

# Dating Tips and Tools: Ted Talks to Inspire You

Compiled by Marriage Minded Mentor

## Dating

[https://www.ted.com/talks/christina\\_wallace\\_how\\_to\\_stop\\_swiping\\_and\\_find\\_your\\_person\\_on\\_dating\\_apps?language=en](https://www.ted.com/talks/christina_wallace_how_to_stop_swiping_and_find_your_person_on_dating_apps?language=en)

[https://www.ted.com/talks/amy\\_webb\\_how\\_i\\_hacked\\_online\\_dating?language=en](https://www.ted.com/talks/amy_webb_how_i_hacked_online_dating?language=en)

[https://www.ted.com/talks/christian\\_rudder\\_inside\\_okcupid\\_the\\_math\\_of\\_online\\_dating?language=en](https://www.ted.com/talks/christian_rudder_inside_okcupid_the_math_of_online_dating?language=en)

<https://www.youtube.com/watch?v=T704le1D1ag>

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

[https://www.ted.com/talks/hannah\\_fry\\_the\\_mathematics\\_of\\_love?language=en](https://www.ted.com/talks/hannah_fry_the_mathematics_of_love?language=en)

[https://www.ted.com/talks/simon\\_tam\\_once\\_upon\\_an\\_app\\_an\\_online\\_dating\\_fairytale](https://www.ted.com/talks/simon_tam_once_upon_an_app_an_online_dating_fairytale)

<https://www.youtube.com/watch?v=70HdOliWfe4>

<https://www.youtube.com/watch?v=3vbwbjY4rgA>

[https://www.ted.com/talks/lindsey\\_catarino\\_is\\_dating\\_killing\\_commitment](https://www.ted.com/talks/lindsey_catarino_is_dating_killing_commitment)

<https://www.youtube.com/watch?v=4PGoy-spWiA>

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

<https://www.youtube.com/watch?v=8WQ5X9s34A8>

<https://www.youtube.com/watch?v=adZaEaH7DTQ>

## Eye Contact

[https://www.youtube.com/watch?v=XADoBT5qw\\_s](https://www.youtube.com/watch?v=XADoBT5qw_s)

<https://www.youtube.com/watch?v=S61jrs173aQ>

<https://www.youtube.com/watch?v=2JvuBXoWiFE>

[https://www.ted.com/talks/carlos\\_budding\\_eye\\_understand\\_the\\_power\\_of\\_non\\_verbal\\_communication](https://www.ted.com/talks/carlos_budding_eye_understand_the_power_of_non_verbal_communication)

[https://www.ted.com/talks/carina\\_morillo\\_to\\_understand\\_autism\\_don\\_t\\_look\\_away/transcript?language=en](https://www.ted.com/talks/carina_morillo_to_understand_autism_don_t_look_away/transcript?language=en)

[https://www.ted.com/talks/julian\\_treasure\\_how\\_to\\_speak\\_so\\_that\\_people\\_want\\_to\\_listen/discussion](https://www.ted.com/talks/julian_treasure_how_to_speak_so_that_people_want_to_listen/discussion)

## **Voice and Tone**

[https://www.ted.com/talks/wendy\\_leborgne\\_vocal\\_branding\\_beyond\\_words\\_how\\_your\\_voice\\_shapes\\_your\\_communication\\_image](https://www.ted.com/talks/wendy_leborgne_vocal_branding_beyond_words_how_your_voice_shapes_your_communication_image)

[https://www.ted.com/talks/julian\\_treasure\\_how\\_to\\_speak\\_so\\_that\\_people\\_want\\_to\\_listen?language=en](https://www.ted.com/talks/julian_treasure_how_to_speak_so_that_people_want_to_listen?language=en)

[https://www.ted.com/talks/rebecca\\_kleinberger\\_why\\_you\\_don\\_t\\_like\\_the\\_sound\\_of\\_your\\_own\\_voice/transcript?language=en](https://www.ted.com/talks/rebecca_kleinberger_why_you_don_t_like_the_sound_of_your_own_voice/transcript?language=en)

<https://www.youtube.com/watch?v=a2MR5XbJtXU>

## **Non Verbal Communication**

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

<https://www.youtube.com/watch?v=E6NTM793zvo>

[https://www.ted.com/talks/amy\\_cuddy\\_your\\_body\\_language\\_may\\_shape\\_who\\_you\\_are?language=en](https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are?language=en)

<https://www.youtube.com/watch?v=W3P3rT0j2gQ>

<https://www.youtube.com/watch?v=pozqDz7B-sw>

[https://www.youtube.com/watch?v=laDnZ\\_FWyhM](https://www.youtube.com/watch?v=laDnZ_FWyhM)

[https://www.youtube.com/watch?v=rk\\_SMBIW1mg](https://www.youtube.com/watch?v=rk_SMBIW1mg)

## **Facial Expressions**

[https://www.ted.com/talks/sophie\\_zadeh\\_are\\_there\\_universal\\_expressions\\_of\\_emotion/transcript?language=en](https://www.ted.com/talks/sophie_zadeh_are_there_universal_expressions_of_emotion/transcript?language=en)

[https://www.ted.com/talks/rana\\_el\\_kaliouby\\_this\\_app\\_knows\\_how\\_you\\_feel\\_from\\_the\\_look\\_on\\_your\\_face?language=en](https://www.ted.com/talks/rana_el_kaliouby_this_app_knows_how_you_feel_from_the_look_on_your_face?language=en)

[https://www.ted.com/talks/lisa\\_feldman\\_barrett\\_you\\_aren\\_t\\_at\\_the\\_mercy\\_of\\_your\\_emotions\\_your\\_brain\\_creates\\_them?language=en](https://www.ted.com/talks/lisa_feldman_barrett_you_aren_t_at_the_mercy_of_your_emotions_your_brain_creates_them?language=en)

<https://www.youtube.com/watch?v=CWry8xRTwpo>

[https://www.ted.com/talks/david\\_hanson\\_robots\\_that\\_show\\_emotion/transcript?language=en](https://www.ted.com/talks/david_hanson_robots_that_show_emotion/transcript?language=en)

<https://www.youtube.com/watch?v=-hr58Yu0yDs>

## **Playful**

[https://www.ted.com/talks/stuart\\_brown\\_play\\_is\\_more\\_than\\_just\\_fun?language=en](https://www.ted.com/talks/stuart_brown_play_is_more_than_just_fun?language=en)

<https://www.youtube.com/watch?v=9IDMOgH1Nak>

<https://www.youtube.com/watch?v=7ysiE6POKbl>

<https://www.youtube.com/watch?v=6UeJcPtrzvs>

## **Humor**

[https://www.youtube.com/watch?v=MdZAMSyn\\_As](https://www.youtube.com/watch?v=MdZAMSyn_As)

<https://www.youtube.com/watch?v=ysSgG5V-R3U>

[https://www.ted.com/talks/anthony\\_mccarten\\_a\\_not\\_so\\_scientific\\_experiment\\_on\\_laughter?language=en](https://www.ted.com/talks/anthony_mccarten_a_not_so_scientific_experiment_on_laughter?language=en)

[https://www.ted.com/talks/jamie\\_anderson\\_the\\_stand\\_up\\_strategist\\_leading\\_with\\_humour](https://www.ted.com/talks/jamie_anderson_the_stand_up_strategist_leading_with_humour)

<https://www.youtube.com/watch?v=5bOriPEk7S8>

[https://www.ted.com/talks/tom\\_fishburne\\_the\\_power\\_of\\_laughing\\_at\\_ourselves\\_at\\_work](https://www.ted.com/talks/tom_fishburne_the_power_of_laughing_at_ourselves_at_work)

## **Laughter**

[https://www.ted.com/talks/sophie\\_scott\\_why\\_we\\_laugh?language=en](https://www.ted.com/talks/sophie_scott_why_we_laugh?language=en)

[https://www.ted.com/talks/anthony\\_mccarten\\_a\\_not\\_so\\_scientific\\_experiment\\_on\\_laughter?language=en](https://www.ted.com/talks/anthony_mccarten_a_not_so_scientific_experiment_on_laughter?language=en)

[https://www.ted.com/talks/anjelah\\_johnson\\_laughter\\_is\\_medicine](https://www.ted.com/talks/anjelah_johnson_laughter_is_medicine)

[https://www.ted.com/talks/sophie\\_scott\\_why\\_we\\_should\\_take\\_laughter\\_more\\_seriously?language=en](https://www.ted.com/talks/sophie_scott_why_we_should_take_laughter_more_seriously?language=en)

<https://www.youtube.com/watch?v=-HJG63EXCmw>

<https://www.youtube.com/watch?v=b2qM1I-JCEQ>

[https://www.ted.com/talks/daniel\\_murray\\_why\\_so\\_serious\\_how\\_laughter\\_builds\\_resilience](https://www.ted.com/talks/daniel_murray_why_so_serious_how_laughter_builds_resilience)

## **Masculinity**

<https://www.youtube.com/watch?v=UmkBH5aig9s>

[https://www.ted.com/talks/eldra\\_jackson\\_how\\_i\\_unlearned\\_dangerous\\_lessons\\_about\\_masculinity?language=en](https://www.ted.com/talks/eldra_jackson_how_i_unlearned_dangerous_lessons_about_masculinity?language=en)

[https://www.ted.com/talks/richie\\_hardcore\\_unpacking\\_unhealthy\\_masculinity\\_teaching\\_boys\\_to\\_be\\_better\\_men](https://www.ted.com/talks/richie_hardcore_unpacking_unhealthy_masculinity_teaching_boys_to_be_better_men)

[https://www.youtube.com/watch?v=4SK0XQN6\\_do](https://www.youtube.com/watch?v=4SK0XQN6_do)

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

[https://www.youtube.com/watch?v=jVl1Xutc\\_Ws](https://www.youtube.com/watch?v=jVl1Xutc_Ws)

## **Femininity**

<https://www.youtube.com/watch?v=Y7R6XAbarj8>

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

<https://www.youtube.com/watch?v=SLrVrkR6vB8>

## **Anxiety**

[https://www.ted.com/talks/olivia\\_remes\\_how\\_to\\_cope\\_with\\_anxiety?language=en](https://www.ted.com/talks/olivia_remes_how_to_cope_with_anxiety?language=en)

[https://www.ted.com/talks/mel\\_schwartz\\_overcome\\_anxiety\\_in\\_7\\_minutes?language=en](https://www.ted.com/talks/mel_schwartz_overcome_anxiety_in_7_minutes?language=en)

[https://www.ted.com/talks/jordan\\_raskopoulos\\_how\\_i\\_live\\_with\\_high\\_functioning\\_anxiety](https://www.ted.com/talks/jordan_raskopoulos_how_i_live_with_high_functioning_anxiety)

[https://www.ted.com/talks/steven\\_zanella\\_how\\_self\\_kindness\\_helps\\_me\\_cope\\_with\\_anxiety?language=en](https://www.ted.com/talks/steven_zanella_how_self_kindness_helps_me_cope_with_anxiety?language=en)

<https://www.youtube.com/watch?v=-FyVetL1MEw>

<https://www.youtube.com/watch?v=A1anXJhVamc>

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

[https://www.youtube.com/watch?v=85QY\\_d-8J2M](https://www.youtube.com/watch?v=85QY_d-8J2M)

[https://www.youtube.com/watch?v=bl8\\_81JF3b8](https://www.youtube.com/watch?v=bl8_81JF3b8)

<https://www.youtube.com/watch?v=TqxxCYnAxo8>

## **How to Tame your Thinking**

[https://www.ted.com/talks/amishi\\_jha\\_how\\_to\\_tame\\_your\\_wandering\\_mind?language=en](https://www.ted.com/talks/amishi_jha_how_to_tame_your_wandering_mind?language=en)

[https://www.ted.com/talks/isaac\\_lidsky\\_what\\_reality\\_are\\_you\\_creating\\_for\\_yourself/discussion](https://www.ted.com/talks/isaac_lidsky_what_reality_are_you_creating_for_yourself/discussion)

<https://www.youtube.com/watch?v=DEwnjxPqR6A>

<https://ideas.ted.com/5-effective-exercises-to-help-you-stop-believing-your-unwanted-automatic-thoughts/>

[https://www.ted.com/talks/dan\\_and\\_eisley\\_brandt\\_rewriting\\_your\\_negative\\_self\\_talk\\_script](https://www.ted.com/talks/dan_and_eisley_brandt_rewriting_your_negative_self_talk_script)

<https://www.youtube.com/watch?v=yjhANyrKpv8>

[https://www.youtube.com/watch?v=HcRcr8m\\_WPc](https://www.youtube.com/watch?v=HcRcr8m_WPc)

## **Positive Thinking**

[https://www.ted.com/talks/alison\\_ledgerwood\\_a\\_simple\\_trick\\_to\\_improve\\_positive\\_thinking/transcript?language=en](https://www.ted.com/talks/alison_ledgerwood_a_simple_trick_to_improve_positive_thinking/transcript?language=en)

[https://www.ted.com/talks/paul\\_jenkins\\_pathological\\_positivity\\_how\\_to\\_be\\_positive\\_no\\_matter\\_what](https://www.ted.com/talks/paul_jenkins_pathological_positivity_how_to_be_positive_no_matter_what)

<https://www.youtube.com/watch?v=uKeybQZvd0w>

## **Mindfulness**

[https://www.ted.com/talks/andy\\_puddicombe\\_all\\_it\\_takes\\_is\\_10\\_mindful\\_minutes/transcript?language=en](https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes/transcript?language=en)

[https://www.ted.com/talks/brian\\_oshiro\\_encourage\\_critical\\_thinking\\_with\\_3\\_questions](https://www.ted.com/talks/brian_oshiro_encourage_critical_thinking_with_3_questions)

<https://www.youtube.com/watch?v=teVE3VGrBhM>

## **Self Esteem/Self Worth**

[https://www.ted.com/talks/mary\\_abbazia\\_the\\_antidote\\_to\\_low\\_self\\_esteem](https://www.ted.com/talks/mary_abbazia_the_antidote_to_low_self_esteem)

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

<https://www.youtube.com/watch?v=EirIZ7fy3bE>

[https://www.ted.com/talks/liz\\_powers\\_a\\_new\\_way\\_to\\_define\\_self\\_worth](https://www.ted.com/talks/liz_powers_a_new_way_to_define_self_worth)

<https://www.youtube.com/watch?v=IvtZBUSplr4>

[https://www.ted.com/talks/on\\_the\\_border\\_between\\_self\\_importance\\_and\\_self\\_esteem](https://www.ted.com/talks/on_the_border_between_self_importance_and_self_esteem)

[https://ed.ted.com/best\\_of\\_web/Mywo8YxC](https://ed.ted.com/best_of_web/Mywo8YxC)

<https://www.youtube.com/watch?v=w-HYZv6HzAs>

[https://www.youtube.com/watch?v=WEHEMqmqz\\_qg](https://www.youtube.com/watch?v=WEHEMqmqz_qg)

[https://www.ted.com/talks/harry\\_baker\\_the\\_power\\_of\\_self\\_acceptance](https://www.ted.com/talks/harry_baker_the_power_of_self_acceptance)

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

[https://www.ted.com/talks/brittany\\_packnett\\_how\\_to\\_build\\_your\\_confidence\\_and\\_spark\\_it\\_in\\_others?language=en](https://www.ted.com/talks/brittany_packnett_how_to_build_your_confidence_and_spark_it_in_others?language=en)

[https://www.ted.com/talks/casey\\_brown\\_know\\_your\\_worth\\_and\\_then\\_ask\\_for\\_it?language=en](https://www.ted.com/talks/casey_brown_know_your_worth_and_then_ask_for_it?language=en)

[https://www.ted.com/talks/tina\\_caul\\_what\\_real\\_estate\\_taught\\_me\\_about\\_self\\_worth](https://www.ted.com/talks/tina_caul_what_real_estate_taught_me_about_self_worth)

<https://www.youtube.com/watch?v=52lZmlafep4>

<https://www.youtube.com/watch?v=EWwnddav9Lc>

[https://www.youtube.com/watch?v=ZQNk7KVU\\_6A](https://www.youtube.com/watch?v=ZQNk7KVU_6A)

## **Confidence**

[https://www.ted.com/talks/brittany\\_packnett\\_how\\_to\\_build\\_your\\_confidence\\_and\\_spark\\_it\\_in\\_others?language=en](https://www.ted.com/talks/brittany_packnett_how_to_build_your_confidence_and_spark_it_in_others?language=en)

[https://www.ted.com/talks/amy\\_adkins\\_3\\_tips\\_to\\_boost\\_your\\_confidence/transcript?language=en](https://www.ted.com/talks/amy_adkins_3_tips_to_boost_your_confidence/transcript?language=en)

[https://www.ted.com/talks/amy\\_adkins\\_3\\_tips\\_to\\_boost\\_your\\_confidence/transcript?language=en](https://www.ted.com/talks/amy_adkins_3_tips_to_boost_your_confidence/transcript?language=en)

## **Vulnerability**

[https://www.ted.com/talks/brene\\_brown\\_the\\_power\\_of\\_vulnerability?language=en](https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?language=en)

[https://www.youtube.com/watch?v=\\_UoMXF73j0c](https://www.youtube.com/watch?v=_UoMXF73j0c)

## **Intimacy**

[https://www.ted.com/talks/anthony\\_veneziale\\_stumbling\\_towards\\_intimacy\\_an\\_improvised\\_ted\\_talk](https://www.ted.com/talks/anthony_veneziale_stumbling_towards_intimacy_an_improvised_ted_talk)

[https://www.ted.com/talks/douglas\\_kelley\\_experiencing\\_intimate\\_space\\_six\\_ways\\_people\\_experience\\_intimacy](https://www.ted.com/talks/douglas_kelley_experiencing_intimate_space_six_ways_people_experience_intimacy)

[https://www.ted.com/talks/esther\\_perel\\_the\\_secret\\_to\\_desire\\_in\\_a\\_long\\_term\\_relationship?language=en](https://www.ted.com/talks/esther_perel_the_secret_to_desire_in_a_long_term_relationship?language=en)

<https://www.youtube.com/watch?v=ydTXf9zp7XE>

[https://www.youtube.com/watch?v=kDEjlLE7w\\_8](https://www.youtube.com/watch?v=kDEjlLE7w_8)

<https://www.youtube.com/watch?v=XK8f8w7ICng>

<https://www.tedxvienna.at/futureofintimacy/>

## **Story Telling**

[https://www.ted.com/talks/andrew\\_stanton\\_the\\_clues\\_to\\_a\\_great\\_story?language=en](https://www.ted.com/talks/andrew_stanton_the_clues_to_a_great_story?language=en)

[https://www.ted.com/talks/josh\\_campbell\\_seven\\_keys\\_to\\_good\\_storytelling](https://www.ted.com/talks/josh_campbell_seven_keys_to_good_storytelling)

[https://www.ted.com/talks/mark\\_lovett\\_the\\_magic\\_of\\_storytelling\\_lies\\_in\\_storylistening](https://www.ted.com/talks/mark_lovett_the_magic_of_storytelling_lies_in_storylistening)

[https://www.ted.com/talks/joe\\_sabia\\_the\\_technology\\_of\\_storytelling?language=en](https://www.ted.com/talks/joe_sabia_the_technology_of_storytelling?language=en)

<https://www.youtube.com/watch?v=Nj-hdQMa3uA>

[https://www.ted.com/talks/chen\\_hou\\_leneisa\\_parks\\_the\\_art\\_of\\_storytelling](https://www.ted.com/talks/chen_hou_leneisa_parks_the_art_of_storytelling)

<https://www.youtube.com/watch?v=6Bo3dpVb5jw>

[https://www.ted.com/talks/bobette\\_buster\\_the\\_radical\\_act\\_of\\_storytelling](https://www.ted.com/talks/bobette_buster_the_radical_act_of_storytelling)

<https://www.convinceandconvert.com/content-marketing/3-ted-talks-that-uncover-the-secrets-of-storytelling/>

[https://www.ted.com/talks/larissa\\_may\\_the\\_power\\_of\\_social\\_storytelling](https://www.ted.com/talks/larissa_may_the_power_of_social_storytelling)

<https://www.youtube.com/watch?v=sh1-9xMZIfQ>