



CHAPTER 5:

DIPPING INTO THE SUGAR BOWL

Once you decide this lifestyle is for you, a little prep work is in order before you delve into the Sugar Bowl. Both Babies and Daddies should spend some time doing mental and emotional work even before searching for one another. Remember, this is a *mutually beneficial relationship*. That means that each side must have something to offer the other. Only you know what your something is. If you're

into the positive category, while a woman who hates jokes would classify it as negative. Another example: many people consider self-introspection depressing, or “negative,” while some people enjoy it immensely and would list a leaning towards it as positive.

When you register on SeekingArrangement.com, you’ll be writing up a profile of yourself. (We’ll go into this in greater detail in Chapter Five.) This profile is the first impression potential Sugar Daddies will get of you. People on the blog say they don’t bother responding to general profiles that don’t give enough information about the person, so the more specific you are, the better. As you work on your self-inventory, keep this profile in the back of your mind.

The two primary categories of questions you should be able to answer with ease and confidence are (1) What do you have to offer? and (2) What do you want in exchange? Let’s start with the first.

Caveat: This is a process of inner exploration, of getting to know yourself. While it can be a lifelong endeavor, taking a look at who you are at this moment in time will do for our purposes. Still, you’re most likely not going to zip through this in a few minutes; it’s going to take some time.

Sit down with a pen, paper and respond to the following statements and questions. For the statements, write down whether you agree with them, and why. For the questions, write down your answers. There are no right or wrong answers, and no scoring. This isn’t a test you can pass or fail, but a tool to help you with your self-inventory.

- My motto is *Live and Let Live*.
- I pride myself on being different.
- Do you present yourself in ways that differ from who you are?

anywhere...just get your mind off it for a short while. Later, or the next day, return and, being brutally honest, change anything that doesn't ring absolutely true.

Now that you've conducted your fearless self-inventory, it's time to pinpoint exactly what you think you can offer a Sugar Daddy. Make a list of attributes you possess that are likely to bring pleasure to another person, for example, "beautiful," or "spontaneous" or "great cook." Don't be shy or self-deprecating! Think about what other people have said about you – maybe you're known for having a great sense of humor, or for always being there for your friends. Take your time with this; you might want to add to or refine it over time as more of your assets occur to you. Save this list to use later on in your profile.

Now for the second category: What do you want in exchange? Some of this might also go into your profile, but more importantly, these are questions you should be prepared to ask potential Sugar Daddies.

- How often do you want to meet?
- Would you prefer your SD to be married or single?
- Are you willing to include sex in the relationship? If so, how often?
- Do you want to be monogamous, or do you want other lovers?
- Do you want to travel? On short trips, or longer ones?
- Do you want your SD to pay some or all of your bills / rent?
- Do you want an allowance? How much? A credit card?
- Do you want help with: financial planning / your career / college tuition / a new business?
- Are there anything else you want from your SD? Networking opportunities perhaps? Career mentoring?

Sit on the floor, legs crossed Buddha-style, or in a chair, legs on the floor, whichever way you're most comfortable. Close your eyes. Let your breath flow naturally. Take your time. Envision a quiet, relaxing place in nature – a beach, or forest, or a sunny meadow; whatever relaxes you. Notice your breathing. Don't change your breath, just watch it, and if it changes, notice that too. Do this for five or ten minutes, or until you're totally at peace.

Now replace the nature scene in your mind's eye with an image of yourself as a Sugar Baby. What sort of picture pops into your head? Are you with your Sugar Daddy? Or are you alone waiting for him? Whether with him or not, what are you doing? What are you wearing? How do you feel? Are you happy? Contented? Frightened? Excited? If you don't like the scene, change it. Refine the picture until you settle on one you like.

Practice this exercise once a day during your Sugar search, refining your inner visions until you can fully imagine your ideal situation. If you do this, then by the time you talk to a Sugar Daddy you should know exactly what you want from an arrangement.

And then you'll meet someone who fulfills none of these requirements, get hit by a jolt of electricity, and run off with him forever! Just kidding! That's exactly what we're trying to avoid by entering into arranged relationships in the first place.

I was only half joking, though: as they say, "the best laid plans" are often turned upside down by something unforeseen. You can predict and calculate and plan all you want, and then someone or something unpredictable comes along to upset the apple cart. Still, when you set out on your Sugar search knowing who you are and what you want, you're starting from a better place.

So how do you distinguish the Sugar from the Splenda?

It's not impossible to spot a fake Daddy, but to do so you've got to be thinking and seeing clearly. Remember that cool detachment I mentioned? You can't afford to get swept off your feet on a first date, or to let wishful fantasies prevent you from seeing the reality right in front of you. This is not to imply that you must conduct your search under a perpetual cloud of suspicion – but at the very least you should maintain a healthy dose of disbelief early on.

A few signs to watch out for:

- In his email correspondence, does his grammar and spelling imply an educational or job level other than what he's indicated? Unfortunately, typos and grammatical errors are common in email, but you should be able to tell if someone's just being fast and casual, or if he's seriously deficient (cutting him some slack if English is his second language).
- Does he contradict himself? I once sat next to a man in a hotel lobby loudly talking on his cell phone; he named a different city as his home to the three successive woman he spoke to.
- It's probably inadvisable to have more than one drink on a first date with a Sugar Daddy, since alcohol clouds clarity and dulls your senses (even though it sometimes feels the opposite).
- Most unmarried Sugar Daddies will give you their real name. If so, always do a Google search to verify their job.
- You can do a background search on anyone online for a fee. Search public records by name, run a reverse phone number search, look him up on a reverse address directory.

ugly shoes, old socks, bad nails, bad teeth (not natural defects but bad hygiene and things that any rich man could have and should have had fixed) bad haircuts, a cheap cell phone and he talks about how many minutes he can use without going over, buying cheap seats at the ballgame because "they are really the best" when anyone knows they aren't, He might want to keep his personal life private, especially if he's married, but there should be signs of his profession – business calls, knowledge of various topics, enough to let you know he isn't sweeping floors at Wal-Mart. If he takes you shopping and steers you toward clearance.

I hope I'm not giving the impression that there aren't real Daddies out there. There most definitely are.

I look at the SB/SD relationship much as a man and his mistress – a complex relationship with multiple levels, emotional, sexual and maybe even spiritual. Just as you support a wife in many cases, you support a mistress, even though women these days have many options.

• • • • •

SBs get financial support, mentoring, friendship and somebody who truly does care about them and may even love them. (I have an easy time loving women – they are wonderful.) They also get stability, and sex – and hopefully a mature SD knows what he's doing more so than younger men.

This guy is obviously the real thing.

SeekingArrangement maintains an upper-level membership, the Diamond Club, for Certified Sugar Daddies, whose identity, income, and net worth have all been verified. Because their credentials have been proven, Sugar Babies know right off the bat that Diamond Club Members mean business.

It's important to recognize that finding the right situation might take a long time – months, even years. If you expect to hit a home

- Don't give out your address until you trust someone. You probably shouldn't tell him where you work either, or give out other geographical information. This isn't because all men are axe murderers until proven otherwise; it's because some men have poor social skills, and may try to hang on even after being rejected, hanging around outside a woman's door or office. This sort of thing is more annoying than dangerous, but you certainly want to avoid it.
- Always practice safe sex unless and until your arrangement becomes monogamous, at which point you might both agree to be tested for HIV and other STDs before abandoning precautions. Sometimes wealthy, powerful men feel invincible and think they can't possibly catch anything. Unfortunately, a virus doesn't distinguish between rich and poor.
- Don't accept personal checks from someone you do not know well. If the SD turns out to be a fake, he may cancel payment on the check and you may be stuck with a huge bill from your bank. If this happens, even after you've been warned not to accept a personal check, you should seek advice from a lawyer and consider filing a lawsuit. If the check is forged, that's a felony, contact law enforcement immediately!

Straight from the horse's mouth: Following are some precautions posted on the blog from those who know, Sugar Babes themselves:

If the information he's asking for is of a sexual nature, I would avoid him as he might be a pervert; a true SD shows a little class, and he's looking for more than a quickie.

• • • • •

businessman character. Even before he took her into the hotel he threw his coat over her tacky Hollywood Boulevard Hooker attire. All of which is a way of stating the obvious: if you want to attract a rich, successful man, you have to look the part.

For a Sugar Baby, looks and image are of utmost importance. If a Sugar Daddy has the choice between an average-looking woman or a knockout, we all know which one he'll choose. The good news is that every average-looking woman can transform herself into a knockout.

The female of the species has so many options when it comes to style of dress, makeup, hair, and accessories, that the same woman can look entirely different each night of the week (just be careful not to go bald from hair product overuse!). It's your call as to how much of a transformation you make. The range of possibilities is wide – as simple as a new hair style or as radical as cosmetic surgery.

You might want to take another self-inventory, this time of your appearance. Begin at the top, with your hair, assessing the color, style, length, degree of curl, etc. Decide what changes your hair might need, if any, and then proceed to the hair salon without passing Go. Unless you're an experienced stylist yourself, this is no time for do-it-yourself hair. Besides, when you're a Sugar Baby you'll be making weekly salon visits, so start getting used to it.

Since most women know how to make themselves look terrific, I'm not going to run through the entire beauty regimen except to provide a checklist of points to focus on:

Hair

you haven't managed to snag a generous benefactor – so why should *he* be the first sap? Either that, or you're clueless – you don't know the difference between quality and trash, you don't realize that he does, and therefore you're not sophisticated enough to make it as a high-class Sugar Baby.

Classy second-hand clothing is preferable to cheap polyester rags from Wal-Mart. If you're not comfortable shopping for and wearing previously worn clothes, you can still go upscale for less at discount outlets, or watch for major sales at Nordstrom or Bloomingdales. If all else fails, raid your girlfriends' closets. (What are friends for?)

I bring a gift to a first meeting to show I am serious. I am meeting her to determine if she is also serious, and if she's someone with SB potential for me. I want to see how she carries on a conversation, if she has a good personality, how she acts in public, if she's polished, and of course her appearance. I want to know if this is someone I can be with and take out with confidence. If she prepares herself to show she is polished and that she knows how to act with a successful man such as myself, that shows me she is serious.

If you wear jewelry, make it understated and genuine, i.e., don't pile on the beads and bangles from The Dollar Store. That's fine for clubbing with your girlfriends, but for a date with a potential Sugar Daddy you're better off with the simple lapis pendant your parents gave you for graduation. All men love women who look good in a little black dress.

Talking About Talking

On a first date, or even on subsequent meetings, you might nervously wonder what you and Sugar Daddy will find to talk about.

wise women, goddesses, and femmes fatale have been practicing for centuries. There's a fine line between signaling interest and presenting a bit of a challenge. Yes, it's tricky to pull it off, but that midpoint is the place where you want to be.

The Life of the Mind

Forget the old stereotype about men preferring bimbos to smart women. Marilyn Monroe's biggest secret was her braininess. The truth is, most SDs want Sugar Babies to be more than just pretty shells. Some men even say there's nothing sexier than a woman's mind, and that the most erogenous zone is the one between the ears.

I'm going to assume if you're reading this that you're no dummy, but just in case you've neglected the intellectual side of life...try to read a newspaper once in awhile and keep up on social issues. Read books, from World literature to Business, and magazines, like the Economist – read everything. Develop informed opinions. Listen to people who know more than you do. Be interesting and creative.

Above all, know who you are, and that you are unique. There's only one person in the world exactly like you. If you cultivate the self-confidence born of deep inner knowledge, others will be attracted to you. The authentic Sugar Daddy has a lot to give you, and he wants a lot in return. The same goes for the authentic Sugar Baby: you have a lot to give, and you want – and deserve – a lot in return. Carry this knowledge in the back of your mind always, and you're sure to find the right Sugar Daddy and your ideal arrangement.



While you want to be warm and personable, you don't want to blurt out your life story within the first hour. Nothing is more of a turn-off than someone who chatters on and on describing their life circumstances. Needless to say, don't bring up any problems, particularly financial, on the first meeting.

The ability to make good conversation is a skill, and it can be cultivated. Ask him questions about himself, his work, his life, without sounding like you're prying. If he seems reluctant to talk about a particular subject, drop it. If he's married, don't ask about his wife and family. Instead, focus on things like his taste in music or movies, or sports, or whatever you may have discovered interests him. Be careful with current events, as you could walk into some controversial minefield of disagreement.

As important as the *what* is the *how*: listen attentively. Ask follow-up questions. Make eye contact. Show you're interested with body language as well as verbal responses.

If he's a skilled conversationalist, or a natural *mensch*, he'll ask you about yourself. Keep it light. It's okay to share some personal information, but don't get too intimate right away. You want to maintain an element of mystery. Nothing is more of a turn-off than revealing everything about yourself without nuance or room for ambiguity. Mystery fires his imagination. Mystery keeps him coming back to find out more.

If that sounds like game-playing – well, yes, there is definitely an element of playfulness in most male-female dynamics. But this isn't the kind of game-playing calculated to control or manipulate the other person; this is harmless fun. I'm talking about playfulness and flirting. I'm talking good old-fashioned common sense that

- Skin (face, neck, elbows, feet)
- Makeup
- Nails (fingers and toes)
- Hands
- Body Hair (eyebrows, legs, underarms, pubes)

Now comes the big decision: *What to Wear*. For a first meeting in a café or restaurant, unless it's five-star dining, you'll want to look a precise degree of casual. As most women know, the trick is to look simultaneously fabulous and as if it took you five minutes to get ready. This is achieved primarily by understatement. You might have spent forty-five minutes on your makeup, yet it's barely visible to the untrained eye (and most men's eyes are pretty untrained when it comes to makeup). Even if you obsessed for three days, trying on everything in your closet, you should look as if you just stepped into whatever happened to catch your eye. The idea you want to convey is that you're so gorgeous you look it, no matter what you wrap your body in.

While most Sugar Daddies don't expect you to be wearing designer clothing, they do want to see a touch of class. On the SeekingArrangement blog, one Daddy complained that a Sugar Baby wore a dress she obviously bought at Wal-Mart. Prior to their meeting she hinted at a fairly large allowance requirement, so the cheap clothes were a major turn-off.

Wearing cheap clothing isn't the same as looking like you just threw something on – if the latter is of good quality, it says that *everything* in your closet is. Cheap clothing, on the other hand, speaks of a mediocre life and a mind devoid of imagination. It tells a potential SD that not only haven't you earned much money, but

Never go to the house of someone you don't know. Always meet in a public place like a coffee shop or a mall where there are plenty of people around and you can park without him seeing where your car is. A gentleman will come to you: after all a Sugar Daddy is supposed to be successful and have money, so driving to see you should be no problem for him. A lady should always be on her home turf in familiar surroundings. Let a friend know what you are doing. Never take off to some strange town you don't know. Once you get to know him and if he's trustworthy, then you can travel to see him, or better yet have him send you a plane ticket.

• • • • •

(1) When traveling, I prefer to bring a girlfriend with me. If he can afford 10-20k a month allowance, surely he can afford to pay for my friend. (2) I do not want a SD picking me up at the airport; please send a car for me. (3) Meet me in the hotel bar, not in my room. (4) Where can I Google you?

• • • • •

Whenever I meet a guy I text a close friend and give her the guy's info. If she doesn't hear from me in a certain time frame she's to take action. I always call when I land, or am on the phone just when I'm meeting the guy so he knows about her.

Grooming Yourself for Sugar Dating

At last we arrive at the purely fun part of this chapter, the area of preparation that every girly-girl loves: grooming yourself for a dip in the Sugar Bowl.

In the Julia Roberts movie, *Pretty Woman*, no one took her character seriously until she started to dress and act like someone who could conceivably be a companion to Richard Gere's successful

run your first at-bat, you're going to be disappointed. You have to go into this with your eyes wide open, prepared for setbacks. Anything worth having is worth waiting for, so don't get discouraged if you get a lot of rhinestones on your way to the Harry Winston's. You just need to be aware of the fakes, and learn to protect yourself from them.

Caution: Rough Road Ahead

A savvy Sugar Baby should take other kinds of precautions as well. Online dating, like using classified ads, going on blind dates and similar ways of meeting people always carries a risk; it goes with the territory. If you've never done this kind of dating – or even if you have – you might not know the rules of the game.

- Always meet for the first time – maybe even the first few times – in a public place like a café or restaurant. Bars aren't recommended, for the simple reason that you want to keep alcohol consumption to a minimum. Also, some bars or lounges are too noisy for conversation – you don't want to miss half of what SD has to say.
- Whenever possible, verify details. You can't put an insurance policy on an arrangement, but you can take steps to verify promises that are made. For instance, if staying at a hotel is part of your arrangement, verify the booking yourself.
- Never go anywhere without enough money for an emergency (this used to be called "Mad Money") and a plan for getting yourself home, if necessary.
- Let a friend know where you're going and when you expect to be home, and have someone call you at random during your date.

- On first meetings, before you decide to enter an arrangement, ask to see their driver's license to verify age and home address.
- Many men give fake profiles to protect their identity.
- Some Sugar Babies prepare a few questions that only someone who travels in wealthy sophisticated circles could answer, about high fashion, finance, culture, or cuisine. Don't drill the guy, but find a way to casually work these kinds of questions, or allusions to places or people, into the conversation. (Just be sure you don't sound as if you're name-dropping or he'll think *you're* the phony!)
- Once you've registered on SeekingArrangement.com, you'll be able to visit and read the blog. This is probably the best place to find ways of dealing with fake Sugar Daddies. It's also where Sugar Babies unload horror stories like the ones previously mentioned, and post warnings about specific Fake Daddies.
- You can tell a few things about a person by the place they choose to meet, the way they dress, the way they talk, and the kind of car they drive – *but not always*. Some Sugar Daddies dress in Topsiders, T-Shirt and Khakis...just before climbing back onto their yachts. On the other hand, anyone can rent a Ferrari for a day, buy a fake Rolex in Chinatown, and wear Armani marked down several times at Nordstrom Rack.

Assessing wealth takes a certain kind of radar. You either have that skill or you don't – or you try to develop it. One experienced Sugar Baby offers this laundry list of cues to a man's wealth (or lack thereof):



STOP!

Just when it seems the time has come to take that sweet sugar dip..you'd better duck, because here comes another monkey wrench.

It shouldn't surprise any woman to hear this, but it might not have occurred to some

of you: when it comes to self-presentation, *men lie!*

That's right! A few guys misrepresent themselves on SeekingArrangement and similar websites, putting on an elaborate charade of wealth and power, when in reality they have none.

This so-called SD made sure I stopped talking to everyone on the site by telling me to close my profile. He claimed he was a billionaire and promised me a credit card and allowance. We were supposed to meet at a high-class hotel, but when I got there he claimed he'd lost his wallet...I did a background check on him. He made \$20,000 a year.

•••••

One Sugar Daddy assured me he'd set me up in a plush resort with a minimum of \$3000 spending money for the week. After arriving in LA I found out I'd be lodging in a motel, and he gave me \$500, most of which I spent on cab fare and meals. On the day he knew I was leaving, he didn't answer his phone, and I had to take a cab to the airport and buy my own plane ticket home.

•••••

He will tell you that he'll put you up in a five-star hotel, and fly you in from anywhere, and that a plane ticket home is available if you don't click. If you decide not to have sex with him, he will promptly drop you off at the airport with a fake flight confirmation number.

Some men don't actually lie, but are clueless as to what this Sugar Daddy business is all about – they're just using the site as a way to meet beautiful women for conventional dating.

Do the same thing you did with the first category of questions – leave it for awhile, then come back and make any necessary changes or revisions.

One difference between conventional and Sugar dating is that the former can be anything from a pleasant way to spend an evening or a step in the hunt for a spouse. Sugar dating is different than this. To put it into blunt language: Sugar dating is *barter*.

You should consider the fact – and I do mean the cold hard, *fact* – that in negotiating a Sugar relationship, you’re using the gift of your youth and beauty for material gain. How do you feel about that? Can you take a coolly logical view of it as just the way things are? Or even better, a smart move on your part? To carry on a relationship of this kind requires a certain detachment. You don’t want to end up feeling badly about yourself. Conversely, you don’t want to get carried away by your own desirability, becoming arrogant and conceited if your looks fetch the finest grade of Sugar on the market.

Spend some time thinking about the kind of Sugar Baby you want to be. Do you see yourself as a friendly companion, rewarded for your time with a higher standard of living? Or as a “kept” mistress, with all your financial needs taken care of and most of your time and energy devoted to Sugar Daddy’s happiness? Or do you want to be somewhere between those two extremes?

If you aren’t sure, I suggest you do some visualization exercises. The following exercise works for any kind of soul-searching or decision-making. If you already practice meditation or creative visualization or any similar kind of tool, then use that method. If not, here are some simplified instructions:

- Do you keep your promises?
- I am easy to get to know.
- I am an outgoing person.
- It's easy for me to be affectionate with a lover.
- I want my partner to understand me deeply.
- Do you worry about being abandoned by your lover?
- Do you find it easy to get close to romantic partners?
- How do you like your partners to show affection? Gifts? Hugs? Kisses? Or?
- Do you need constant reassurance and affection from partners?
- Do you frequently act on your first impulses, or do you squelch them?
- When you don't get what you want are you unhappy? Angry?
- Do you persist until you get what you want, or do you give up easily?
- It's my way or the highway.
- I'm uncomfortable with strong emotion.
- I can calm myself down when I'm under stress.
- When I get angry, I have good/poor self-control
- Do you worry? What are the things you worry about?
- I like to attend gatherings where I can meet new people.
- I enjoy exploring new places.
- I have a broad range of interests and activities.
- Large social gatherings exhaust/exhilarate me.
- Where do you see yourself five years from now?

When you finish, leave the list and go out for a walk, to a movie,

not sure now, by the end of this chapter you will be, as I'm going to lead you through a fierce – and fun – self-inventory.

Your search for a Sugar Daddy calls for a whole new way of looking at yourself. You have to stare down your assets and flaws with a coolly critical eye, adopting a practical and pragmatic point of view. Actually, you don't *have* to – but if you're really serious about achieving your goals, then the way you go about obtaining them should be equally serious.

In your quest for a Sugar Daddy, you're going to be competing with hundreds of others, and to stand a good chance, you'd better know what makes you special compared to the next aspiring Sugar Baby. You need to be on familiar terms with your specific attributes, and know what to emphasize and what to downplay. You need to determine if there's anything you want or have to change about yourself.

As you conduct your self-inventory, try to maintain a sense of humor and a degree of emotional detachment. This process is a lot easier when emotions are left out of it. That doesn't mean you should be cynical, though. Think logic. Think reality.

Youth, beauty and intelligence are valuable assets. It might seem cold to think in those terms, but it just happens to be the way things are. Even in the conventional dating scene, people are constantly evaluating one another. Some of it may be subconscious, but it's happening just the same. They're categorizing positive traits as assets and negative ones as drawbacks, and basing their dating choices on these assessments. Remember too, that one person's negative might be another one's positive, so don't make quick assumptions. For instance, one woman might love to hear jokes, so if a man told them all the time she'd put that personality trait