

WORST-CASE SCENARIO®

HOW TO FEND OFF COMPETITORS FOR YOUR DATE

1

Evaluate the situation.

Are you on a first date that is not going well? Is your date paying more attention to the interloper than to you? Do you want to continue dating this person?

2

Determine the seriousness of the offense.

Is it a passing rude drunk, a persistent boor, or someone seriously interested in leaving with your date? How big is the interloper? These factors will determine your response.

3

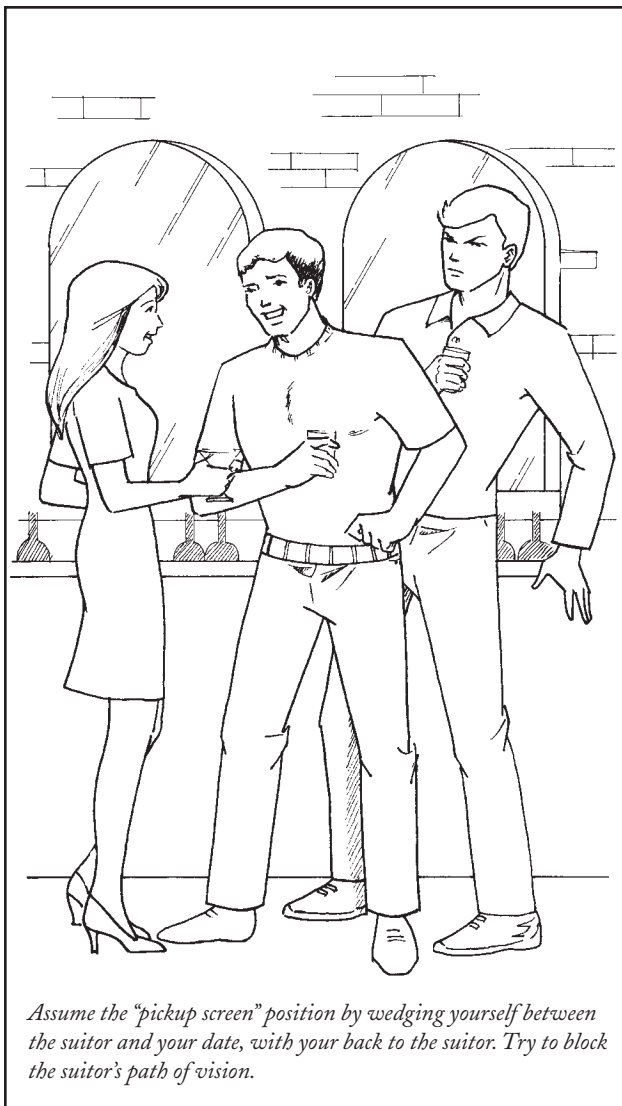
Stand your ground.

Put your arms around your date, whisper in her ear, and kiss and caress her. Show the suitor that your date is enamored with you, and you with her.

4

Place yourself in the “pickup screen” position.

Wedge yourself between the suitor and your date, with your back to the suitor. Try to block the suitor’s path of vision. An “accidental” bump or push with your shoulders or buttocks may be appropriate.



Assume the "pickup screen" position by wedging yourself between the suitor and your date, with your back to the suitor. Try to block the suitor's path of vision.

5 Ask the interloper to stop.

Politely but firmly explain that you are trying to have a conversation with your date and that you would both prefer to be left alone. If the suitor persists, use humor or sarcasm to diffuse the situation. Tell him you can offer him a few phone numbers, or tell him that tonight she's taken, but you will let him know when she's available.

6 If the suitor is with friends, enlist their help to rein him in.

7 Ask your date tell the suitor to back off.

Your date should tell him that she's flattered but not interested.

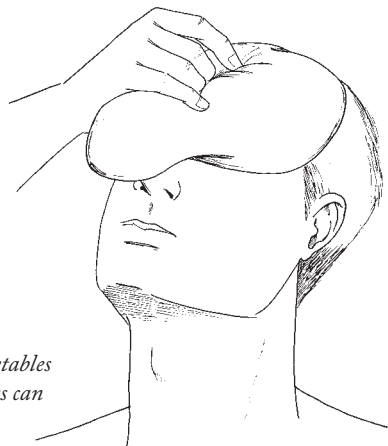
8 Try to leave.

If given the choice, choose flight over fight. Suggest to your date that you both move to a table or go to a new establishment. A fight generally doesn't make the evening go any better.

HOW TO TREAT A BLACK EYE

1 Make a cold compress.

Put crushed ice in a plastic bag and wrap the bag in a thin piece of cloth. Alternatively, use a bag of frozen vegetables or a cold, raw steak.



A bag of frozen vegetables applied as a compress can reduce swelling.

2 Sit down, tilt your head back, and cover your eye with the compress.

Use minimal pressure. This position allows gravity to aid in swelling reduction. If the compress is too cold to hold over your eye, use a thicker cloth. Keep the compress over your eye for an hour.

3 Take a painkiller.

For pain, take acetaminophen or ibuprofen.

HOW TO TREAT A BROKEN NOSE

1 Stop the bleeding.

Tilt your head back slightly. Pinch the bridge of your nose (the region just below the hard cartilage) closed, not just the nostrils. Hold a tissue underneath your nostrils to catch the blood.

2 Apply a cold pack or ice immediately.

Keep your head tilted back. Continue to apply ice as needed to keep the swelling down.

3 Do not reset a broken nose yourself.

The only reason for you to attempt to relocate the position of the nose is if you are having trouble breathing through your mouth. If you aren't getting any air, you can attempt to adjust the position of your nose so that you can breathe through it, but this will be quite painful.

4 Seek medical attention.



If your nose is broken, pinch the bridge of your nose (the region just below the hard cartilage) closed, not the nostrils. Hold a tissue underneath your nostrils to catch the blood.

Be Aware

The following symptoms indicate a more serious injury and the immediate need for professional care:

- Bleeding from the nose does not stop within 10 minutes
- Bleeding from both nostrils
- Trouble breathing through your nose
- Eye pain, trouble seeing, or blood on the surface of the eye
- Clear, watery fluid leaking out of the nose after the injury
- Swelling, bruising, or tenderness extending over the cheek area or below the eye

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