



#ProperlyPartnered

Grindr: Turning a Hookup App into a Connection Tool with Dr. Gregg A. Pizzi

Grindr is often thought of as a hookup app—and for many, that's all it is. But if you know how to approach it with clarity, boundaries, and the right mindset, you can use it to connect with men who are also open to something real. This tutorial shows you how to navigate Grindr intentionally using the #ProperlyPartnered pillars: **CSB Decoder**, **Attraction Architecture**, and **EnGAYgement Formula**.

Step 1: Setting Your Intentions Before You Log In

Before opening Grindr, decide why you're there. Are you looking to meet men who might become friends, dating prospects, or a partner? If you don't set your intention, the app will set it for you—and that usually means defaulting to quick, disposable interactions. **CSB Decoder Tip:** Avoid the Chronically Single Behavior of "winging it" without clarity. Men can sense when you don't know what you want, and that energy repels the kind of connection you actually crave.

Step 2: Creating a Profile that Filters In the Right Men

Your profile is your first filter. Use it to attract the men who align with your values and screen out those who don't. **Attraction Architecture Tip:** Profile Photo: Use a clear, recent shot of your face. Add a second photo that shows more of your lifestyle. Headline: Skip clichés like "looking for fun" if you want more than that. Say something value-driven like "Connection-focused. Real conversation welcome." Bio: Mention what you're into beyond sex—shared activities, passions, values. This isn't about hiding your sexuality—it's about leading with the qualities that actually matter in a long-term partner.

Step 3: Understanding Grindr's Features

Nearby Grid: Shows profiles by proximity. Remember: closeness in miles doesn't always equal closeness in values. **Filters:** Use these to set your preferences, but avoid filtering so

narrowly that you miss good matches. **Profile Stats:** Height, weight, position—share what you're comfortable with, but remember: the right men will want the whole you, not just the stats. **CSB Decoder Tip:** If you catch yourself obsessing over "ideal" body type or age, check whether this is a real value or just a habit of exclusion that keeps you single.

Step 4: Messaging with Intention

On Grindr, opening lines are often sexual—but you can stand out by being different.

EnGAYgement Formula Tip: Start with something personal from their profile or photo: "That hiking trail looks amazing—where is it?" or "You've got a great smile—what's making you happy today?" This shifts the interaction into genuine connection mode right from the start. If someone can't or won't engage beyond one-word answers, that's good information—move on.

Step 5: Navigating Sexual Conversations

Sexual talk happens quickly on Grindr, but that doesn't mean you have to play along before you're ready. **EnGAYgement Formula Tip:** If you're open to flirting, set the tone by blending playfulness with boundaries. If you're not ready for sexual conversation, redirect: "I'm more interested in what makes you laugh than what you're into sexually—at least for now." This weeds out men who can't respect your pace and attracts those who can.

Step 6: Moving from App to Real Life

If you find someone you click with, suggest moving to a phone call or in-person meeting sooner rather than later. **CSB Decoder Tip:** Endless chatting without a plan to meet is often a form of avoidance. Give it a few days max before proposing something low-pressure like coffee or a public walk.

Benefits of Using Grindr with Intention

Instant access to a large network of men in your area. Ability to filter by preferences while still keeping an open mind. Quick way to identify who's looking for more than just a hookup. Opportunities to practice your #ProperlyPartnered skills in real-time. When you use Grindr with the #ProperlyPartnered pillars in mind, you stop letting the app dictate your love life and start leading it yourself: clear of CSBs, aligned with your Attraction Architecture, and communicating through the EnGAYgement Formula.

About Dr. Gregg A. Pizzi

Dr. Gregg is a Clinical & Forensic Psychologist, Relationship Coach, and Board-Certified Sex Therapist. As the founder of #ProperlyPartnered, he helps successful gay men identify unconscious blocks to intimacy, strengthen self-worth, and master the tools needed to attract and sustain authentic relationships—even on hookup-heavy platforms like Grindr.