

The
WORST-CASE SCENARIO
Survival Handbook:
DATING & SEX

HOW TO:

- Escape from a Bad Date
- Save Your Date from Choking
- Unfasten a Stuck Zipper
- Sober Up Fast . . .

By Joshua Piven, David Borgenicht, and Jennifer Worick



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DATING & SEX

By Joshua Piven, David Borgenicht, and Jennifer Worick
Illustrations by Brenda Brown



CHRONICLE BOOKS
SAN FRANCISCO

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WARNING

When a dire situation is at hand, safe and sane alternatives may not exist. To deal with the worst-case dating and sex scenarios presented in this book, we highly recommend—insist, actually—that you carefully evaluate the situation before you act; that you act responsibly, safely, and within the boundaries of the law; and that you attempt to consult a professionally trained expert, therapist, or physician before placing yourself in harm's way. However, because highly trained professionals may not always be available when the physical or emotional well-being and safety of individuals is at risk, we have asked experts on various subjects to describe the techniques they might employ in these emergency dating situations. **THE PUBLISHER, AUTHORS, AND EXPERTS DISCLAIM ANY LIABILITY** from any harm or injury—physical or emotional—that may result from the use, proper or improper, of the information contained in this book. We do not claim that the information contained herein is going to be complete, safe, or accurate for the specific situation you may find yourself in. Moreover, it should by no means be considered a substitute for your good judgement and common sense. And finally, nothing in this book should be construed or interpreted to infringe on the rights of other persons nor to encourage you to violate criminal statutes: all activities described should be conducted by consenting adults and in accord with all state and federal laws. Breaking a heart is one thing—breaking the law is another.

—The Authors

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The course of true love never did run smooth.
—William Shakespeare

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INTRODUCTION

In nature, the process of finding a mate is a fairly simple one. Animals signal their readiness by fanning their plumage, or changing the color of their buttocks, or growling in a certain way. Potential suitors present themselves, then vie for the right to mate. In nature, there are no singles bars, personal ads, safe lunches, or blind dates.

Among humans, however, finding a suitable mate is a lot more complex, and more dangerous. From the first attraction across a crowded room to the perils of meeting, dating, undressing, sleeping with, and loving or leaving that special someone, you are completely at risk: your body, your heart, your mind, and your spirit, not to mention your bank account. Literature and lyrics say it all: Love hurts. Love is blind. Love stinks. Love is a battlefield.

Think of this book as your guide to fighting, surviving, and ultimately winning that battle.

We've learned a few things about survival in writing *The Worst-Case Scenario Survival Handbook* and *The Worst-Case Scenario Survival Handbook: Travel*. We've learned how to fend off an alligator, how to survive a jump from a bridge, how to escape from quicksand, and how to survive many other life-threatening situations.

That was the easy part.

It was easy to give readers instructions for surviving the elements or wild animal attacks. It's simple enough to predict what a shark is going to do, or to

teach people how to jump from a moving car, or to give readers information about what to do during an earthquake. Sharks are always going to behave like sharks, moving cars are always going to function according to the principles of physics, and earthquakes affect the ground and buildings in a very predictable way.

But human nature is much less predictable than Mother Nature.

In dating and sex, perhaps more than in any other aspect of life, you've got to be able to cope when things don't work out as planned. If you are careless or you panic, if you say or do the wrong thing or do the right thing at the wrong time, the consequences could be emotionally catastrophic and life-threatening, or life-producing. This book can keep you safe.

There are plenty of books out there that provide guidance on how to find Mr. or Ms. Right. This is the only book that tells you how to escape from Mr. or Ms. Wrong. Identify an axe murderer, slip away from a bad date, survive when your credit card is declined, fake an orgasm, recognize breast implants and toupees, remove difficult articles of clothing—*The Worst-Case Scenario Survival Handbook: Dating & Sex* can save your evening and your love life.

Once again, we've assembled a team of experts to give real advice and tips about what to do when good dates (and relationships) go bad. We've consulted with sex therapists, etiquette instructors, CIA and FBI agents, lawyers, bartenders, psychologists, emergency medical instructors, nutritionists, college

professors, barbers, fashion consultants, dermatologists, and dozens of other professionals who have generously lent us their knowledge and experience in order to give you the information you'll need to survive the treacherous dating and sex scenarios that follow.

You'll find out how to survive dozens of physically and emotionally threatening situations in bars, restaurants, bedrooms, and airplane lavatories. And in the handy appendix, you'll find excuses you might need, a guide to pickup lines to avoid, and a body language interpretation chart for encouragement—or for extra protection.

We've added a new, female member to our team of authors, to make sure we cover all the bases. Generally, we've assigned a "he" or "she" to each of the scenarios for the sake of simplicity, but you'll know if the scenario applies to you. And even if it doesn't, you might find out how to help a friend or lover in distress.

So go out, have fun, and carry this book at all times—because you just never know.

—Joshua Piven, David Borgenicht, and Jennifer Worick

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CHAPTER I

DEFENSIVE DATING