

'The Bachelorette' Season 8, Episode 1: The Dos and Don'ts of First Impressions



By

Marni Kinrys, The Ultimate Wing Girl

This season of *The Bachelorette* kicked off last night with a bang. And by bang, I mean the noise that would resonate off all the contestants' abs if you gave them a pat on their bellies. Is it just me, or are these guys extra ripped this year? Last night was all about First Impressions and, as we all know, they can be tough. Join that high pressure with tight competition, cameras and millions of viewers watching and judging. Not an easy stroll on your way to a televised romance.

Some of the guys pulled off their initial encounters with ease

and style. Others simply fell flat on their face.

Here is my list of do's and don'ts from last night's episode of the Bachelorette:

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Do: Try to connect on points of commonality, like First Impression rose winner Chris did. But if you try too hard to find common grounds it will feel fake. At first, I was not sure how genuine Doug was with his "point of connection." But all doubts dissipated when Emily read his 11-year-old son's letter. From the look on his face, you could tell it was sincere. The guy was beaming from ear to ear. Only a truly proud father would do that.

Do Not: Sweat profusely. There was one guy who, within seconds, was dripping all over poor Emily's beautiful dress. I feel like such a *biatch* for saying this, but I could not hear a word he was saying to her because I kept concentrating on his sweaty forehead.

Do: Find something eye catching and cute that fits your personality. Loved the grandmother bit but he couldn't hold it after his protective "mask" came off. Mr. Seemingly-Outgoing-and-Fun quickly became Mr. Nervous-and-Silent.

-Skateboarder (Jeff) – Check.

-Prince Charming with the shoe (Tony) – Check.

-Guitar Pick (Michael) – Check.

-Foreign Language (Alejandro) – Double Check.

-Ostrich Egg (Travis) – Could have worked, but flopped and then he was stuck with an egg all night. Half Check.

-Bouncy Boom Box Guy (Stevie) – **NO**.

-Cheesy Poetry said with no sincerity (Jackson) – **EWWW**.

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Do: Bring your chopper. I know it's a douche move – if, in fact, you are a douche is another story. This is a game and the game is all about standing out and catching Emily's attention. What better way to do it than arriving via chopper?

Do Not: Be *that* guy who sits and stewes about what other guys are doing right and wrong. Nothing screams "insecurity" more than judgment of others. If you're judging others that crucially, I can't imagine what you are doing to yourself. So calm down, rooster man.

Do: Have impeccable body language and tonality. There were a couple of guys who knew exactly how to be open and own their space when making an entrance. Head high, calm walk, shoulders back and a smirk. Heavenly. And if you can add in an adorable little routine involving a note saying how nervous you are, to show your balance of masculinity and sensitivity, you are golden. (A.K.A. Ryan, who I love! His hair's a mess... but that can be worked on.)

All in all, I think Emily has a good batch of dudes to choose from. I know I'll be glued to my television every Monday night to find out what happens.

Marni Kinrys, the ultimate Wing Girl is a woman who has worked with 100's of thousands of men all over the world to help them understand women so they can attract, date, seduce and get any woman they want without being a jerk. Marni has been prominently featured in The Los Angeles Times, CNN, The Huffington Post, Fox News, The Chicago Tribune, Marie Claire, Elle, Glamour, Men's Health, BlackBook, Penthouse, Asylum.com, MSN, AOL Personals, Askmen.com & more. For more dating, sex and attraction tips, follow Marni on Facebook and Twitter.