



# **Choosing a Username**

## **Module Four Worksheet**

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# Choosing a Username

Aside from writing your headline and profile, one of the most nerve-racking choices to make when online dating is selecting your username.

Your username, sometimes called a “handle,” is the name attached to your profile. Rather than give out your ACTUAL name, most sites have you select an alias.

With so many active online daters, finding an available username can be a little tricky. And many online daters unknowingly choose usernames that are turn-offs, give too much info, or are just plain weird.

*luvs69allthetime* = ewwww

*tiredofgames73* = negative

*mflore1979* = too much info (last name and birth year)

## Username Selection Don'ts:

- Don't use anything overtly sexual
- Avoid using your last name or birth year or ATM PIN (seriously)
- No negativity!
- Do NOT use your kids' names
- Don't include the current year; if you stay on past that year, it's obvious
- Don't stress about being overly clever or having something meaningful

### Steps to Selecting a Good Username

1. Try for something memorable and specific to you. Consider your list of passions and interests.

CrossFitGal

BeachyBlonde

Live2Travel

2. Or reference the Power Thesaurus for juicy descriptive words

SociallySeattle

AudaciousAtty

DynamicFreespirit

Have a few selections ready before you start the registration process. You may find out that your preferred name isn't available, so it's always good to have a Plan B. The bigger the site, the more likely that is to happen.

If you really like the first username you chose but your online dating site tells you it's not available, there may be ways to alter it to get past the system:

- Add a dash or underscore (*CrossFit\_Gal* or *Live\_2\_Travel*)
- Add your initials before or after (*DynamicFreespiritMF*)
- Use your favorite number before or after (*7SociallySeattle*)

Some sites will provide you with alternate suggestions. Try each of your favorite username selections to see if any of them are available. From there, make your choice of alternates.