

# Dating Advice: How to Meet Men if You're Shy!



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Thomas Edwards, Jr. to offer their best [dating advice](#) for those shy girls who want to meet someone new. Learn how you improve your love life and become more outgoing with the following dating tips!

## Dating Advice That Will Help You Meet a Guy Even If You're Shy

**1. Stand out.** Wear something that is unique. It can be a cute accessory, a bright dress, or an intricate hairstyle. If you have something on your person that looks nice, it can serve as a conversation piece and help you meet someone. Stay away from black also, that's a "blend in" color.

**Related Link:** [Dating Advice: 3 Ways You're Sabotaging Yourself at Finding Love](#)

**2. Go for hobbies.** If you're a shy person, try picking out special-interest activities. This way you'll be able to meet people who have the same hobbies and aspirations as you. Not only will you be surrounded by like-minded people, but you'll also feel comfortable having conversations you're knowledgeable on.

**Related Link:** [Single in Stilettos Show: How to Have the "Exclusive Relationship" Talk with Him](#)

**3. Start early.** If you wait until nighttime to go outside and date, you'll end up competing with others doing the same exact thing as you. So start earlier in the day if you want to increase your chances in meeting someone. This is also great practice if you're a shy person that's nervous about competing.

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