

The Date Podcast

Episode #6 – April Showers Bring May Flowers

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Emma and Zorric examine if age gaps matter, and which age gaps can end in happiness or sadness. How much do values matter in a relationship? Lastly, they review an article written by a bartender detailing how he knows if your date is going well depending on your body image, drink order, and how many times you leave to use the restroom.

Transcript:

Zorric: Hey, guys! This is Date Podcast again. Back for another episode. This is Zorric.

Emma: Hi, everyone. This is Emma.

Zorric: It's been a great week. Every week is a great week here. It's April. April showers.

Emma: Bring May flowers.

Zorric: I've never heard that before.

Emma: Are you serious? It's like May comes after April.

Zorric: Oh, okay. May comes after April. Okay, got it. I'll remember that. The weather's great. It's a great dating weather. I always say it's great dating weather but when it's warmer, it's great.

Emma: Yes, I agree. For me, the warmer season makes me want to start dating.

Zorric: It's cuffing season. Everyone's going to know.

Emma: It is cuffing season for me. I go against the grain.

Zorric: Springtime. You got the Arboretum.

Emma: Clyde Warren is going to start having concerts in April. Free concerts in April.

Zorric: Definitely. And I think they started the salsa dancing.

Emma: Oh, they have?

Zorric: Yeah.

Emma: Fun.

Zorric: Fun, fun, fun. So, it's a very good—

Emma: You've been to that, right?

Zorric: Yeah. Yeah, it's great because you get to meet a lot of people and they teach you. If you're not the best or the most coordinated, you can still learn and it's so fun.

Emma: Well, you know. Dancing is all about having fun. So, even if you don't feel that you're doing your best, as long as you're having fun, that's what matters.

Zorric: That's, that's. Yeah, that's all that counts.

Emma: Exactly.

Zorric: So, today we're going to talk about an article we found in the Business Insider and it talks about age gaps. It says here, "We asked a matchmaker whether age gaps really matter in relationships, and the answer might surprise you." Watch out, Emma.

Emma: I was not surprised by it. But I also have worked in this field so I expected it.

Zorric: Nothing can surprise you.

Emma: There are some things that can surprise me.

Zorric: You're like an encyclopedia of relationship information, which is great. So, a 2017 study examined 3,000 participants and the relationships and found that couples who were far apart in age had a higher likelihood of divorcing.

Emma: Yes.

Zorric: If you dissect that for a second. Let's say you're 10 years apart, so maybe someone's 30 and dating someone that's 20, those are a lot of years that you're missing.

Emma: Yeah, and I think that 30 and 40, they're more connected like wisdom-wise and life experiences-wise versus like the 20 and 30. The 20-year-old hasn't had that many experiences and for a 20-year-old because they've been recently out of high school, their biggest problem two years ago, a year ago was, "Oh, my gosh. My friends hate me."

Zorric: Puberty.

- Emma: Yes. And, what a 30-year-old is going through, what they think is stressful or anxiety provoking is not going to be in the same like experience as a 20-year-old.
- Zorric: Yeah. When I was 20 I think I was worrying about--first of all, "What the hell am I going to do with my life?"
- Emma: Exactly.
- Zorric: That's one thing. And, so I wasn't stable and also, I just wanted to go out and have fun and watch movies and go to the bar and all that. But when I'm, when I was 30--
- Emma: You are 30, in your thirties?
- Zorric: I am in my 30s. But at one point in my life I was 30 and a flashback. Yeah. I feel like I, I knew what I was doing at 30. I feel like men grow into their own at 30.
- Emma: I feel like you all finally get out of being in your 20s or being in your teens at 30.
- Zorric: Young at heart, I guess.
- Emma: Yeah. And, I still think that some 30-year-old men like are still in their teens
- Zorric: I've heard that so many times from so many people. Yeah, that's correct. Also, what the article says is that--the matchmaker says here in the article that people want to meet someone organically, like out at the bar--
- Emma: Yeah, always.
- Zorric: When you meet someone out at the bar, it's not like there's like an age, an age label.
- Emma: Like common dating apps.
- Zorric: Yeah. So, you don't know. I mean she could look-- It's weird these days, she couldn't look 30 but she couldn't be 29.
- Emma: Yeah. Or you can be 30 like me and look like you're 25, 26 years.
- Zorric: Yeah, exactly.
- Emma: Thank you, thank you.
- Zorric: I think it's younger than that.

Emma: Oh, yes. Bless you.

Zorric: More blessings taken. Like, organically, I want to meet a girl at best buy where I'm grabbing the latest and greatest mouse. It's like a movie where-- it's a slow-motion movie. I'm grabbing the Mighty Mouse in the apple isle. And, we just become one with the apple mice.

Emma: Yeah, over the apple mouse.

Zorric: I do like shopping on Amazon. Maybe there's a way where we can chat on Amazon and we're chatting and—

Emma: Oh, my gosh. No, stop it right now.

Zorric: Finding love on Amazon.

Emma: No!

Zorric: As we're buying the same Science Diet for our Maltese. Okay.

Emma: No, no, no, no.

Zorric: Anyway, I hear that a lot too. People want to meet somebody organically and which we do but--

Emma: We are in the era now where we just depend on technology and social media so much. It's unfortunate because I don't think that we take advantage of those moments where we can meet organically with each other.

Zorric: Yeah. And, we're busy, we work and it's so much easier to find somebody--

Emma: And I also think, we're just like always looking at our phones so we're not like willing to put those things down to look up for two, three seconds to make eye contact with someone.

Zorric: Perfect millennial example.

Emma: Yup.

Zorric: So, yeah, we're consumed with apps and phones and technology. It goes on to say that really, it's not about age. We've been saying it's kind of. It depends on which age range you're in but the article talks about how--it's more about faith and differing opinions about starting a family.

Emma: And again, I think that goes back to experience because you just said like in your 20s you wanted to party, in my 20 I wanted a party too and my focus was, "Okay, so I'd graduate undergrad. And then, I need to go to

Grad school. Do I actually want to go to Grad School? Like, what do I want to do in my life?" "Oh, my gosh. My friends are going out, so let me spend time with them." Versus like in your 30s, the expectation, I guess by then is you should have either a job or a career that you're working towards and like starting to settle down,

Zorric: Settled down, meaning that maybe you have at that age and idea of how many kids you want, where you want to live.

Emma: Or an expectation of what settling down means to you.

Zorric: Yeah. When I was 20, settling down to me meant settling down at the bar at a bar stool. That's as far as that goes. But, I think when your 30s, 40s and 50s, maybe this is a question for you, but I think people's faith are usually kind of solidified by that or maybe you're kind of--you have your belief.

Emma: Right. Yeah. Again, it just, it goes back to the experiences that you've had and experiences like pull you closer towards your faith and so they can either pull you closer or they make you question your faith but no matter what, you go through you're like religious renaissance and you figure out like where that value is, how important that was in your life.

Zorric: Yeah. And I also think, maybe if you're in your 20s, anyone listening out there in their 20s, maybe you figured that out earlier than later.

Emma: I mean, I'm not going to say all 20-year-olds are not going to want to know what they want. There some 20-year-olds that probably are like, "Okay, yeah, I'm ready to settle down. I have enough experiences, I know what I need." I'm going to say the majority. I'm not stereotyping everyone.

Zorric: 80% probably.

Emma: I'm not putting a number on it. I'm just going to say majority.

Zorric: There's usually an 80-20 rule for everything. So, to the meat of the article, what it says here is that women actually are willing to date or want to date somebody up to seven to ten years. What are you thinking about?

Emma: Yep. That's me and I go a year younger and up to 10 years older when I'm selecting an age.

Zorric: Yeah. And she also goes on to say that men almost always want to date someone significantly younger. There is no age here, but I believe less than ten. I think, I think ten is the maximum, as a man. Ten both. So, if I'm, if I'm 40--I don't know. Because, if you're higher in age, I feel like the gap can be bigger. Again, this goes back to the first part when we're talking

about differences of parts in your life or phases in your life. If you're a 30-year-old man—

Emma: If you're a 30-year-old dating a 43-year-old, that looks a lot different than if you're 20 dating a 33-year-old.

Zorric: That does. that does so. That's what she talks about in regards to age but really, at the end of the article she says that it's about really connection. So, age is important but not as important as how you're going to connect with a person or values and similar interests. I would rank values number one actually. To me, I think, values, number one, connection, number two and interest, number three. That's what I would say that's the most important. And then age. How about you?

Emma: I think they're very interchangeable. I think it's really dependent on the person, but I'm going to want someone who has similar values to me because this is what I stand for in life. This is what I am living my life like towards for and so I wanted someone that has those similar shared values because then if that happens we can go into like other aspects of our lives.

Zorric: Yeah.

Emma: It's also dependent on everyone.

Zorric: It is. Values are important. One more thing she says is that if you meet someone at a bar and you had no idea of their age and you just had this crazy instant chemistry, you write all that off, like everything goes out the window. All you can think about is, "Oh, my gosh. I had a great night. We had a great conversation. He lives here. He has a great job. So, I don't really--I don't know if this is your experience but really no one comes to me and talks to me about age. I rarely hear about that.

Emma: It's so funny that we're talking about like age differences and bars because what am I good friends a few years ago we were all out and there was this guy who was eyeing her and so I was the wing woman and kind of like figured out how to make them connect with each other and it turns out he was, I think like two years younger than her. She found this out like a few days later, obviously we found out when she told us. And so, I remember the first thought out of my mind, "Oh, my gosh, he's so young."

Zorric: So, young? Two years?

Emma: "Are you going to continue dating him?"

Emma: Hi, everyone. This is Emma. I've recently found a dating app I've enjoyed using. Bopsee. Simply, it's video speed dating. Bopsee give you the ability to meet six guys through live video. At the end of each session, I pick

either “See” for like or “Bop” for dislike. When we both like each other, we continue the connection over chat messaging. Check it out today at Bopsee.com.

Zorric: This is an article from the New York Post written by Julia Whimn, I guess that's how you pronounce her name. It talks about how bartenders can tell how your date's going to go because of the body language, because what you order and all that.

Emma: Yes.

Zorric: And so--

Emma: I have to say I agree with the whole body language thing because when I did a couples' work, a lot of times I could tell where they were in their relationship or I could guess depending on like where they sat, how close they saw that. When they're on separate couches or sofas? Are they on the same completely as far away as possible or were they close to each other? And if someone sat somewhere, the person sit down, would this person move towards the other person. So, I could like read a lot on that. So, it totally makes sense that bartenders are watching our body language.

Zorric: Yeah. So, the first thing here, it says, for the first paragraphs. It says, ““Bartenders can read the signs of a good date; think body language.” when I read that this first sentence, in my mind, I'm like, “Shouldn't you be making my drink? Is that why my Old Fashioned taste really old?” I'm a real big foodie and I love cocktails.

Emma: That's true. It's true.

Zorric: He's probably like swiping on Tinder and like just making fun of people. But, yeah, body languages are a big thing and that's how they can read. It goes on to say, “After years of watching dates unfold around them, bar workers have become experts in dating body language.” Basically, what's it's saying is--again, from what you said, it depends on how the guy or the gal is sitting back or moving forward or smiling or laughing.

Emma: Right.

Zorric: So, yeah. Body language is important. There's a book called “The Like Switch.” Have you read that?

Emma: I haven't.

Zorric: It's written by this ex-FBI agent and it talks about how he gets people to talk and gets people to make you feel more, I guess comfortable. It's a really good book, it talks about a lot about body language.

Emma: I like how they compare the first dates to business meetings because I do think that there's truth to that. Because you're giving your first impression to someone and it is sort of like a business transaction, right? Like, "Do you like me? Do I like you? What are your thoughts about me? These are my thoughts about you. In your anxiety of being a first date, you are overwhelmed by everything and you want to make sure that everything is done right so that you can be the appealing product for this other person.

Zorric: Yeah. Yeah. This first part it talks about also, yeah, like you said, meeting the person for the first time. I know I'm very anxious. I don't know about you. The first time I meet somebody I typically meet them before I get inside, so like outside kind of just waiting for them to show up

Emma: So, that people don't experience your first meeting.

Zorric: So, the bartender can't watch my body language. "Oh, this guy, this guy knows what he's doing. He's hiding from me."

Emma: He wants it to last.

Zorric: "I'm not going to be in your little survey here." But, I think--what do you think about the in-person meeting? Because it says here, I'm also anxious about seeing the person in real life. How do you feel about that?

Emma: So, as a true extrovert, first dates always make me an introvert.

Zorric: Yeah, because you're shy, you don't know the person.

Emma: For me, introverting as I like to call it as me, going into my shell and trying to protect myself because I don't want to be exposed to someone that I don't know. And, not go well. So, I introvert. So, for me, a lot of times on first dates, when I first meet the person, I won't touch. I won't shake hands. I'll just say, "Hello. I'm Emma."

Zorric: You'll say, "Hey, how's it going?" Awkwardly.

Emma: Yeah. And then, once I sit down, with you know, we can talk a little bit more.

Zorric: Gotcha.

Emma: I need to work my way through it.

Zorric: Yeah. It's funny how pictures work because when you meet someone for the first time, they can be much better looking or not as good as you thought. I kind of compare it to buying something on Amazon. I love Amazon. You go on Amazon and I'm looking for this perfect sweater and it

looks so great in the pictures and once the box gets to my apartment and I rip open that box and I put on this sweater.

Emma: It looks nothing like it.

Zorric: I'm like, "Where do I put the return label?"

Emma: Yeah.

Zorric: It can go both ways when you meet someone the first time.

Emma: Because what if they got one of their closest friends to take professional pictures for their profile.

Zorric: I know. They had assistance from a buddy of theirs. Another topic it talks about is what do you do when you meet somebody for the first time? Is it a handshake? Is it a hug? Peck on the cheek? That's not a US thing. I don't see many pecks on the cheek.

Emma: No, I don't either. But, like I said, when I first greet someone, I'm, I'm not going to touch you. I'm going to wait until end of day to do a handshake or a hug.

Zorric: So, do you just say, "Hey, how's it going?"

Emma: Yeah, just like, "Oh, hi, I'm Emma. It's nice to meet you." If he reaches out to shake my hand, I'll reciprocate, but I'm not going to be the first one.

Zorric: Yeah.

Emma: Because, again, I need to know boundaries. Are you a touchy-feely person because I am. So, again, I'm respecting your boundaries by not assuming that you want to touch by hand.

Zorric: So, if he said, "Emma, come over here." And it was big bear hug, that would be kind of awkward.

Emma: It would be awkward for me. I'd be like, "Okay, boundaries."

Zorric: I want to see that sometime. But, but I think, whether or not you shake you, you hug a person or peck on the cheek? I think it sets the tone.

Emma: Yes. But again, if it doesn't happen, it has to be okay because, yes, this is the first impression and I get it. It takes like seven other times to break your first impression, seven times to meet after. This is the first time that you're meeting someone. You're both anxious, you're both nervous, be okay being nervous and anxious. Just be okay with it.

Zorric: Acceptance.

- Emma: And then, don't use alcohol to cope with your anxiety and nervousness.
- Zorric: That's a great segue on to the next segment here. It talks about what's your order? Your drink of choice. He says, if you drink wine, then it's generally a sign that things aren't heading anywhere good.
- Emma: I have to disagree with that because I have a two drink max on the first few dates. Because when I'm still getting to know this person, again, I'm not going to use alcohol to cope with anxiety on the first few dates. So, I'm going to limit myself on purpose because I feel like if you're ordering more than two, three, then it starts--You start using it as a coping skill and you can get sloppy.
- Zorric: Yeah. The beer goggles come on or wine goggles.
- Emma: It leads to things that are not helpful.
- Zorric: He goes on to say that ordering a bottle of wine indicates they are committed to making a night of it, which that is a commitment, but it could be the guy kind of showing off and saying, "Oh, I'm going to put this money."
- Emma: Unless--or if it's just a better option because he's going to drink wine too and then I didn't make sense to order a bottle of wine.
- Zorric: Maybe, there's a drink special or happy hour.
- Emma: Are you judging?
- Zorric: I am a little bit. Yeah. But it says here also selecting a beer generally indicates the guy's feeling relaxed and comfortable in his own skin. But there are people that only order beer.
- Emma: I would order beer too if I'm at a place that serves beer. So, then, it just depended on the place.
- Zorric: Yeah. It depends. It also says if copious amounts of booze are being consumed, the date is most likely purely about sex. And I'm not sure. I don't know if I agree about that.
- Emma: It could be for me, I feel like it's managing your anxiety with an unhealthy coping skill. That is not the way to handle anxiety. Don't handle anxiety with alcohol on that first date.
- Zorric: Yeah. So, the next topic is conversation. So, if someone's talking a lot, there's a couple of things. It could be they're nervous or they're in really into themselves. How do you differentiate that?

Emma: I don't know. Because of what I do, because of what my job is, I find myself doing like a push and pull. So, I'm balancing myself or if I feel like I've been talking too much and he hasn't, I will start asking him questions and then, if he's not reciprocating then I'm like, "I'm supposed to talk more about myself. I'm kind of hoping you would talk to me about certain things." But at the same time, I'm always worried about that just because of what I do. I don't want them to think it's a therapy session because it's not.

Zorric: And I'm sure you get that stigma like, "Oh, are you psychoanalyzing me?"

Emma: I do. Oh, my gosh. Please don't do that if you go on a date with me.

Zorric: With the therapist or in general.

Emma: In general. I mean, no, like I say, I leave work at work. Stop it.

Zorric: Yeah. And so, I think the guy should be asking the questions. But you can tell if a guy's not asking you questions and maybe he's not that interested. You just got to gauge that and maybe if you can tell he's not that interested, maybe it's time to get the check or something.

Emma: Some guys like talking about themselves.

Zorric: They do. This is really interesting. He talks about this thing called the three-quarter rule. "There seems to be a mutual interest when the guy appears to be reaching in three-quarters of the way towards their date, with the woman making the full circle connection by leaning the remaining quarter." You can visualize that, right?

Emma: I can visualize it.

Zorric: I see there's merit in that. I think that's valid. Because the leaning in, and of course, and then if she's leaning in just a little bit, then that's also kind of a reciprocation that, "Oh, I do, I am interested."

Emma: Right. Yeah, I agree with that. I think that like if you're both leaning in towards each other, then that is a good sign. You're wanting to be close.

Zorric: You are. One more thing here, I thought that was interesting is the bill.

Emma: Oh, yikes.

Zorric: The bill.

Emma: It is so awkward. The bill is the worst part of the date.

Zorric: Yeah. I don't know if it's the worst. Maybe it's the most nerve wracking because it's who pays for the bill.

Emma: Maybe.

Zorric: But, his theory here is that, "An even split can be a perceived as a sign that neither party is really invested and is just being polite." So, basically, if you go halves, then—

Emma: It wasn't a good date.

Zorric: We go halves, these two are our houses and that's about it. If a woman pays for the bill or offers to pay for the bill, she's not interested.

Emma: I disagree.

Zorric: Oh, do tell.

Emma: I always offer to pay for the bell just because I think it's part of the pay the bill game.

Zorric: So, you offer and you make--you want him to say, "Oh, no, I have it." Right? Yeah, I do like that. Or at least a contribution. That does show that she can handle herself. She's independent.

Emma: That's right.

Zorric: And then most of us--

Emma: However, I do appreciate when the guy pays. Thanks, y'all so much.

Zorric: Yeah.

Emma: And opens the door.

Zorric: And opens the door. The last part of the date is saying good bye.

Emma: Challenges do need--what is it called? The Irish exit?

Zorric: What is that?

Emma: It's just like when you leave unannounced.

Zorric: Oh, that's the worst.

Emma: Yeah. Don't just leave unannounced.

Zorric: Yeah, you disappear like Houdini.

Emma: Yes.

Zorric: But, he's saying here that, "Most often there is a hug and a kiss on the cheek but occasionally there are more 'get a room' moments, usually followed by the couple, well, getting a room."

Emma: And I think that's probably after copious amounts of alcohol.

Zorric: So, if we string this all together, the whole article together, we can tell. If someone is drinking a lot, or maybe they're both drinking a lot.

Emma: That means that they're both anxious, calm it down, drink some water, get some sparkling water, do eat some bread.

Zorric: And if and if the three-quarter rule happens, then they're into each other. And then, if he pays, maybe it's almost to home base and they get a room. So, it's an interesting article. It's a lot about body language I think, and the psychology of paying the bill and all that. But, I like it. Very interesting.

Emma: Yeah, I liked it too.

Zorric: Okay. So, I think that's all the time we have.

Emma: Yes.

Zorric: Emma, do you have anything to talk about? Any lessons? Anything to plug?

Emma: I do have stuff to plug now. This is exciting. So, I have an Instagram account and it's its_emmap.

Zorric: One more time.

Emma: its_emmap.

Zorric: And you can check Emma out there and you can find me as well on Instagram at @zorricsia or Twitter @zorricsia. We had a great time.

Emma: Yes. Thank you, everyone.

Zorric: And, we'll see you later.

Mentioned Sources:

Do age gaps matter? – <http://www.businessinsider.com/do-age-gaps-really-matter-in-relationships-2018-3?r=UK&IR=T>

Bartenders can tell if your date will fail! – <https://nypost.com/2018/03/28/bartenders-know-a-lot-about-your-tinder-date/>

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