

EPISODE 1681

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FT: So Money episode 1681, the new feminist rules for dating and why dating apps are a scam, with Lily Womble, author of *Thank You, More Please*.

LW: *Just historically, if we look at the economics of romantic relationships and what women specifically were forced to do to have some economic stability or mobility, right? Settling for a romantic relationship, some people found love, and that's great. And some people feel like they never settled in romantic love, even when women sort of had to get married to have an economic mobility. Great for them. A lot of women had to settle. And so we have legacies of women in our past that literally had to settle to economically survive."*

[INTRO]

[00:01:13]

FT: Welcome to So Money, everybody. I'm Farnoosh Torabi. When I was first embarking on the dating life in New York as an ambitious, career-ambitious, financially ambitious woman, I don't know. It was a little challenging, a little awkward sometimes. It wasn't just me. I heard this from a lot of my peers and as I was writing my book, *When She Makes More*, discovered there's a whole community of women who are struggling to balance their professional and financial desires with some of the age-old traditions of dating and what it means to be a woman in a relationship.

We're unpacking a lot of this today with Lily Womble. She's been a guest on the show before. She's a feminist dating coach and the Founder of Date Brazen. Now, fast-forward, she's got a new book coming out tomorrow called *Thank You, More Please*. It's *A Feminist Guide to Breaking Dumb Dating Rules and Finding Love*. Now, I have a special treat for listeners. If you want Lily's book, I'm giving away 10 copies of *Thank You, More Please*. All you have to do is leave a review for this episode. Tell us what you learned or what you liked or one takeaway. I'll

be sharing those reviews over the next few weeks, until we get 10 reviews for this episode. You can leave those reviews in the Apple Podcast app where most people listen to this show. I know not all of you, but that's kind of the only place where you can leave a review.

You're going to love this episode. Lily walks us through feminist dating, what it means, her thoughts on dating apps and why she thinks they're kind of a scam, and why being more picky is the answer to your love life. Here's Lily Womble.

[INTERVIEW]

[00:02:50]

FT: Lily Womble, welcome back to So Money. I'm so happy. We promised it. We said we'll have you back when your book is out. Now, *Thank You, More Please* is out, *A Feminist Guide to Breaking Dumb Dating Rules and Finding Love*. Congratulations.

[00:03:07]

LW: Thank you. I am so thrilled to be at this part of the process. Last time we talked, we were talking about a lot of the dating tools that I write about in my book. But I'm so glad not to be writing it anymore, Farnoosh. You get it.

[00:03:21]

FT: I get it. For me, that is the hardest. But I will say, too, that the marketing as well is a whole other side of your brain, and it's just a different level of failure and rejection.

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LW: Oh, yes. Yes, for sure.

[00:03:35]

FT: It's all hard, everybody. But it's, hopefully, worth it. It's hopefully worth it. I think definitely your book, very needed right now, and what I want to help listeners with because I know many people in our audience are women. We're financially ambitious. We're go-getters, and that cannot always be – that's a difficult thing to bring with you onto the dating scene.

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LW: Say more on why do you think. Let's fill in the gaps of like what is the audience thinking. Let's gossip. Let's eavesdrop on their conversation.

[00:04:09]

FT: I'm going to tease it. We're going to talk about that in a couple minutes. Hold on. Hold on to that thought. First, I want to get to learning a little bit more about the conceit of your book and the title, too, *Thank You, More Please*. What is that about? What is that?

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LW: What is that? What is that *Thank You, More Please*?

[00:04:27]

FT: What is that?

[00:04:30]

LW: A couple of years ago –

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FT: I like it.

[00:04:31]

LW: Yes. But like, “What is it?” I totally get it. A couple of years ago, I was really struggling, and I was struggling with feeling hopeless. It was specifically in my business. Running a business, for anybody who does it, it is high highs and low lows. Sometimes, the lows are lower than the highs are high. I was really trying to ground in gratitude, and gratitude didn't feel like it was moving me forward as much as I wanted to be. It made me feel better sometimes, but there was still this fundamental disbelief that I got to have what I wanted because what if it's hopeless? What if my business success isn't going to happen? What if my dreams of more in my life are not going to be possible?

I just sat down. I was like, “I'm smart. I'm going to figure this out because I'm going to – it's got to be gratitude, and I want it to be something else as well.” Because I felt like Oliver Twist with a little empty bowl in front of me like, “Please, sir. I want some more.” Begging for just scraps, little crumbs.

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FT: You're wanting more clients.

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LW: More clients, more stability, more proof that my effort – I felt like the best kept secret in my business, I was working 60-hour weeks, 70-hour weeks and feeling like I was also not being able to pay my bills, right? That really difficult place in entrepreneurship but I felt like Oliver Twist. I was like, “I don't want to beg. I want to feel confident. I want to feel grounded. I want to feel hopeful.” This spark came to me. I was like, “Okay. What if it was thank you, gratitude, more please?” Whenever something good would happen or whenever somebody would say, “Oh, I want to work with you.” Or whenever somebody would say, “Come and join my program,” I would just be like, “Thank you, more please.” It became sort of this chant in my household.

The magic of thank you, more please was that I was no longer drenched in confirmation bias mode that like, “It's not possible. This is all really hard. It's only going to get harder, right?” When believed those things and didn't practice thank you, more please, I was just drenched in sort of

hopelessness day-to-day, which I saw my client struggling with, too. With thank you, more please, I started to feel more genuinely hopeful. My brain started to understand that there was evidence that what I want did exist. The more I said it, the more my brain got on board with maybe your desire for more is evidence that it exists also.

I started giving my clients this tool. I work with amazing high-achieving women from around the world who identify as feminists, who are really ambitious, who are creating amazing things, but their dating life feels like a barren wasteland. I shared thank you, more please with them, this tool, and they started to feel so much more hopeful on a daily basis. They started taking so much more courageous action on a daily basis. It led to the best dates of their life with these tools that I also teach, in addition to thank you, more please.

I shared thank you, more please in a TikTok video. It went viral. Then my publisher called me and was like, “Do you want to rename the book *Thank You, More Please?*” I was like –

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FT: What was the original name?

[00:07:34]

LW: It was Get Messy, Find Love, which everybody in my life hated, Farnoosh. They were like, “I don't know.” I was like, “You're wrong. No, it's a great title. You're wrong.” But then when *Thank You, More Please* came around, it was just everyone, including myself, was like, “That's it. It's about acknowledging that what you want does actually exist and going after it courageously and messily.”

[00:07:57]

FT: Yes. I like that you kept the mess in there, though, too, because that's important. It's one of your principles. The subtitle of your book is *A Feminist Guide*, and maybe then we'll get into dating when you are financially ambitious as a woman. *A Feminist Guide to Breaking Dumb*

Dating Rules and Finding Love. What is the sort of patriarchal dating that we're so accustomed to that we don't even know it?

[00:08:24]

LW: If we think about just, for example, this year is the 50th anniversary of when a woman could get a credit card without her husband's permission. What a celebration, right?

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FT: Oh, I'm writing that down. That's a good [inaudible 00:08:34] something. Yes.

[00:08:36]

LW: Yes. Oh, you need to dive deep. We need your thoughts on this, Farnoosh. We need them. Just historically, if we look at the economics of romantic relationships and what women specifically were forced to do to have some economic stability or mobility, right? Settling for a romantic relationship, some people found love, and that's great. Some people feel like they never settled in romantic love, even when women sort of had to get married to have an economic mobility. Great for them. A lot of women had to settle.

We have legacies of women in our past that literally had to settle to economically survive. If we think of the impact of that legacy, just this one piece of that legacy, of course, in 2024, we are still – of course, dating is still stuck in the patriarchal dark ages because it's only been 50 years since women could get a credit card without their husband's permission. I think that the way we talk about work, the way we talk about negotiation, the way we talk about money in a lot of ways has advanced so much further than how we talk about dating specifically because that legacy of the necessity to settle is still being taught in how women are taught to date.

For example, are you sure you're not being too picky? This idea of are you sure you can trust yourself. Are you sure you don't want – maybe you need to settle because you're too much, and you're asking for too much. That is drenched in patriarchal dating culture, asking women to settle in order to not disrupt a status quo. Another piece of patriarchal dating advice that I see is

why don't you just play the numbers game. Maybe you're not trying hard enough in your dating life, not going on enough dates? That leads to women specifically going on so many dates that they don't want to go on exhausting themselves mentally and physically, which what does the impact of exhaustion mentally and physically? Less higher functioning, so you're not making the highest decisions for yourself, i.e. you begin to settle when you're tired in your dating life.

Really, that's why I broke up with matchmaking seven years ago because I was seeing for myself that patriarchal dating culture and the idea of you're too much. You need to shrink in order to belong and find a romantic partnership. Farnoosh, my mom told me that at age 12. "You're too much. You're going to have a hard time finding a husband."

[00:11:00]

FT: Yes. I'm sure I was told those things. I mean, I remember – well, my last book, *When She Makes More*, was all about this sort of dichotomy of like on the one hand, our parents, my mother, a child of the flower power, like civil rights movement, of course, for her daughter, she wanted her to achieve everything and have it all but not too much. What they didn't predict was that I would get so far in life as to become financially independent. But then they were like, "Okay. But now, who are you going to marry," right? "You have to marry still up." I got [inaudible 00:11:39]. If you're on your jog right now, you're listening to this or walking your dog, I mean solidarity, right? We've heard that. Got to marry up.

[00:11:50]

LW: Yes, yes. You've got to marry up. The pressure, the idea that what is that signal to your family, to society that you'll be taken care of, right? This idea that women can't take care of themselves or the idea that to be more valuable. I mean, our culture still treats coupled women as a head of single women. I see that in how my clients who are single are treated by their coupled friends when they decide to invest money in coaching with me. They're judged by their coupled friends and treated as somewhat childish for wanting to spend their money in the way they want to spend their money.

[00:12:28]

FT: All right. Well, let's take a quick diversion and talk about stay-at-home girlfriends because now we're still talking about dating.

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LW: Oh, my God. Okay.

[00:12:36]

FT: Okay. What's your hot take on this? By the way, everyone, a stay-at-home girlfriend is this portrayal. I would call it a performance really, right? These women who go on TikTok and social media and talk about their blissful days being essentially financially dependent on their boyfriends. They wake up. They have lazy days. They don't go – they don't work. They're totally content being at the financial mercy of their boyfriends. That's my interpretation of it. They call it true love and being taken care of and the ideal relationship.

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LW: And why would you want to work so hard, and why would you want to hustle, and why wouldn't you want a more soft life?

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FT: Yes, right. First of all, I don't know how real this is because there's just a lot of loud stay-at-home girlfriends on TikTok who, by the way, they're not doing so well, some of them. There's the aftermath now that we're seeing, which is great. I love that we're being honest about how this –

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LW: By the way, the only reason that maybe in the back of their mind they think, "If this all goes to shit or if this all goes –" Can I curse? Is that a thing?

[00:13:41]

FT: Yes.

[00:13:42]

LW: Okay, cool. It's already explicit. Apple –

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LW: Okay, great. Well –

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FT: For the few times we say four-letter words but yes.

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LW: Wow. Okay. Well –

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FT: Lean into it.

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LW: Okay, great. I'm fully on board with that. If they think, "Oh, what if this all goes to shit?" Well, at least I can go get a credit card, and I can be okay living off of a credit card. The only reason that they might think that they're going to be okay is because of the feminist movement that created the opportunity for women to get a credit card without their husband's permission 50 years ago.

I do think that there's a lack of historical context in their sort of interpretation of their life that this is so much better, and you shouldn't be a feminist because you should want a soft life. I can – I want to live a soft – the only reason you have the opportunity to feel somewhat okay making this secure, making this choice is because of the feminist movement.

[00:14:39]

FT: Right. I just think they have no fear. You know what I know about fear is that when you have none of it, you're a sociopath.

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LW: Or they're content farming and rage farming to create opportunities to monetize off of TikTok, right?

[00:14:53]

FT: Which, by the way, exactly, they're making money off their social media. Anyway, that's a whole other episode, and you can follow Jo Piazza, too, because she does a lot of great podcasts on tradwives and stay-at-home girlfriends. All right, let's talk about being an ambitious woman on the dating scene, a financially ambitious, career-ambitious woman.

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LW: We're putting the stay-at-home girlfriends aside. We're blessing and releasing them.

[00:15:20]

FT: You asked earlier like why do I think or why do I feel that there's a little bit of complexity or more complexity. Or there's challenges on the dating scene for women as far as finding male partners. Well, the reason is because, I mean, this is just the studies, right? We know that there's this thing called the male ego, and we know how men have been conditioned right and

raised to that. Their significance is sourced from their ability to provide financially for their mates.

Both, I would say, individuals are coming into the dating scene with these predetermined definitions of what is going to be a successful outcome for them in a relationship. When that is not aligned, when the woman is making more than the man – by the way, in your 20s, as a woman living in a metropolitan city in America, you're probably making as much, if not more, than your male peers because more women are going to college. I don't know about her student loan situation, but she's making more. She probably owns a house before he does. That can be a little threatening or a lot threatening to whoever's on the other side of the dinner table.

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LW: Yes, for sure. By the way, my asking you wasn't because I could guess because I hear it every single day. I just love your perspective so much. I wanted to hear what – just getting to know your listeners specifically. What are they – let's get in their brains and let's – I want to help them. In terms of the fear of being perceived as too ambitious, too wealthy, too intimidating –

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FT: Wanting too much, frankly.

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LW: Wanting too much.

[00:16:58]

FT: Have been told like, “Take it down a notch.”

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LW: Yes. Well, I write about this in my book, the chapter that I write about bragging. It's chapter three of the book, and it's called the Brazen Bragging Revolution. In it, I talk about this moment in the movie *The Holiday* when – are you familiar? Yes.

[00:17:17]

FT: Oh, yes.

[00:17:18]

LW: When Cameron Diaz, who's swathed in cashmere, on a date with Jude Law, goes to a date, and they've already hooked up the night before. But they're going on this date and whatever, and she say to him, “I know last night I told you that I work for a company. But, really, I own that company, and I'm telling you this now because I can tell that you were raised by a strong woman. I feel comfortable telling you, right?” She was, in this moment, guarding up against lying to this person the night before for fear of receiving negative feedback which, obviously, is very lived for so many ambitious, wealthy, badass women who are listening to this, right? That's a lived experience.

I had a client who owns her home in a very expensive city, and she went on a date with somebody who was very intimidated by that, became bristly, became defensive out of nowhere, just when she shared, “Yes, I bought my home a few years ago.” “Well, I'm working toward that, too, right?” This man responded that way which made her feel alone, made her feel rejected, made her feel like, “There must be something wrong with me maybe that my ambition and accomplishments must turn all these men off.”

The fundamental issue is that we are centering the wrong men in whether or not we believe what we want is possible. Why would we center the wrong people in our belief or lack thereof of like, “What I want is or isn't possible.”? Why not do the thank you, more please challenge, which means go out into the world and look for tiny, tiny pieces of evidence that there might be a man who is celebratory of his partner's financial success bigger than his own? Look for that evidence. I dare you and I promise you will see some, right? It's about what we're tuning our brain to to pay attention to will become our reality. Doing the thank you, more please challenge

will help sort of shore up the belief that it might be possible that what I want exists, a man who is celebratory of my financial and personal success.

The other thing that I want people to do is vet folks more quickly with deeper questions. I call them qualifying disqualifying questions. For example, when you're in a conversation with somebody or maybe on a first date, instead of staying on the surface, you can ask like, "What are you proud of from this year? What are you proud of? Tell me what you're proud of." If they're worth their salt, they'll ask you back, "What are you proud of?" You can say, "I just bought a house," or, "I'm really, really passionate about my stock portfolio, and I'm learning more about how to be financially independent, and I'm so proud of where I came from because that's not what I was raised to know." Then you get their reaction. From their reaction, you can either bless and release or continue the connection based on how well they respond or not.

[00:20:18]

FT: Bless and release means like, "I didn't like that." That's like a pat on the head and be like, "Okay, check please." Is that what bless and release is?

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LW: Yes. The bless and release. I had a reporter ask like, "Is that Southern because you've got the bless your heart thing happening?" I am Southern. I'm from Alabama, but I really think that the bless for me is like I get to want what I want. I'm not going to blame myself for wanting what I want. I get to bless on my preferences and compassionately release and move on with my life. What are you thinking, Farnoosh? I see you thinking.

[00:20:54]

FT: I'm thinking that in the real world, there's a ticking time bomb or clock, right? Especially for women who want to have kids with a partner, dating can feel like part of what makes people anxious and nervous and speed through some of the stuff that you're encouraging us to slow down and be more thoughtful is because we just want to tie the knot because I'm 38 or I'm 45 or

whatever. I just I want to get on with – get on with. I'm using my air quotes. I want to move on. I want to move on in life. It's just moving so slowly.

For people in the audience who feel as though everything you're prescribing is amazing and makes so much sense and it's exciting, but I'm wondering like if I start to look for now just the small evidence. Or these are the thought bubbles that people have, and they're like, “When is it ever going to happen for me?”

[00:21:48]

LW: Yes. Well, to that, I'm not going to gaslight anybody who says, “When is it ever going to happen for me?” I want to instead validate. Dating is so much harder than anybody talks about. Dating is really hard. Dating is a microcosm of every hope, joy, dream, fear, insecurity, desire that we have as human beings. I think that the advice to when is it ever going to happen for me, and a friend says, “Oh, just it happens when you least expect it,” or, “Oh, just keep trying,” that can be massively unhelpful and invalidating to that emotional experience because what's happening is for a lot of folks who are striving for their partner and their dating life, the biological clock is ticking. Their fight, flight, freeze, or fawn mode is activated. They are activated in their dating life.

What happens when you're activated? You get tunnel vision. What happens when you get tunnel vision? Meaning you're so focused, you're like, “I just need to go on more dates. I just need to figure it out. I just need to find somebody. Let me text all these people. Let me work with this person. Let me figure out a last-ditch effort,” right? What happens? Your periphery goes away. You cannot see the opportunities on the periphery. All of these steps don't necessarily take a ton of time if you implement them. It's just that you need your nervous system and your dating life to reset so that you can start seeing the opportunities that do exist.

Then to your book's point about listening to your fear and treating your fear with respect, if you have biological clock pressure, what is your fear asking you to pay attention to? I'm literally taking from your episode that you did on my podcast, The Date Brazen Podcast. But what if you made a plan of having a baby solo? What if you listen to the fear, made the plan, so you have it? Then also picked up the book or listened to my podcast to get some tools to start dating

more wholeheartedly and quickly building hope and quickly vetting people so that you could get to the right people faster. What if it was a both end?

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FT: By the way, I cried on your podcast. Everybody should go back and listen to that episode.

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LW: It was so good.

[00:23:56]

FT: I was fine to go there. I felt safe. My mom once told me that she envisioned me – her vision of my future husband was she actually had a physical description of him, someone who's going to be protective, a little macho. I was like, “You don't even know me.” But we have this image in our mind not of just what this person's going to look like but the things that they're going to do, their hobbies, their personalities, their backstory, their family. We've been raised to think, “This is a good match for me.”

I want to hear from you some of – you talked about overlooking things. When we get – we're so tunnel vision because we're going on this very specific recipe for who's going to be my perfect match based on cultural expectations, how I've been raised, what I'm seeing other people, other happy relationships. What are we missing? What are some little signals of like, “Oh, this is actually a great quality in a person.”? But you're overlooking it because you're so focused on these superficial things.

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LW: Yes. First, you need to figure out if you're overfunctioning or underfunctioning in terms of your preferences. I want to unpack what this means. Overfunctioning is people who are really rigid, the idea of like, “You shall not pass. You got to have these checklist items. You need to be this height. You need to go to this kind of school. You need to have this kind of degree. You

need to make exactly this much money,” right? The rigidity and overfunctioning and muscling and hustling is a response to the original stimuli of like, “I'm afraid what I want doesn't exist.”

So then people go into hyper-fix-it mode, overfunctioners. It's classic oldest sibling planning the whole birthday party for their 60-year-old mother, and then they micromanage every detail. Then the youngest sibling, this is the underfunctioner, just shows up looking disheveled. The underfunctioner, in response to the stimuli, “Dating is hard. I'm afraid what I want doesn't exist.” Underfunctioning is, “So I take my hand completely off the wheel, so I don't learn anything about this, so I don't try. I default to it happens when I least expect it. So even though I want a relationship, I'm not going to work towards it because I don't know what to do,” the underfunctioner.

What I want people to do is come in the middle with what I call essence-based preferences. This is not a rigid snapshot. This is also not wanting “somebody nice with a job.” This is owning what you want on an essence-based level, which means asking hard questions of yourself like, “How do I want to feel in the right relationship? What personality traits and values do I want? What are my personal definitions of those personality traits and values? If I want a certain age range, then how do I hope that age range makes me feel? Have I ever felt that way with somebody who is outside of this age range,” right?

These essence-based preferences, I take people through this process in detail. It doesn't take very long. It'll take like two hours to create the most beautiful, specific essence-based preferences that are like an impressionist painting. So impressionist paintings, you can look at them and see the vibe. You don't know – you can't see the sharp outlines of people's bodies or faces or objects, but you can see the vibe. You can feel the way it feels to be in that world, at that picnic or whatever. This is how my clients report back and say they found the best relationships of their lives because they tuned in with how do I feel on this date, how do I feel talking to this person, is it in line with my essence-based preferences.

That becomes the metric of do I continue seeing this person and shuttle-proofs your dating life, as opposed to a rigid you shall not pass or an underfunctioning nice with a job, which inevitably both of those are going to lead you to settle. Coming in the middle allows you to be open to being surprised by the right person.

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FT: Yes. Which also may mean leaving your house to find them and not being so glued to your phone. Let's talk about that. Technology and the role that it has been playing in the dating world and the overemphasis on apps. I know you've read a lot where you have been very critical of app usage. What's the right balance? At work, it's also difficult to flirt and ask people out because that can be not allowed, and you could be breaking rules there.

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LW: Yes. Oh, my God.

[00:28:18]

FT: So it's like what do you do? You're like stuck.

[00:28:19]

LW: So, so good. I am – the first video that I had go viral on TikTok was titled Dating Apps are a Scam. I hate them all equally both end. I think that with intention and with CEO energy, one dating app can serve you in your dating life. But I don't think that an online dating life will feel joyful or unbothered or healthy if you don't have a really strong in-person dating life first. People over-index to the apps because it is a more ubiquitous resource. The marketing budgets of dating apps have been telling us for over a decade now that they are the answer, that they are how to find love. Their shareholders are pretty happy.

I would say that the dating apps want you to think that they're the only way forward, which is a good indication that you need to get back in control of your strategy. I want to talk about in-person dating. I have a whole plan. In-person dating is so difficult, especially post-COVID lockdown. Again, social skills have eroded. The fear of approaching people in person, the fear of being told, "Oh, I'm married," by somebody you're flirting with or the fear of being rejected in person. Oh, my God. Worst nightmare for people. Rejection is the worst.

[00:29:41]

FT: Rejection is the worst.

[00:29:41]

LW: This is why I say that if you're willing to feel awkward, you become unstoppable in your dating life because really what we're talking about is a 10-second, 20-second really intense pang of awkwardness or fear or the feeling of shame if you're shooting your shot in-person. But that's not going to kill you. You got to build your resilience to feeling awkward in order to get epic stuff done in your love life and everywhere. These skills are very transferable to other areas of life, too.

Three steps to in-person dating. Number one, joy building. Doing things outside of your house with people that you don't really know that bring you joy; a pottery class, a jewelry-making class, a trampoline class, a meet-up, a hike, a salon, your local coffee, wine bar, whatever. Even if there's nobody there who you're attracted to, your job at these events is to make eye contact with new people, to ask questions of new people, and to make new friends, which increases the quality of your life in general.

Then we get into step two, which is co-conspirators. This is where you help your friends help you more effectively in your dating life because it's not that you don't – it's not that your coupled friends or your other single friends are clueless. It's that you haven't yet had the language to help them effectively help you, which is why in the book I give literal scripts on what to ask your coupled and other single friends to help them effectively set you up. How can you share your essence-based preferences with your friends so that they don't set you up on a mediocre date ever again? How can you –

Even if your coupled friends give these very specific oh, no, nos in conversation, where if your coupled friend says, "I just don't know anybody. I don't know what to do." Oh, no, no. Here's the boundary that you set. We are creating creative solutions. Let's come up with some things together. Can we go out together every other Friday night and have a good time and you be my

wing person? There are solutions to helping your coupled friends help you or other single friends. That has led to my clients finding incredible dates through social circle connection. Some of my clients have met on TikTok with their partners. Just shooting your shot from seeing people in other people's social media, it works.

I also think that one of my clients, they were long-distance co-conspirators. One was in San Francisco. One was in Texas. The Texas client went to San Francisco, met a guy in the airport who lived in San Francisco, asked this guy the questions that she knew her co-conspirator wanted, asked him if he was single. He was. She set them up. They started dating, okay?

[00:32:31]

FT: Meanwhile, he thinks that she's into him.

[00:32:33]

LW: No. She was clear. She was like, "I don't live here, but I'm asking for my friend." Dude, this is – clarity is queen in this game. The third and final step with in-person dating is just eye contact and doing it messy. Eye contact, asking questions, saying hi to three cute strangers in a week. Practicing this muscle of messy courageous action will increase your resiliency and increase the likelihood of meeting an amazing person in person.

[00:33:00]

FT: Oh. Just like I got co-conspirators when I need to find more work or get another job, right? You got to arm your friends who work in your industry or outside of your industry with the jobs that you're trying to look for, the role, et cetera. I mean, every job that I've had, full-time job, up until like I became a solopreneur was sourced through a friend who I explicitly told what I was looking for. Then you just improve your chances. You got more people out there on the prowl for you.

[00:33:35]

LW: For sure. I think in-person dating is such a lost art, and that's why I'm so excited that chapter seven is all about dating in person with main character energy. I think people are going to really love that chapter.

[00:33:45]

FT: Yes. It seems like a great opportunity right now to practice it because there's more people online probably wasting their time than actually going out and showing up in real life.

[00:33:57]

LW: Yes. Well, and it's warm. When this comes out, it is warm outside. Go outside. Meet new people. Shoot your shot. Practice 10 seconds of courage. It's going to take 10 seconds of courage to shoot your shot. Then you're going to feel awkward for a second, and then it'll be done, and you can celebrate the hell out of yourself.

[00:34:15]

FT: Any sort of rejection, you feel it once, you're like, "Oh, that was horrible." But then you know now. You know what rock bottom is. It's like, "Well, there's nowhere lower than that, and I didn't die," as you pointed out. So I'm going to go out there again. This is kind of fun in a weird sick way.

[00:34:32]

LW: That's the goal is how can we make this joyful, right? On the way to meeting your partner, how can we get you out there more with these tools that will really increase your likelihood of meeting awesome people, help you vet people better? But then how can we make it all joyful? Because what is this? We have this one life. Let's make dating joyful so that you can finally feel a little fuller of yourself, feel a little more confident, a lot more confident, and start having more fun in the process of asking for and receiving what you want.

[00:35:02]

FT: Lily Womble, thank you so much. What a fun time. The time flew by. Congratulations on your new book, *Thank You, More Please*, available everywhere. Come back anytime. I'll come back on your podcast anytime whenever I feel like crying.

[00:35:16]

LW: Okay, great. Sounds good. Thank you, Farnoosh.

[END OF INTERVIEW]

[00:35:21]

FT: Thanks, again, to Lily Womble for joining us. Her book is called *Thank You, More Please: A Feminist Guide to Breaking Down Dumb Roles and Finding Love*. To enter to win a free copy of this book, leave a review for this show in the Apple Podcast review section. I'll be calling out names on the Friday episodes of Ask Farnoosh all month. I'll see you back here on Wednesday, and I hope your day is So Money.

[END]