

Relationship Advice: 7 Reasons Why People Love Speed Dating



Dating. Finding your match. Meeting the one. To some it sounds exciting. To others, it's fright-inducing. The good news is that there are more ways than ever to meet that perfect someone. Which is good because it seems there is also less time than ever to do just that these days.

Relationship Advice: Speed dating.

The perfect remedy for the time-starved single.

We'll call it "smart dating" because it makes perfect sense, and you'd be crazy not to [love](#) it. Here's our [relationship advice](#) on seven reasons why everyone is talking about speed dating right now:

1. It's highly efficient: There aren't many instances where it's considered acceptable to go out on 20 dates in one night. But, this happens to be one of them. The good news is that they are very short, bite-sized dates – lasting only a few minutes each. Everyone is there to meet people, so there's no wondering, "Is this person available or not?"

2. It's less stressful than normal dates: You don't have to commit to a full evening out with a complete stranger. Plus, the whole night is organized for you. So, you don't have to worry about all the details. If you don't click with one of the dates, no problem! You only talk to each date for less than 10 minutes.

3. Speed daters make more matches: Online dating might seem appealing, but according to the *New York Times*, that method only finds 1 in 100 matches. Speed daters, on the other hand, find an average of 2-3 matches in 10 dates. Not to mention, meeting in person gives you a way more accurate assessment of a person.

4. It's easy to find events: Speed dating is becoming more popular. So, when you ask, "Is there [speed dating near me](#)?" The answer is a resounding YES! Options are great to have, aren't they? The opportunity to find a great match is happening every day.

5. There's no pressure: The amazing thing about these kinds of events is that there's no pressure to approve or reject

someone to their face. You choose who you like, privately. They choose who they like, privately. You only get connected with the people you chose who also chose you. So, you can just relax and enjoy the night.

6. It's set-up for conversation: Go to a bar or a nightclub and the conversation may go like this: "SO WHAT DO YOU FOR A LIVING?" "HUH?" "WHAT DO YOU DO?" "OH, I'M OVER ON BROWN STREET." This is not an appropriate way to assess a mate. Speed dating events want you to succeed. It's facilitated in environments suited for conversation, allowing you to get a glimpse of someone's true personality.

7. It's flat-out fun: Take a deep breath, forget about expectations, and remember everyone is there for the same thing. Surely, everyone feels a little nervous. But, when you remind yourself that you are an incredible, worthy human being, you give yourself permission to just enjoy the experience and have fun.

There you have it. Seven reasons Speed Dating is a no-brainer. If you want to meet great people and have the doors of possibility opened for you, try it out yourself!