

# What Are Some Superstitions You Fear? Try Them Out for Date Night!



By Leslie Chavez

Friday the thirteenth doesn't have to be unlucky when it comes to love. In fact, you can turn the unlucky into a few unique date ideas. What are some superstitions you fear? Face your fears and spend the day together seeing how many superstitions you can prove wrong.

Admit it: Being a little scared is kind of fun! Plus, it gives you an excuse to hold on to your man just a little bit tighter. According to LiveScience.com, "Many superstitions stem from the same human trait that causes us to believe in

monsters and ghosts: When our brains can't explain something, we make stuff up." The rush of knowing that you're doing something that's considered unlucky will give you a little rush of hormones and a heart-racing thrill that also produces a sensation of pleasure. Push the superstitious limits and have a silly time challenging the infamous day.

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Trying out superstitions is your excuse to be bad, so think of everything you're not supposed to do today and *do it!* Open up an umbrella inside and dance around together, challenging the rain of misfortune to come down. If you're feeling really brave, take a small mirror and crack it – but be careful not to cut yourself! There is a belief that mirrors don't just reflect your image; they hold parts of your soul. This is why breaking mirrors is believed to be such bad luck, but look at it as a way to free yourself of unwanted vanity.

If you see a ladder, take a walk underneath it. One theory holds that walking under a ladder has to do with its resemblance to medieval gallows and is therefore something you should avoid. However, the thrill is harmless, and you can add it to the list of rules you broke today. Spot a black cat? Let it cross your path; heck, call it over and pet it a bit! It can't hurt you, right?

When you're at dinner that night, spill a little salt on the table while seasoning your veggies. Can't you just see him grin mischievously at you from across the table, thinking of what bad things you can do next? Doing these little reckless things together will make you feel brave and bring some spice into your relationship.

**Related Link:** [Freaky Friday](#)

Sometimes, doing something wrong can feel so right, and developing unique date ideas so that you are spending the day breaking these ridiculous superstitions will make you feel

fun, foolish, and carefree. Remember that the misfortune that comes with Friday the Thirteenth is all superstition, so you should make it through the day with all of your original luck intact. Fingers crossed!

**Cupid wants to know: How will you celebrate Friday the Thirteenth?**