

# Screwing the Rules Video Dating Tips: Turn Him Off with Filler Words



By [E!'s Famously Single Dating Coach, Laurel House](#)

## Dating Advice from E!'s *Famously Single* Laurel House on Filler Words

**Related Link:** [Communicating About Tough Topics](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares why using filler words – like, um, well, anyway – will instantly turn a guy off. “You’re not stupid, so don’t act like it,” she says. “Or rather, don’t sound like it.” While it’s natural to want to fill every moment of silence, she encourages you to use this time wisely: “Think about what you’re going to say next.”

For more information about our dating mentor, click [here](#).

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Any tips for avoiding the use of filler words? Tell us in the comments below.