

# Relationship Expert Reveals What to Do Before You Begin Online Dating



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks about how to prepare for online dating.

**Expert Online Dating Advice from  
E!'s *Famously Single* Dating**

# Coach Laurel House

Before you begin online dating, you need to turn your focus inward. “Do some soul searching and figure out who you truly are at your core, what you stand for as a person, what you actually enjoy doing, what your dating purpose is, and what you truly need as opposed to what you want,” says relationship expert Laurel House. She believes that the answers to those questions are essential when it comes to being authentic and attracting the right person for your next relationship and love. This idea holds true whether you use online dating or another method to meet someone special. Otherwise, according to this expert dating advice, you may end up in a partnership that doesn’t suit you.

**Related Link:** [Love Advice: What Makes a Great Online Dating Profile](#)

“This is something that I work on with my clients every single day, and it’s really hard – being honest with yourself first,” she adds.

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