

Synthesis Essay

Question 1

Sam, a sparkly and introspective junior in high school, is weighing the pros and cons of promposing to their longtime crush, Riley. Ever since the 6th grade, Sam has been infatuated with Riley but has kept this crush under tight secrecy.

Read the following sources and accompanying contextual information carefully. Write a letter to Sam that addresses the following essential question: to prompose … or not to prompose? In your essay, synthesize material from at least three sources to develop your position.

Source A (Dodgson)

Source B (Growing Cost)

Source C (Houston Moms)

Source D (Riley’s Cellphone)

Source E (YouTube|Teen Vogue)

Source F (Kaufman)

Source G (Deadwiler)

Source A

**There are pros and cons to public proposals — here's how to know if it's a good idea --- by Lindsay Dodgson**

* Everyone likes different things.
* This is the same with showing affection — some like gifts, while others like being told they are loved.
* A public proposal isn't for everyone.
* But you should know what your partner wants before you get down on one knee.
* You should probably know what kind of ring they want too.
* There are five love languages, and every person uses one primary and one secondary love language to express how they feel.

According to the book "[The Five Love Languages: How to Express Heartfelt Commitment to Your Mate](https://www.amazon.co.uk/dp/B00OICLVBI/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1)" by Gary Chapman, the languages are receiving gifts, spending quality time together, words of affirmation, devotion, and physical touch.

Everyone expresses their love for someone differently, and this means they may not respond to the same things their partner does. For instance, one partner might require being told they are loved every day, while the other only feels appreciated when they're given presents.

It might feel like this adds to the anxiety of asking someone to marry you. But Erika Ettin, founder of dating site A Little Nudge, says it shouldn't be a concern, because you should already know what your partner wants.

"My main piece of advice is know your audience," she told INSIDER. "At a certain point you should know a person well enough to know what they would appreciate. So you have to think to yourself does my partner like this kind of thing?"

You shouldn't approach the proposal by doing what you want, she said, but what they would want.

"You're not doing it for you, you're doing it for your partner," she said. "The person proposing shouldn't do it the way he or she would appreciate it, you have to do it the way your partner would appreciate it."

The same goes for a proposal. Some people dream of all the bells and whistles — fireworks, red roses, and a massive public display of affection. For others, this is their worst nightmare.

## It's nobody else's business

It's also nobody's business either way, Ettin added. Earlier in November, [a man was criticised for proposing](https://www.theguardian.com/lifeandstyle/shortcuts/2018/nov/07/marathon-marriage-proposal) to his girlfriend when she reached the 16 mile point in the New York Marathon. A similar wave of criticism occurred when China's silver medalist He Zi was proposed to by fellow Olympic diver Qin Kai on the podium.

The argument is that a proposal outshines the accomplishment. So rather than thinking about how they ran their first marathon, or won an Olympic medal, they'll forever associate the day with getting engaged.

But as Ettin says, we don't know these people. A proposal is a very individual, personal thing.

"I don't think it's anyone's right to criticise," she said. "Maybe that was her dream to be proposed to at the end of a marathon. We don't know that."

Everyone wants something different, and the one proposing should understand their partner's preferences before they pop the question.

"I was thinking about Prince Harry and Meghan Markle's interview — he proposed over chicken at home, and she seemed to love it," Ettin said. "They probably discussed that they wanted to do something private. Whereas if you asked me, I would love fireworks and sirens and sky writing, so everyone's personality is different."

## All eyes are on you to say yes

There's also the argument that getting down on one knee in public means the proposee may feel obligated to say yes.

"I would advise most couples, if it's going to be a surprise, you should know first that you're getting a yes before you ask," said Ettin. "You should be having those hard conversations, those ones about children, and religion and all of that stuff. So while I love the idea of a surprise, the answer shouldn't be."

Even if the partner gets it wrong, the proposal is secondary to the relationship. If you're right for each other, an embarrassing or underwhelming proposal shouldn't matter all that much, Ettin said.

"Ultimately, the marriage is more important than the proposal, so I wouldn't let that be the focus of the rest of your life," she said.

And the same goes for the ring — talk about it first, know what your partner wants, but don't worry too much if it isn't exactly what they wanted. If the relationship is right, exchanging the ring won't be a big deal.

"Do I think you should say something at some point to make it more to your liking? Absolutely," Ettin said. "But in the moment, if you love the person, accept the proposal and you can communicate about the ring later."

Source B

Diagram

Description automatically generated

Source C

**The Hidden Dangers of Promposals**

Written by Houston Moms

Alright ya’ll, I have a hot take: Promposals should **not** be a thing. There…I said it.

This is an opinion that many are likely to disagree with {and that’s OK!}, but hear me out.

I came to this conclusion recently as my social media feeds were filled with pictures of elaborate schemes that teens are using to ask their dates to school dances. Costumes, props, rented sound equipment, baked goods, live animals {I’m not kidding!}…the list goes on and on!

MTV ran a [TV series](https://www.imdb.com/title/tt7798236/) on this fad a couple of years back called “*Promposal*” and it featured a teenager asking someone to be their prom date using elaborate stunts, themed fashion, and choreographies. I chuckled at the first few I scrolled past on social media and even “liked” a few on my feed that were especially creative, but as the days went on and I was seeing more and more of these over the top {in my opinion} set-ups, my mind went in a different direction and I no longer found them so charming.

In the following days, I conducted some very informal crowdsourcing with some of my peeps to gauge just how ridiculous my opinion was on this topic. I basically wanted to gauge where my thoughts on the matter registered on what I like to call the “Karen-o-Meter.” To my utter amusement, I heard stories from friends about even more ridiculous {again, my opinion} promposals and we also tried to come up with some of the most insane ideas we could think of for our own promposals. My personal favorite was the idea that for a teen to rent a hot air balloon and a polar bear to ask his/her date to homecoming. Nothing says, “Hey baby, let’s dance” like helium and an exotic animal – right?

Once we got past the laughter and giggles, the conversations did eventually settle into two distinct camps::

**Camp #1::**  *Let kids be kids and have a little fun!*  
**Camp #2::** *This is insane and must stop!*

*{Shocker, I’m basically the resident camp counselor for Camp #2 above.}*

All joking aside, there are some very real issues in my mind with this trend. Believe me, in a [world that feels extremely heavy right now](https://houston.momcollective.com/parental-burnout-in-a-pandemic-know-the-signs-and-learn-to-cope/), I am ALL FOR our kids being given as many opportunities for lighthearted fun as possible. But that lighthearted fun shouldn’t come at a significant financial or emotional cost to others and shouldn’t perpetuate some of the outdated ideas around inclusivity amongst teens we are trying to overcome or contribute to a false sense of reality about relationships.

The three biggest issues I see with elaborate promposals include:

**Unnecessary Pressure**

The pressure this puts on our kids to craft the most perfect-of-all-time promposal complete with Hamilton-themed costumes, custom ordered baked goods, peace-doves and glitter is too much. Not to mention the subsequent underlying pressure for the teen on the receiving end to accept the promposal simply because of the amount time, money and effort that went into said promposal. The lengths teens go to both mentally and financially to make these experiences absolutely perfect is unrealistic for most adults I know, much less for awkward teens just trying to keep it together during a nearly 2-year long pandemic.

Also, can we just take a beat and talk about the pressure this puts on the parents who get pulled into these shenanigans? One of the most common themes that came out of my crowdsourcing was just how little involvement the teens actually have in these promposals and how much time, energy, effort and straight-up cash is required of the parents. And like it or not, most of that was being provided by the moms. Ladies, WHY DO WE KEEP DOING THIS TO OURSELVES?! It’s bananas! Don’t we have enough to juggle in 2021 without pouring over Pinterest boards and Facebook groups to help our kids come up marriage proposal-level ways to ask friends to school dances?

**Mental Health Implications**

You don’t have to be a genius to understand that there are some dangerous mental health implications associated with promposals. Yeah, yeah…I get it. Not everyone gets asked to the dance. That’s an unfortunate reality in life for many of us. But this seems like a practice that is not applicable to the majority. It is also something that promotes the literal definition of “[love bombing](https://www.healthline.com/health/love-bombing)“, a dangerous manipulation technique present in many abusive relationships that attempts to influence a person by grand demonstrations and the showering of attention and affection.

On the flip side of that though, what if you cannot afford a grand gesture to ask someone to the school dance – does that suddenly make you less than? What if you don’t really know the person very well that you want to ask to the dance – do you cave to the peer pressure and still plan an elaborate promposal and risk public rejection? What if you are asked to the dance but it’s not as part of some grand gesture – does that make you less worthy than someone who received an amazing promposal? What if you have concerns about the person who asked you to the dance, but are too afraid to speak up – do you ignore your instincts and accept anyway?

Also, take a moment to consider how promposals affect LGBTQ teens who are unfortunately under enough of a microscope already. It’s all too much.

**Unrealistic Expectations**

Promposals are not a great example for how relationships are supposed to work and certainly do not reflect reality. If your standard expectation at 15 for being asked out on a date includes a pool float, donuts, and a choreographed flash mob, you are going to either need to settle down with a Nicholas Sparks character or come back down to earth and join the rest of us in the land of reality. Relationships are all about give and take and shouldn’t be anchored in meaningless gestures. Sure, they’re cute and fun at times but at the end of the day, they really don’t matter. My hope for all of my children is that they learn how to embrace relationships in a healthy way and learn that not everything has to be a thing. School dances can be fun, exciting and promote great memories.  But not everything about them, including the manner in which you ask your date has to be a thing.

Source D



Source E



The Racist & Sexist History of Prom| Teen Vogue

<https://www.youtube.com/watch?v=YJ7sI1LHebg>

Source F

15 Teens Discuss Modern Prom & Promposals

By [Maya Kaufman](https://www.thecut.com/author/maya-kaufman/) at Confessions

Prom season is in full swing, and high school students across the country have been spending the last few months absorbed with the latest trend to hit the hallways: “promposals,” a word used to refer to extravagant (and often public) prom asks. Whereas the stereotypical prom used to revolve around getting laid, 21st century teenagers seem much more absorbed with when and where their asks are happening.  
   
It’s easy to see why these prom asks have become so popular in our digital age. Teens are already sharing every aspect of their lives online to boost their self-esteem, and promposals are the perfect mechanism for more peer validation. Just snap a picture of your asker with a bouquet of flowers and a giant “PROM?” sign and share it with your Facebook friends for instant gratification. (As a senior in high school, such images have been filling my news feed for months now.) YouTube is also full of promposal videos from high schools across the country, from [sweet gestures](http://www.youtube.com/watch?v=C_SmvoCcMmg) to a boy [twerking in booty shorts embellished with the word prom](http://www.youtube.com/watch?v=Y0u0EIRb2wY), a video that has garnered over 7 million views since it was uploaded in April — that’s nearly three times more than that guy [who asked Kate Upton](http://www.youtube.com/watch?v=NvxqUEMDBp8).  
   
Teens know that prom is overrated, but it’s difficult to ignore the effects of the promposal trend. With prom asks as the new big thing, there is even more pressure to have a date for prom. While norms have shifted, prom still compels many teens to conform to society’s traditional gender roles: Boys ask girls, and going solo (especially as a girl) is seen as a scenario best avoided.

I interviewed fifteen teenagers about the gender roles of prom asks, the pressure to have a date, and the rising popularity of promposals.

**1. The public promposal.**  
David describes himself as a romantic guy, and with prom approaching, he jumped at the chance to do a big ask for his girlfriend. Even before they started dating, they were planning to go to prom as friends. “Once we got into a relationship, I knew I had to step my game up and do a kick-ass proposal.” David wore a suit to school and asked his girlfriend to prom with flowers at an all-school assembly. “It completely embarrassed her — that was the point — and everyone else loved it.”  
   
He didn’t feel pressured to do a promposal, because it was something he genuinely wanted to do. “As a high school student, I think that there is nothing more romantic for me to do than to ask my girlfriend out to prom.” David wouldn’t have wanted it to be the other way around. “If I am in a relationship with someone, I want to be romantic, and I want to ask her out.”  
   
**2. No one wants to be alone in the pictures.**  
Kim hypothesizes that one reason why high schoolers feel pressure to have a date for prom is because they don’t want to be alone in the prom pictures. “It is nice to be able to stand with someone and call them yours for a night, even if you are single or going with a friend.” Yet she emphasizes that having a date is not the most important part of prom. “Prom is about celebrating our accomplishments for the year. Yes, it would be nice to have a date, but I would be just as happy being with my friends and having fun.”  
   
**3. Sincerity trumps showmanship.**  
Isidro says that a girl asking a boy to prom “would feel kind of weird in a de-masculinizing [sic] sense; it’s like our unwritten duty.” Still, he believes that the tradition of guys asking girls is old-fashioned. “It’s an aged notion. I think it would be interesting to see a girl ask a guy, but most people tend to do it by the book … It would be cool to see women change [that].”  
   
Although Isidro imagines that every girl wants to be formally asked to prom, he finds the idea of a promposal excessive. “I can see how they are becoming more popular in this viral age, but making a whole production out of it doesn’t necessarily make them genuine. Sincerity trumps showmanship.”  
   
**4. A date at a different school.**  
Sofia argues that “the stereotypes [of prom asking] are sexist and traditional, but girls chasing boys does not usually work out well. It’s human nature for the boy to chase the girl, which is why I feel that if two people go to the same school, the boy should ask the girl.” Those rules shift when the two individuals go to different schools.  
   
Sofia asked a boy to prom, “only because he doesn’t go to my school … But now I kinda expect him to ask me to his prom in a cute way, and so far he hasn’t, so I’m stressed.” She says that there is definitely pressure on boys to do a promposal but admits that any way a boy asked would still be flattering.  
  
**5. There has to be a grand gesture.**  
According to Thomas, “It seems like guys are always responsible for asking out the girl. Not only that, but when they ask the girl to prom, it HAS to be a grand gesture.”  
   
Despite this, he would “prefer asking the girl, just because I find enjoyment in things like that. I think girls should be able to ask guys though, and without judgment.” He says he would also go to prom with a guy friend. “It would just be a bro prom. Anybody should be able to ask anybody to prom, plain and simple.”  
   
**6. “My boyfriend and I just assumed we were going to prom together.”**  
Livia made her boyfriend ask her to prom because she likes the tradition of boys asking. She says that prom asking becomes simpler within a relationship. “My boyfriend and I just assumed we were going to prom together. I told [him] that he had to ask me in a nice way, [so] he got down on one knee. He should’ve gotten me flowers.”  
   
**7. There’s a fear of rejection.**  
Braham thinks that “it’s the role of the guy to ‘man up’ and ask the girl,” and he wouldn’t necessarily want to change that. While he acknowledges the fear of rejection, he believes that “if the guy really wants to ask the girl to prom, the reward should outweigh the risks.” He suggests that girls simply hint to their choice that they want to be asked and that the guy should do the ‘official’ asking.  
   
“We live in a hook-up culture, so it is a bit odd to think that there is such a stress on the traditions of prom,” Braham says of the pressure to have a prom date, but nonetheless he believes that “having a date [for prom] is considered more refined” than going stag or with a group of friends.  
   
**8. Promposals can put girls in an uncomfortable position.**  
Jane thinks that the traditions of prom asks are unsettling. “The pressure put on boys to ask girls to prom is gross. And girls feel pressured to keep quiet when they consider asking a boy to prom. ‘It’s his job!’ is the usual response.” She takes further issue with the rising popularity of promposals, especially outside of a relationship. “A lot of girls feel pressured to say yes in the midst of a fancy and public way of being asked. Then they’re put in a position that is uncomfortable for them.”  
   
Jane identifies as a lesbian but was still urged to go to prom with a boy last year, an idea that made her uncomfortable. This year she is bringing her girlfriend to prom; she spent $80 on concert tickets to her girlfriend’s favorite band as part of her promposal. “Her reaction? Priceless. Even if we broke up in the future and hate each other, the happiness in someone’s face like that can’t be erased from your head.”  
   
**9. The boy going with his best friend.**  
Alex likes the idea of going to prom with friends instead of a date, adding that a lot of his friends get upset that they haven’t been asked to prom. He is going to prom with his best friend, who is a girl. “We won’t be attached at the hip for the whole night. All my friends and I will definitely spend the night as a group.”  
   
**10. Boys feel the pressure from their friends.**  
Alvaro admits that boys often feel pressured to ask a girl to prom, because “if he doesn’t, he might look silly in front of his friends.” He wouldn’t care if a girl asked him to prom and believes that girls often expect to be asked rather than ask a boy themselves. “It’s always the boy who has to grow a couple and go for it.”  
   
At the same time, Alvaro doesn’t see prom as something to fuss over. “[Looking back in ten years] I’ll probably laugh because we made such a big deal out of it when it didn’t really matter. I’m just going to have a good time with my friends and with some classmates that I will probably never see again.”  
   
**11. The romantic promposal fantasy.**  
Danica believes that girls’ expectations about being asked to prom or receiving a promposal stem from pop culture. “It has been engraved in our teenage dreams that our stud for a boyfriend or the chiseled boy in the front of the class would come and awkwardly ask you to prom, but this is not reality.” She has always dreamed of receiving her very own romantic promposal. “There is a lot of pressure to make this such a romantic night, when the reality is, prom is a night to say a final fun farewell to your best friends in high school.”  
   
Danica isn’t sure if she would ask a boy to prom. “I’m really old-fashioned and still believe in the chivalry of a time lost long ago.”  
   
**12. Why go with someone you don’t care about?**  
Jenny goes to an all-girls school, so the girls have to ask their dates to prom. “In a way, it almost adds to the pressure because it makes it very clear who has a boyfriend outside of school and who doesn’t.”  
   
She doesn’t think that there is that much pressure to have a date at her school. “I would definitely consider going with friends, but people who are in relationships are revered, because it’s so rare to pin down a significant other outside of school.” At the same time, many of her classmates are set up with dates; Jenny doesn’t see the appeal. “If I go with a date I’ve been set up with or don’t know well and spend the whole evening making sure he’s having fun, I’ll wonder why I didn’t just go with a group of friends.”  
   
**13. Boys going with boys.**  
Adam, who identifies as gay, says he would bring a boy to prom at his all-boys school if he had a date. “I’m comfortable with my sexuality, and I could care less if people see me with another boy … I can see why people whom I know to be closeted or uncomfortable with their sexuality will automatically only bring a person of the opposite sex.” He acknowledges that there are social pressures surrounding prom dates and is unsure whether any other boys would show up as a gay couple, regardless of what he chooses for himself. “I would love to see a gay couple at my prom, [but] people in my school are a bit too conservative for that.”  
   
**14. The girl who asked an underclassman.**  
Nicole asked a junior boy to her prom, which is only for seniors and their dates. “It’s pretty much unheard of for a senior girl to ask a senior boy. If a girl wants to go with an underclassman, often she’ll tell the guy and then he’ll ask her. I think it’s pretty stupid that girls are expected to be so passive in the whole process.” She discloses that there is a “ton of pressure” to have a date of the opposite sex. “It’s completely unheard of for a guy to go with a guy or to go alone. Girls can go with other girls as friends, but that means they couldn’t find dates.”  
   
For Nicole’s promposal, she made signs spelling out “Prom?” and surprised her date at her high school’s carnival. At her school, promposals are “completely expected for senior boys asking any girls within the school — the more outrageous, the better.” She adds, “It’s not okay for a guy or anyone really to ask a date just by saying ‘Wanna go to prom?’ It’s expected that they’ll at least give their date flowers or something.”  
   
**15. “If you don’t have a date, you don’t go.”**  
Lizzie feels pressured to have a date for prom. “At my school, if you don’t have a date, you don’t go.” She expects a boy to ask her and would only ask a boy if she had to, “like if he was in another school or another grade.” Yes, promposals are a big deal at her school: “I’ve heard of people rejecting boys because they just asked, rather than planning something huge and special.” But despite the pressure that surrounds prom now, she realizes that she’ll look back and laugh. “The things that are a big deal in high school really aren’t that important in the long run.”

Source G

# How To Ask Someone Out: 8 Tips From Dating Experts

[By Acamea Deadwiler, M.S.](https://www.mindbodygreen.com/wc/acamea-deadwiler)

It's understandable that you may be apprehensive about asking someone out on a date. Nobody likes rejection, especially not in matters of the heart. It can be embarrassing or make once comfortable interactions seem weird. Then there's the pressure of trying to find the right words and the best time to make your move.

But if you never ask the question, you'll never know the answer. Instead of living with the "what if," use this expert advice to increase the chances of a successful date invite—and to be able to gracefully handle the occasional "no" when it comes.

## Deciding when to take the next step.

If you can't [stop thinking about a person](https://www.mindbodygreen.com/articles/11-steps-to-stop-thinking-about-someone-fast) even after you've parted ways, it may be a sign that your interest in them is more than friendly. For instance, maybe you can't get out of your mind your friend's sister who you just met at a group outing, or you find yourself wishing you could spend more than just the five minutes talking to your barista at the register of your favorite coffee shop.

In deciding whether to take things to the next level, dating coach [Kevin Carr](https://youtu.be/70HdOIiWfe4) says there are cues you can look for. "When you attempt to engage in conversation, does the person you're interested in match your energy, or do they reply with one-word answers to keep the conversation short and simple? You want to look for reciprocity here. If the interest you're showing isn't reflected back in your direction, you may want to take that as a sign to not try to advance the relationship."

To pick up on these cues, clinical psychologist [Jaime Zuckerman, PsyD,](https://www.drjaimezuckerman.com/) suggests starting with casual conversation. Don't "cold call" the request. Chat about the weather or a good movie you just watched. Once you've established mutual comfort, branch out into other topics to help you deepen the connection and [open up to each other](https://www.mindbodygreen.com/articles/how-to-get-someone-to-open-up).

The good thing about developing romantic feelings for someone with whom you're already familiar is that you have a head start on building a rapport. Use that common ground as a foundation for nurturing the relationship, she suggests. "Being familiar with them usually means you already have some background information. Expand on this in conversation. For example, if it's someone at your gym, it would be an easy conversation starter to discuss something or ask a question that's health and fitness related."

Regardless of the scenario, these conversations will help you gauge the other person's interest (and your own!) before asking someone out. (Here are some [signs of attraction](https://www.mindbodygreen.com/articles/signs-of-attraction) if you're still unsure.)

## How to ask someone out on a date:

1.

### Be assertive, not aggressive.

Confidence is attractive. Brashness is not. "It's important to be observant here and not too pushy," Carr says. "Remember to listen and let the conversation progress naturally."

Zuckerman adds that you should "Preface the ask with an understanding of the circumstances. Acknowledge the potential weirdness of the situation. Give them space if they need to think it over to weigh the potential pros and cons."

2.

### Avoid the "D" word if uncertain.

"I actually tell my clients not to use the word 'date' immediately," says dating coach [Rachel Freidus, LMFT](https://connectedselftherapy.com/). "That way, if the person is taken (or uninterested), they can convey that and feel less awkward."

Things you can say instead:

* Can we grab coffee?
* I enjoy our talks and would like to learn more about you.
* Want to grab lunch sometime soon?
* We should continue this conversation later.
* "This language sounds more relaxed and ambiguous," Freidus continues. If they accept the invitation, you can use that time in a casual setting to learn their relationship status and whether they're open to dating you. At worst, it will be a friendly outing with someone whose company you enjoy.
* 3.

### Do it in private.

* If you ask someone out in front of a group of people or even just a mutual friend, they could feel put on the spot and pushed to say yes. This environment may also make things a bit uncomfortable for you if they decline. Zuckerman recommends asking the person out in private. Pull them to the side if necessary.
* 4.

### Offer an easy out.

* If the person doesn't want to date you, make it easy for them to be honest about this. You don't want to go out with someone who doesn't really want to be there anyway. Zuckerman says a simple way to let them off the hook is to include in the conversation that you'd understand any hesitation or lack of interest on their part.
* 5.

### Be straightforward.

* Once you know the person is single and it seems there's a shared attraction, Freidus believes you should make it clear that you'd like to take them on a date. Ask them out to dinner or for drinks. After you've established a connection, don't beat around the bush too long. Make your intentions known to ensure you're on the same page.

## In person vs. text.

* How to ask someone out via text, or whether you should or not, is "situation-specific," according to Zuckerman. She says it depends on the environment and the level of discretion necessary. Texting could be a viable option if that's the most tactful, private method of contact available. Or if that's the main way the two of you communicate.
* Keep in mind, though, that assessing tone can be difficult via text. Messages are easily misconstrued. So, type exactly what you mean. Don't assume the other person will get your sense of humor or read between the lines of a text. This goes for [online dating](https://www.mindbodygreen.com/articlesonline-dating-tips-from-experts) and social media DMs as well.

## What to do when they're not interested.

* Sometimes you can take every precaution and still misread the situation. You may think the other person is romantically interested in you when they're just being nice. Or they may really like you, but only as a friend. Whatever the reason, once you take the next step and ask them out on a date, there's always a possibility they'll decline the invitation.
* "If you don't think you would be able to handle a 'no,' or that you, personally, would feel too awkward if rejected, it may not be a good idea to ask them out to begin with," Zuckerman advises. "Respect their decision. It very well may not be personal but rather a function of the circumstance itself."
* You can't allow the person's disinterest to negatively affect interactions or an environment the two of you may share. Keep it cool. Keep it moving.
* As Carr points out, "No one likes being rejected. But it happens. It's important not to take it personally and to accept it with grace. Everyone won't be interested in you. You don't need them to be. All it takes is one precise connection to change your life."

## The bottom line.

* There's enough innate pressure in deciding how to ask a person out, whether that's someone close to you or a complete stranger. Don't add more stress to the situation. Build a relationship with the person and allow it to naturally progress. Then, detach from the outcome.
* [Letting someone know you have feelings for them](https://www.mindbodygreen.com/articleshow-to-let-your-crush-know-you-have-feelings) requires a level of vulnerability. Be proud of yourself for taking the risk and putting yourself out there, no matter the result.