

# Dating Advice: 3 Signs He's Not Into You!



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert Nick Karson to offer their [dating advice](#) for those who want to improve their dating life. Learn how to determine whether or not your partner is into you.

## Dating Advice That Will Help You Figure Out If He's Into You

**1. Look out for low energy.** Keep an eye out for your date's pupil dilation. The pupil gets larger when person is excited,

which is biological response that can't be faked. So look out for this telltale sign along with lackluster energy. If your date isn't going out their way to be nice or impress you then they just aren't into you.

**Related Link:** [Dating Advice: How to Win Him Over in the First 3 Dates!](#)

**2. If you have to initiate contact.** It's very uncommon for a man who is interested in a woman to not reach out. So if he isn't calling or texting you at all then that's a huge sign that you're not the one for him. Or he should at least make himself available to you if he seems to not be a chatty type of guy.

**Related Link:** [Dating Advice: 3 Types of Women Men Avoid](#)

**3. Check his attitude.** Make sure to observe how he treats you when you're both around different people. If he doesn't wrap his arm around you or show some kind of affection in front of people then he might not care about you as deeply. Men like to show off the women who are important to them, so take note of how he introduces you too.

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