

✓ Modern Dating Glossary

The must-know language of today's dating world

- 1. Ghosting** – When someone suddenly stops replying with no explanation.
- 2.Breadcrumbing** – Sending occasional messages to keep someone interested but never committing.
- 3. Catfishing** – Pretending to be someone else online, often using fake photos.
- 4. Love-Bombing** – Too much affection, attention, or compliments too soon to create fast attachment.
- 5. Red Flag** – A warning sign that someone may be unhealthy or unsafe.
- 6. Green Flag** – A positive sign of respectful, consistent behavior.
- 7. Bench-Warming** – Keeping someone “on hold” while dating others.
- 8. Situationship** – More than casual, less than committed; unclear relationship.
- 9. Gaslighting** – Making you doubt your own feelings or reality.
- 10. Cushioning** – Flirting with other people while still dating someone, “just in case.”
- 11. Paperclipping** – Someone who disappears, then pops back into your life without offering anything real.
- 12. Soft Launch** – Sharing someone on social media without showing their face or full identity.
- 13. Hard Launch** – Publicly announcing a

relationship online.

14. Future-Faking – Talking about big plans (trips, marriage, moving in) to create false intimacy.

15. Slow Fade – Communication becomes weaker and weaker until it stops.

16. Zombie-ing – When someone who ghosted suddenly comes back as if nothing happened.

17. Thirst Trap – Posting flirty photos to get attention or compliments.

18. Green Dating – Looking for partners with similar health or environmental values.

19. Pocketing – Someone hides you from friends or family even though you're dating.

20. IRL – “In Real Life” (meaning offline, in-person)

21. DM – Direct message (private messaging)

22. Swipe Right – Saying “yes” to someone on a dating app

23. Swipe Left – Saying “no” to someone on a dating app

24. Match – When two people both swipe right on each other

25. Talking Stage – Early phase of messaging and getting to know each other

26. Chemistry – Emotional and physical connection

27. Compatibility – Lifestyle, values, goals that fit well

28. First-Date Energy – Someone's behavior when trying to impress early on

29. Values Alignment – Similar beliefs or

priorities in life

30. Boundaries – What you are comfortable with and what you are not

31. Hard Pass – A definite no

32. High-Value Behavior – Respect, honesty, consistency

33. Low-Value Behavior – Disrespect, disrespect, manipulation

34. Emotional Availability – Ability to communicate, connect, and commit

35. Dry Texting – Very short, boring messages that don't build connection

36. One-Sided Effort – You do all the work to keep the relationship going

37. Dealbreaker – A behavior or value that is an automatic no

38. Talking in Circles – Avoiding real answers or intentionally being vague

39. The 80/20 Rule – No one is perfect, but you should feel good together most of the time

40. “It’s Not You, It’s Me” – A common phrase used to end things gently

41. Hard No – Something you will not tolerate (disrespect, lying, cheating)

42. Emotional Safety – Feeling calm, respected, and seen

43. Soft Ghost – Someone replies slowly until communication fades away

44. Scam Profile – Fake photos, fake job, fake story, usually asking for money

45. Video Verify – Using video chat to confirm someone is real

46. Green-Light Man – Consistent, respectful, steady, clear

47. Trauma Bonding – Feeling attached to someone unhealthy because of emotional highs and lows

48. Quiet Quitting – Staying in a relationship but putting in no effort

49. Final Boundary – The line that, once crossed, tells you it's time to walk away

50. Peace Over Passion – Choosing a relationship that feels safe, not chaotic