mind works, men really appreciate them so much more.

They'll do anything for them. And that having a clear vision of who you want is so important because so many women. They, they have a couple of things that they

know that they want. They usually have a litany of what they don't want but not necessarily what they want. A lot of times what it is is you're looking for your type, the same type you've always dated, but if your type worked you would be with him.

And so that's why I have women create what's called a quality man template, where they get real clear on what is important to them. And that's what I send them online to date. So I do think you have to have some of those key components and to be successful because otherwise it gets really frustrating. But to go online with a good profile, if you don't feel good about yourself, you're giving off this vibration of kind of like, don't come near me.

I may not be worthy of you. It's a subconscious thing. Does that make sense?

**Gregory Anne:** Yeah, absolutely. Many years ago, a spiritual teacher said, if you don't like the relationship you had, but you change nothing, that energy attracts, then the next person who is exactly like your energy that created the first one that you don't like.

So you have to look at what you don't like as well as what you want. And then I would say, turn the mirror back on yourself and say, what part of that did I cause? I'm in my second marriage now, but other relationships in between and had to realize that everywhere I go there I am.

So the things that were repeating had something to do with me.

**Lisa Copeland:** Well, it's really funny because I remember after my first husband and I divorced and I went on a dating site and back then anybody could literally go look on the dating sites. Now you have to do some for the profile or some semblance of one up, some make you pay before you can do anything.

But back then it wasn't like that. And so he said to me, you know, I read your profile. I go, oh yeah, what'd you think he said, you know, you're looking for me. And I was like, no, but yes, because that was my type. That was all I knew. And then I reattracted that in a relationship, a two and a half year relationship, the same issues and then in that two year marriage, So you just, until you have that awareness of who you're attracting and that's part of that quality man template I mentioned was my clients get aware of the patterns of men they're always attracted to. And they, they kind of subconsciously know they're doing that again. They see it on paper, they're like, oh, my God, I can't believe I re-attracted that same guy in 10 different men, and it's usually to work out family of origin issues. And so we choose men to do that with.

**Gregory Anne:** Interesting. Katie Couric was talking to the millionaire matchmaker.

And you had written an article, Katie Couric referenced it. But in the meantime, the woman was talking about the way she pinpointed, how women have to be. You have to let the man be the man. You have to say, I can't take out the garbage, I can't screw in the light bulb. Do we really have to go back to Donna Reed to attract a man?

**Lisa Copeland:** No, I think we have to understand how a man is wired. So men are wired to fix. And the disconnect is women have had to learn to fix things themselves for a very long time, because they have to, a lot of women were in survival mode. They have to learn to do it. And it's hard to give up that control.

Many times I can still emasculate men because I'll forget. Because I'm really strong. I am an alpha female. So what it is though, is it's learning to find a way where a man feels needed, where he can help you. For an example of this, you may have heard me tell this story.

Margaret Manning of 60 and me, she is amazing. She was on the train talking to this man and she had put something up above, a suitcase or something. And they're talking about men and women and was this stuff true and how do men feel? And by the way, I think younger men are a little bit different, but they too get triggered in terms of they do want to help you. I call it the hero response where you trigger a man to want to do for you. Margaret told me, we had this whole long conversation and I'm getting ready to get off the train. And I go to reach for my luggage and he says, can I help you with that?

And guess what she said? Yeah, that's right. She's like I'm okay. We have forgotten to let men in. But women are tired. They're tired of doing everything. And the key is, to let them help. I mean, yes, they know you're strong and you can be as strong as you want to be.

Most women don't anymore. Then let a guy help you. That's the real, that's the real thing. No, I think that that antiquated way of Donna Reed, all those shows from back then, those women didn't have any say. Today you have say, and you should, but it's learning the language men speak and hear and how to ask them so that they want to help you because men really, really are wired to make you happy.

But we just emasculate them all the time because we don't know we're doing it. I certainly used to do that.

**Gregory Anne:** Oh, I did early in my second marriage. It was okay if he opened the door for me, help me put my coat on in the beginning when we were in the romance phase. But as time went on, I'm like, grab my coat off the back of the chair and forget that he's an old fashioned guy that he wanted to do that.

And carrying the groceries out of the store, I'm used to packing the bag and getting out and he'd be saying can I help? Can I carry one? I'm like no, I'm good. Finally, the message tapped into my brain that it's okay if he carries the bag, it doesn't make me any less and maybe it makes him feel good.

**Lisa Copeland:** And you actually start to train men to stop giving to you when you don't let them do for you. And the other problem is. We want it done a certain way because we actually can do it very well. You know, sometimes a lot better than a guy. And it's really, I think, letting go of that expectation and it has to be done exactly a certain way because

if we can let them do it, they'll continue to, and you thank them and appreciate them. They'll continue to do lots for you, but if you tell them how to do it, where to do it, when to do it? Why to do it? They feel controlled and they just say, I'm never going to do a good enough job so why should I even try?

**Gregory Anne:** Let's talk about the online profile now. We tend to be honest and is honesty the best policy when you're writing your profile?

**Lisa Copeland:** I've seen lots of things written about that. And some people think, okay, you know, lie about your age to get into the algorithm of the dating site. Men look at pictures of women of all ages, even though in their profile, they might write, I want a younger woman.

They really and truly do look at women of all ages. And I think it's better not to lie, even though those algorithms might pass you up and hope that the guy might see you. Only because if you start out with a lie men might say, oh, if you're gonna lie about this, what else are you going to lie about?

And some people will try and bypass the algorithm by putting a lower age and then saying in their profile. But I am actually this age . I don't know, some people say it's fine. I think you're better off starting with the truth. Cause you want a guy that's going to like you for you, not who you're projecting to be.

And that's a big problem with online dating is we kind of project who we want to be, but it's not necessarily who we are that we're putting out there. It goes back to your question. Is it okay to lie? But it's not that we're lying. It's just, this is who we think we are.

**Gregory Anne:** When you meet somebody and you go out for that first date, you always present the good stories first.

Well, some people tell the doom and gloom stories, but don't, we tend to tell all the great stuff first.

**Lisa Copeland:** Well, we try and put our best foot forward. I think that's natural.

**Gregory Anne:** Why don't you give me an example of what would be an accurate way to say I'm an alpha woman, or I'm the used to being, I've raised five kids right. So if you build yourself up because that's who you are, is that a good thing?

**Lisa Copeland:** Let's go back to something really important about profiles that gets everything messed up to begin with.

When we read a profile, we're reading it through our own filter. And so what happens is we see this guy or this girl, you know, whichever sex you are looking for, and you go, oh my God, that guy sounds amazing. Or that girl sound amazing. Because we've taken our filter and we've made the person into someone that fits our filter and our way of looking.

And then the person shows up and they're like, this person isn't who they claim to be, but that's not necessarily true. What it is, is we've told a story about who they are based on our filter, that doesn't match the real person that shows. Does that make sense?

**Gregory Anne:** Yeah. But we, can't not really.

I mean, we have our filters, our biases, our life experience, our way of seeing the world. So then I guess you just have to hope they want to meet you and then you can figure it out from there.

**Lisa Copeland:** Yeah. But that's why women get really frustrated with dating because they'll say the guy didn't show up as who he was, but.

Really take a look at that and think, oh, did you project onto him who you wanted, thought he was versus who he really is. And that's what we often do.

**Gregory Anne:** And you talked about in some other podcasts, about marrying or looking, seeing a man's potential.

**Lisa Copeland:** Oh, yeah.

**Gregory Anne:** We tend to see potential. Men see us.

**Lisa Copeland:** They do, and they either love you how you are, or they don't. And that's not a rejection of you. It's just, you don't fit the picture of who they want. Just like some men don't fit the picture of who you might want, you know, same.

Yes. And we do fall in love with the potential. And we think oh my God, this guy's great. He could be even greater if we just got in there and fixed some stuff up for them and, made some little changes, but men don't like being your pet project. So you either want to like a man for who he is or if you don't like him a move on for who he is.

**Gregory Anne:** Let's talk about the photo. What's important in the photo for an online dating site?

**Lisa Copeland:** A photo, there's a couple of things that are really important. One. You want a really good picture of you. I've seen a lot of profile photos and they are not flattering. They are with people, not smiling, people and clothing that doesn't accentuate their best of who they are.

And. People will say, will men like me if I'm overweight? Men like women of all shapes and sizes. So the real key is, you have to like you just how you are and then you'll attract someone that will love you, just how you are as well. But you do want to show your best stuff. So no matter what weight you are, what height you are, what size you are, think of what your best assets are and show them off in the photos.

You don't need 5 million photos, you know, you could do a close up, a far away so they could see what you look like. And then if you want to add some other pictures in, of things that you love to do. One of the things I don't suggest adding in is pictures of animals and pets and even grandkids, because even though men will talk about their grandkids, I hear from men all the time,

oh my God. If women have pictures of the grand kids they're not going to have time for me. Or the relationship and that's telling a story, cause that may not even be true. Men tell stories too. So also don't post pictures with other people in them because it's hard for someone to tell who you are.

Where are you in the picture? And you don't want them comparing someone. And look nice. I mean, put some makeup on. A lot of people they'll post pictures with no makeup whatsoever. And you really want to bring out your best assets. I mean, men are visual. And so you have like 10 seconds to get their attention.

So do good pictures. Now, on the other no selfies like men do a toilets behind you. Women hate those women. Women hate pictures of man with no shirt on. Men love that, they think they're showing off their best stuff, but women are like, you know, let the shirt come off later.

**Gregory Anne:** Yeah, exactly. Leave a little to the imagination.

I had a guy send me, a friend request on Facebook, but he did it through messenger. I had to approve it. It was him standing in a doorway in his white little skivvies with like, I was just like block, please block. Even if I was looking for somebody that would not be the turn on that I think he was hoping for.

**Lisa Copeland:** They just don't understand about that. Just like women don't understand, don't make your first picture a picture when you just woke up on a camping trip. I've seen that before. Oh, I've seen them all. Make sure you're smiling in the picture. Men are really attracted to your smile and, you know, just show your best self.

**Gregory Anne:** I'm reminded again of Marie, the woman that I interviewed who had lost her husband and then met a man during COVID . They both said, I love it when you laugh, because your smile is so great. So to your point. Because we might think we don't look good when we're laughing. Our mouth is open, but a smile or a laugh is engaging and inviting.

**Lisa Copeland:** It is and men like that. And pictures, they can make or break it if a guy contacts you. But the real key is this goes back to that

how you feel about yourself. You have to feel good about yourself. Otherwise you're giving off a vibe back away, you know?

**Gregory Anne:** Before we get too much further into the do's and don'ts just tell people where they can find you, because some people don't get to listen to a whole episode.

**Lisa Copeland:** Sure. I have a website called FindaQualityMan.com. And on there, you can get a free gift. It's called the five little known secrets for finding a quality man. And it'll inspire you, motivate you a little bit. It gives you some different ways to find men.

Women always say, where are the men and they are everywhere. You may not see them, but they are everywhere. Or you may see half of them now. Cause there'll be wearing a mask. That's been the coolest thing I've seen during COVID, is it is a process of really getting to know someone versus thinking I don't feel chemistry,

goodbye. Before your tea's done, your coffee's done. So you can go again to FindaQualityMan.com and you can get that free gift and there's all kinds of cool things on there.

That'll help you on this dating journey to make it easier for you.

**Gregory Anne:** And it does sound like a journey. So I think of the expectations of a person, finally, a woman or a man jumps into online dating, and they think this is great. The first month they may get all kinds of activity. They go on a couple of dates.

Nothing's happening. The give up, is that common?

**Lisa Copeland:** Oh yeah. I've had people say I went on five dates and didn't find him, I'm done. And it's those foundation pieces I talked about earlier. Those are the pieces that are missing for a lot of women, as well as the support, because our friends, they mean well. When we get together, We like to complain about men out there that there's no good men.

Let's tell my horror stories about whatever happened. And what ends up happening is that gets you discouraged. Share your dreams with people that are positive about dating, because they can actually take you out of the game.

**Gregory Anne:** That's a good point. You mentioned flirting on another podcast.

And I think flirting got a bad name because there were girls in high school. I went to an all girls school and the people that flirted, I might've been one of them, were known as dirty little flirts or something that was negative, but I think they were confusing it with a tease. Teasing is unethical and at this age we probably all get that.

Maybe we didn't when we were younger, but flirting is okay?

**Lisa Copeland:** Oh, my God. Yeah, because flirting makes you playful and it also shows someone you're interested. Like you can flirt with a little bit of touch. You can flirt with your smile. You can flirt by doing this to your hair. When you're with a guy you're actually playing with you can flirt by leaning in.

You can flirt by leaning out. It's really easy to do. If you just let yourself feel playful. Yeah. And that's really all it is. And actually in a relationship it's not so bad to still have some of that playfulness . Because we get so stuck in the negativity and what's not working the playfulness and the laughing will help you or remind you what does work.

**Gregory Anne:** Absolutely. We try to have just fun on a regular basis. It doesn't have to be planned fun, sometimes one of us will be in a goofy mood and we'll start tickling or, whatever . it just happens because a I'm comfortable with who I am. He's comfortable with who he is.

Hopefully people that are going to meet somebody to date and have a relationship with will feel that early on, oh, I can be myself here, or I feel like he's really being himself. Cause that's a big deal. Now, speaking of horror stories, and I don't want to dwell on some, there are those stories where a male or a female is completely not who they're saying they are.

And maybe there's a money scam

do you help? Do you teach people what to look for to avoid that kind of situation?

**Lisa Copeland:** Okay. First of all, if it looks too good to be true, it is not true. And I think what happens is, is these scammers post pictures, they're usually model pictures they've stolen or are other people's profiles.

You know, photo stock companies and they put those up because they're very rarely with someone or they can't produce a picture of themselves with someone it's usually one picture, but it's a little bit like a middle school or high school where if the popular kids picked you, it was like exciting. So if this really handsome guy picks you, you think, oh my God, and you sorta get a little lost and what scammers do

if they get you on the phone really quickly, ,they have a script they follow, which helps them get to know you better.

So they find out what I call your Achilles tendon, your weak spots, and then they'll identify with them. And when you have somebody calling and talking to you all the time and they can say, oh my God, yes, that happened to me too. That's how you start falling for them. So a really good way to prevent this from happening is you want to meet someone within like two weeks of initial contact and you don't want to have too many phone calls in the beginning.

Like maybe one or two, you could do a video that's a little better, have a couple of those, as your, as people are dating during cOVID, that's a different story. But if you get on the phone with a scam, And you start telling your life stories. You're going to give your heart away because they're identifying with you and then you end up giving your money away.

So, if someone says, well, I want to come visit you, but I can't get back. Maybe COVID is here. Maybe they're in the military, then you just say, well, when you're back in this area, give me a call. Don't let that go on. No more than one to two shorter phone calls. And that's how you can tell. They will hook you

when they are talking to you every single night. You're tired, you're vulnerable when you're tired and having somebody identify and have a soft voice, he'd be really kind. And maybe you haven't had that in a while. It draws you in and you think you're falling in love and you actually are with a scammer .

And then you feel responsible and that we, as women can be over givers. So that's when they go in for the money.

**Gregory Anne:** Okay. On a more positive note.

**Lisa Copeland:** Yes.

**Gregory Anne:** How many sites should a person attempt to be on I'm thinking spreadsheets five sites. What's the norm or what's the manageable way to do it?

**Lisa Copeland:** I tell clients two sites at a time, cause sites they ebb and flow. When you first go on a site, It's going to be more, you're going to get notice more. And that's why I say hide your profile for like a day or two. If it's slowing down and seeing if that picks up, but you, when you're not on one site, you could be working on another site and just hide your profile so that you're on only two sites at a time.

Also sometimes it can be hard to handle the guys contacting you, especially if it's a free site.

**Gregory Anne:** Is there a benefit to being on a free site, over a paid site? So some people think it's better to be on the paid site cause people are more, serious, but people on paid sites are also on free sites. I will often say go on a paid site and go on a free site, try them both, and then figure out what you like best.

But do it for the least amount of time, you could do it because for some women, one sight is like magic. And for other women, that sight is not magic for them. They might have another site that's magic for them. Yeah. So you don't want to pay for six months for a site that just doesn't have men on it that you would want to date.

Is there any benefit to being on a niche site versus a generic site? Like J date? What is the midlife our time, like one of those verses eharmony ?

**Lisa Copeland:** So I think that match is a great site for people in there. Well, kids use apps. Okay. So I'm talking about people like over 50, since that's who I work with and, uh, matches.

I've had a lot of clients have success on match, but I've had clients not because in that region, it just didn't work. And that's why you have to try them out. You can't say one is better than the other. I always say, try Bumble to see if there's guys in your area on it. It was created by a woman because she wanted to keep women safe.

It's really trial and error. I've seen matches has a lot of people over 50 Zoosk has a lot of people over 50. The free sites, plenty of fish and OkCupid, they do too. All of them has scammers. So my clients, we write a profile that usually does not attract scammers. And you want to be really careful about talking about if you're lonely, or looking for a soulmate, or there's like trigger things that they'll go, oh, I can, I can weave my way in there.

**Gregory Anne:** Interesting, so soulmate is one of those phrases.

**Lisa Copeland:** To regular guys. It's like, oh, everybody's looking for their soul mate. That's like overused.

**Gregory Anne:** That's kind of where I'm at. I'm very happy with my husband, but I was never looking for a soulmate, but that doesn't mean if that resonates for people, then that's how they should feel just don't use it in your profile. That's what you're saying.

**Lisa Copeland:** Yeah. Well just watch what you say. Saying, oh, I'm looking for my soulmate or I want to walk on the beach and make love on the beach,

they're cliches. Just like when men, right. Oh, I want a woman that can go from jeans to a dress. Yeah. It's our fantasy stuff.

**Gregory Anne:** Right. I want a man that looks like Mark Harmon and is as cool as he was in NCIS

so, what would you say, to pull this all together for women? We've talked about a lot of different things, and I know on your website find a quality man.com. They can go get that freebie, but what would you want to leave the listeners with about this whole dating? Getting back into dating for many people at 50 they've already done it

they may have gotten frustrated or they may have gotten divorced or somebody died.

**Lisa Copeland:** So yeah, I think the biggest thing is to change your mindset from, oh my God. I have to find the one. To I want to go out and have fun meeting men. I mean, it's the first time in a long time. If they were a long marriages and go out and just have fun, get to see what it is that you like and what you don't like and, and what it is that you really want. Just go out there and say, I'm just going to meet someone new and interesting versus grilling someone about how old are you? How many kids do you have? Where did you live? Where did you live in the city? You know, come up with some history questions, like, When you were younger, what kind of games did you like? What kind of movies do you like, what's your favorite place to travel?

The key is you should have a shared history of time. And when people start talking about the things that they've loved in their lives, there are a lot more interesting than say, I have two kids and four grandkids and my kids live close.

So I split the kids with my ex and blah, blah, blah. It's like a resume, it's not even fun, and you get to decide. How you want it to go, instead of worrying, like as women, we go, will he like me?

Well he like me say, I get to decide if this guy fits in my life or could, it has potential to fit in my life, whether it's as a friend or a further, or nothing. A big thing I teach women is to honor themselves and to feel empowered because we can feel so disempowered in the dating world.

**Gregory Anne:** Yeah. And disempowered by the mean girl inside saying my nose. Isn't the, my skin is wrinkly my hair isn't perfect. That's not going to be a good energy to meet somebody new and interesting in.

**Lisa Copeland:** Right, right, Have some clothes that you love and feel amazing in know what those are upfront.

**Gregory Anne:** That's a good point.

**Lisa Copeland:** Yeah. So that you're going on that date. And instead of worrying will he like me, you can feel confident about yourself and you can just relax and be laid back .

**Gregory Anne:** That's what you say. Online dating can be fun. So let it be fun, right. Rather than let it be a drag and worrisome. Well, this has been great Lisa I

know you've helped a lot of people. I encourage everybody who's listening who has been resisting this idea of online dating.

Check out Lisa's stuff and let her wrap you in a blanket of support or whatever your phrase is.

**Lisa Copeland:** Cocoon of support

**Gregory Anne:** A cocoon of support through the process. Thank you so much, Lisa. I appreciate you. And we'll have all the links to your good stuff on the podcast page.

**Lisa Copeland:** Awesome. Thank you, Greg. And for all you out there, it is possible to find love again and even better love.

**Gregory Anne:** That is the perfect way to end. Thank you so much, everybody. We'll see you next week.