



#ProperlyPartnered

Facebook Dating: A Step-by-Step Tutorial with Dr. Gregg A. Pizzi

Facebook Dating can be more than just another swipe app—it can be a powerful tool for meeting authentic, relationship-minded men. This tutorial walks you through the features, setup, and benefits of Facebook Dating, while integrating the three pillars of the #ProperlyPartnered system: **CSB Decoder**, **Attraction Architecture**, and **EnGAYgement Formula**.

Step 1: Accessing Facebook Dating

Open the Facebook mobile app, tap the menu icon (■), and look for the heart-shaped *Dating* icon. If you don't see it, search for "Dating" in the app's search bar. **CSB Decoder Tip:** If you catch yourself thinking "Apps never work for me," pause. That's a Chronically Single Behavior (CSB) talking. By showing up with openness, you allow the possibility of connection.

Step 2: Setting Up Your Profile

When you first enter Facebook Dating, you'll create a separate dating profile—your Facebook friends won't see it unless you choose them as a "Secret Crush." Add 4–6 photos that reflect your lifestyle and personality. Answer prompts like "A perfect first date is..." to show who you are. **Attraction Architecture Tip:** Think of your profile as your "relationship storefront." Use photos that radiate confidence and joy, and prompts that communicate your values—such as curiosity, kindness, or adventure.

Step 3: Setting Preferences

Facebook Dating lets you set preferences for location, age range, and other criteria. While it's good to know what you're looking for, avoid making your filters so narrow that you cut yourself off from great possibilities. **CSB Decoder Tip:** Rigid or overly exclusive preferences can be a hidden block. Stay open to meeting men who share your values, even if they don't match every item on your "type" checklist.

Step 4: Matching & Messaging

You'll see suggested matches based on your preferences, shared interests, and mutual friends. Tap the heart to express interest, or the X to pass. If both of you "like" each other, you can exchange messages. **EnGAYgement Formula Tip:** Start conversations that go beyond surface-level. Instead of "Hey," ask about something from their profile—"I see you love hiking—what's your favorite trail?" This creates space for authentic engagement rather than small talk dead-ends.

Step 5: Using Additional Features

Events & Groups: See potential matches who share your interests by linking your Facebook events and groups. **Secret Crush:** Privately add up to nine Facebook or Instagram contacts you're interested in. If they add you too, you'll both be notified. **Attraction Architecture Tip:** Participate in events or groups that genuinely interest you. When your connections start with shared passions, you naturally boost compatibility and conversation flow.

Step 6: From Chat to Connection

Move from messaging to meeting within a reasonable time frame—endless chatting often leads nowhere. **EnGAYgement Formula Tip:** Suggest a light, low-pressure first meeting like coffee or a walk in the park. Keep it short, focus on enjoying each other's company, and avoid diving into overly personal or negative topics on the first meet.

Benefits of Using Facebook Dating

Integrated with your existing social network, but keeps dating activity private. Matches are based on shared interests and mutual friends, which can increase compatibility. Free to use—no premium subscription required. Offers a wider demographic than many other dating apps, including more men seeking genuine relationships. When you use Facebook Dating with the #ProperlyPartnered pillars in mind, you filter out poor matches (CSB Decoder), present your most authentic and magnetic self (Attraction Architecture), and communicate in ways that foster genuine relationships (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.