

Get that girl to ask you out

By Margot Carmichael Lester

You're crazy about her, you want her, you know she's right for you... but you're too shy to go get her. Heck, maybe you're too shy to even look in her direction most of the times your paths cross. Maybe you can get some relief with Sadie Hawkins Day just around the corner. That's not to say you can just sit there like a bump on a log and hope she's eavesdropping on your innermost thoughts. Oh, no. Even shy guys have to be men of action.

Here's a list of five ways to get her to ask you out. And ladies, keep your eyes peeled for these clues that he's into you!

1. **Refocus to make it easier for yourself.** Relationship therapist Jeffrey Levine says the first thing to do is to take some of the pressure off. "Change your focus from you to her and immediately pay attention to the things about her that are so attractive. No matter how pretty she is, she, too, is subject to being rejected and wants to feel safe." So here's how to move things ahead: Keep it light and honest, sweet and gentle. Simply let her know that she looks great and you would love to have the opportunity to spend a little time with her. You haven't come out and said, "Will you go out with me," but the door is wide open for her to jump in with a "Hey, that would be great" or "Yes, I'd like that."

2. **Feed her a good follow-up opportunity.** Drop an obvious reason to get together while chatting with the lady in question. Juliet Grabowski of Rochester, NY, advises, "Give her a reason to ask you out. I was chatting with a guy friend online once, and he told me about a TV series that he thought I'd like. He said he would send me a copy of the DVD in the mail, and I countered that he could just give it to me in person—over dinner."

3. **Enlist a wingman or woman.** In other words, have a friend run interference for you. This is especially effective if your pal and the woman you have your eye on are friends or acquaintances. Bill Godfrey of Somers Point, NJ, recommends, "If possible, it's best to have a man or woman on the inside and then get the scoop on her interests." "Find out what she likes and then have someone else drop it in her lap. If it's obvious and she goes for it, great. If not, the awkwardness is minimal and you can move on." For instance, a friend could say, "Frank loves Bon Jovi. You should ask him about that album."

4. **Use the power of positive thinking.** Life coach Marcia King says, "Picture yourself engaged in conversation. Imagine her perfume, how she'll smile at you, how you'll feel. Your thoughts, that you're consciously choosing to think, will change your body language." You'll take on a more confident aura... making you feel stoked to move closer to her and perhaps making her more interested in chatting with you.

5. **Make a bold move.** Baltimore's Janet Weber suggests getting right to the point. "Since most people are not aware of the day on which Sadie Hawkins Day falls, it might be a good idea to hand her a save the date card," she says. "It would be a fun way to break the ice." You could say something like, "Sadie Hawkins Day is coming up—it's the day when the tables are turned and women ask men out. Make it easy on yourself and call me! My phone number is..."

Finally, remember this, says Levine: "If she has not yet responded to all the attention, you are probably better off moving on. There's someone out there who will appreciate you if you stay in the game."

For more on this topic from Jeff, [click here](#).