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Tis the Season to Cuff: 4 Guidelines to Finding Someone Cuff-Worthy

By Jarone Ashkenazi (/experts/jarone-ashkenazi)

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During the Fall and Winter months, singles are lonely and actively seeking to be cuffed

Tis the season for cuffing. The weather is getting cold, the leaves are falling, you break out your winter sweaters and get ready for the season ahead.

Cuffing season falls - pun intended - during the Fall and Winter months and it is defined by those that are looking to be 'cuffed' or involved in a serious relationship. The cold weather and subsequent indoor activity causes singles to be lonely and actively seeking to be cuffed.

Summer is over and singles are starting their hunt for holiday relationship. Getting through the holidays solo can be stressful. No one wants to sit by the fire and drink hot cocoa or watch a Netflix marathon alone. And how awkward is it when you are out of college and go to holiday parties, work parties or family gatherings without a plus one? This becomes even more magnified when you are at the ripe ol age of getting engaged and married (http://www.yourtango.com/married-lovestage) - think mid- to late-20s - and the "pressure is so tremendous for singles," says Lori Salkin, matchmaker and dating (http://www.yourtango.com/dating) coach at SawYouAtSinai.com (http://www.sawyouatsinai.com/).

These things are much better with a partner.

But be wary of what Barbie Adler, Founder and President of Selective Search (http://www.selectivesearch.com/), calls a 'hibernation buddy'. Make sure the person you cuff yourself to during these fall/winter months. "is looking to go the distance." Don't settle for someone who is just trying to take advantage of the cold weather for some Netflix and chill!

So how can you make sure you find someone worthy of cuffing?

1. Make a list of the "traits you want in your ideal mate," says Los Angeles based therapist Dr. Nancy Irwin (https://twitter.com/DrNancyIrwin). Make sure that when you are making this list that you include values you'd like to share. After all it is the holiday season. Think of what is negotiable and be SURE to write down your non-negotiables.
2. Look for what April Masini, relationship expert and author behind AskApril.com (https://askapril.com/), calls the "upbeat optimist." Make sure you find yourself someone that is upbeat and can make even those dark, boring and long days of winter a lot more fun. Stay away from the downers.

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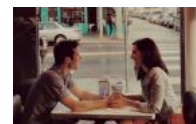
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3. Make sure that he/she is comfortable meeting new people and is party-ready. When the holidays come around, you want to bring - and possibly even show off - your cuffing partner as your plus one.
4. Find a planner. a good cuffing partner is one that will, "makes plans in advance instead of just asking you out for the upcoming weekend," says Dr. Jane Greer (<http://www.drjanegreer.com/>), New York-based relationship expert. A planner shows signs of commitment (<http://www.yourtango.com/2013180594/wild-child-wife-how-i-ditched-my-commitment-issues>) which is a great indicator for a long distance relationship (<http://www.yourtango.com/experts/dr-alicia-h-clark/6-positive-things-to-remember-to-keep-long-distance-relationship-alive>). Furthermore, who wants to wait until the last minute to find a holiday party to go to?

But singles need to be wary that there may be a high-risk of codependency. Don't just cuff with someone because that is what everyone is doing during the holidays.

Make sure they will pass the test at work or family functions. "Cuffing Season is fast and furious for people with real relationship goals, so pace yourself," says David Cruz, matchmaker from Bravo TV's The Millionaire Matchmaker (<http://www.bravotv.com/the-millionaire-matchmaker>) and founder of Finding-Cupid.com (<http://www.finding-cupid.com/>).

So have your checklist and check it twice. Make sure your cuff partner isn't naughty but is actually nice!

By: Jarone Ashkenazi (<http://www.jaroneashkenazi.com/>)
@JaroneAsh (<https://twitter.com/jaroneash>)

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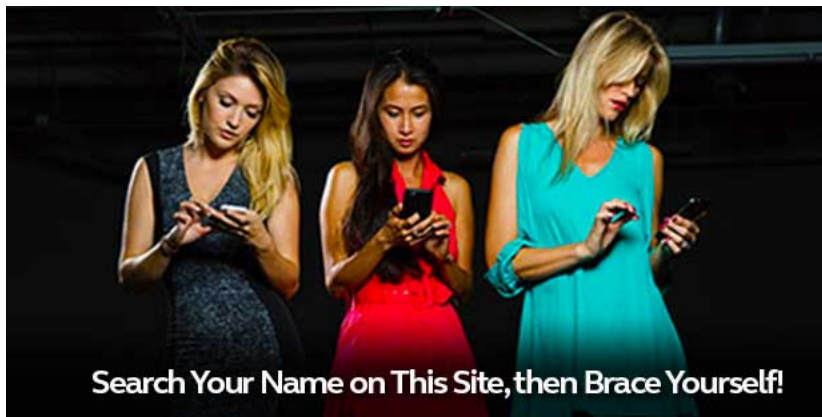
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ARTICLE CONTRIBUTED BY

ADVANCED MEMBER

Jarone Ashkenazi (/experts/jarone-ashkenazi)

Author

Jarone Ashkenazi

Freelance PR Consultant and Writer

(/experts/jarone-ashkenazi)

View Profile (/experts/jarone-ashkenazi)

Website (<http://www.jaroneashkenazi.com/>)

@JaroneAsh

(<https://twitter.com/JaroneAsh>)LinkedIn (<https://www.linkedin.com/in/jaroneashkenazi>)

Location: Los Angeles, CA.

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Website: <http://www.jaroneashkenazi.com> (<http://www.jaroneashkenazi.com>)

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Where should you go on your first date with someone new? That's the dreaded decisions daters across the world face. Daters want to pick a place that sets the right mood, plays to your's or your date's interests, and creates fun memories. You want to show your date that you're thoughtful and personal. But choosing the... READ MORE (/experts/jarone-ashkenazi/sober-single-5-first-dates-dont-involve-bar)

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Many people in their 20s are still trying to figure out who they are, what they want to be, and how they are going to get there. In the midst of this, they are also trying desperately to balance a romantic relationship into the mix, which makes dating very problematic. Let's take a look at some of those most common factors:1. Everyone you date is... READ MORE (/experts/jarone-ashkenazi/8-problems-dating-your-20s)

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Samantha Daniels of Samantha's Table has been a professional matchmaker for high-end, exclusive clientele for over 16 years. She has helped thousands of people find love and get married. In that time, she paid close attention to what people like and more specifically don't like about dating apps. She soon realized that she was perfectly positioned... READ MORE (/experts/jarone-ashkenazi/take-step-dating-lounge-invitation-only-dating-app)



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