



## Dating Diaries, Unfiltered: The Intersection of Honesty and Dating

Want the honest truth? eharmony's **Dating Diaries report** is back! We're exploring how honesty, confidence, and authenticity impact our love lives IRL and on dating apps.

What are daters' biggest insecurities? Who is lying on their dating app profiles and what's driving that inclination? Does your date or partner *really* care about these self-perceived flaws? Good news for singles—our report found that your genuine laugh might be the perfect antidote to dating jitters. **While one of Gen Z singles' biggest insecurities is that they won't be attracted to each other (38%), 60% of singles pay the most attention to a shared sense of humor on a first date.**

From exploring (and debunking) dating insecurities to exposing the little white lies we tell on dating apps, this edition of Dating Diaries is putting it all out there in the spirit of honesty with brand-new data and advice from relationship experts. Enjoy!

### **Embracing Honest and Authentic Dating**

Dating apps are the go-to source for finding love, with **71% of Millennials** and **58% of Gen Z having used a dating app at some point**. However, people are complaining to friends, family, and even on social media that not everyone is showing up authentically.

And they *honestly* might be right. 28% of singles are afraid of getting rejected and list this as their biggest emotional insecurity. This fear of rejection can then show up on their dating app profiles with **37% of all singles reporting not being authentic or only somewhat authentic on dating apps**, and **76% of Gen Z singles believing that others are only somewhat authentic or not authentic at all on dating apps**. However, people are craving honesty. Our report suggests that honesty is the key to finding an authentic relationship on a dating app.

*"It is a natural instinct to want love and connection, but a fear of rejection motivates daters to present themselves inauthentically on dating apps in the hopes of increasing the chance of acceptance,"* shares Laurel House, an eharmony relationship expert. *"The problem is that in doing so, we are attracting people who don't know who we truly are, what matters to us and our values. If you want something real, your profile should reflect that. You want to stand out for the interesting truths that make you who you are!"*

House has a helpful approach to addressing the root cause of being inauthentic on dating apps, which is a fear of rejection. *"Be all in, unattached,"* she says. *"All in, unattached is a strategy of being totally present when you're communicating or on a date with someone. Once that conversation wraps up for the day or the date is over you can choose to emotionally un-attach. This creates an initial moment-by-moment presence in the dating process where there are no expectations for the future. You*



*are simply enjoying the moment of connection while allowing yourself to have fun, be real, present, and explore through conversation.”*

### **Singles’ Big Little (Dating App) Lies**

If people see some untruths on profiles, singles find lying about **interests (42%)**, **height (37%)**, and **education level (35%)** to be the most acceptable on dating apps. Even more shocking, **28% of singles are okay with not being upfront about having kids**. The most acceptable and unacceptable lies between the generations are:

#### **Acceptable**

- **Gen Z**
  - Interests/hobbies: **50%**
  - Height: **45%**
  - Wanting kids: **41%**
- **Millennials**
  - Interests/hobbies: **43%**
  - Education level: **39%**
  - Job/career: **39%**

#### **Unacceptable**

- **Gen Z**
  - Drug/alcohol use: **54%**
  - Current relationship status: **52%**
  - Having kids: **52%**
- **Millennials**
  - Drug/alcohol use: **60%**
  - Current relationship status: **57%**
  - Editing photos: **52%**

*“When curating a dating app presence, we understandably cater to first impressions, but this can get us in trouble down the road,”* says Casey Tanner, an eharmony relationship and sex expert. *“When we offer idealized versions of ourselves online, there is always a future version of ourselves, the one who goes out on actual dates, who has to navigate the truth in real time. We take care of ourselves by presenting more authentically right from the start, and choosing someone on the app who aligns with our values,”* explains Tanner.

**When it comes to not being honest on dating apps, men and women tend to view things differently.**

For example, **21% of men have lied about their education**, while just 5% of women have lied about their education level on their profiles. **30% of men have lied about hobbies and interests**, and **30% of women have edited pictures on their profiles**. Here are the sides of the aisle men and women fall on when it comes to lies:



- **Height Exaggerations:** 20% of women suspect people are lying about their height and 38% find this unacceptable.
- **Crafting Confidence:** 23% of women lie to seem more interesting, 19% to appear more confident.
- **Swipe Nostalgia:** 39% of men suspect people are using outdated photos.
- **Relationship Roulette:** 45% of women suspect people are lying about their current relationship status.

**Being real also varies within the different generations.** While Millennials are more likely than any other generation to lie about their job to seem more successful (**25%**), Gen Z is most likely to have lied about their family life (**23%**) on their dating app profiles. **32%** of Gen Z suspect people are lying about what they're looking for in a relationship, and **41%** of Millennials suspect people lie about editing photos.

#### **What generations lie about can help reveal their worries.**

- 23% of Gen Z lie to appear more physically attractive on their profiles, while they report paying the most attention to physical characteristics like skin (16%) and height (17%) when compared to Millennials on a first date (8% and 12%).
- 16% of Millennials lie to appear more confident and are also the generation that pays the most attention to extraversion (13%) on a first date when compared to Gen Z (10%).

Tanner also acknowledges that it's difficult to represent all parts of yourself in an online dating profile, and authenticity doesn't mean you have to bare your entire soul online to find meaningful love.

*"We have to pick and choose what we highlight because these areas constitute deal breakers on our values and work to make authentic dating decisions," they explain. "Thus, authenticity online doesn't mean revealing it all, but rather featuring the aspects of ourselves that help us stand out and narrow the dating pool in ways that are more authentic and values-aligned, creating a higher likelihood that first dates will turn into a second." Tanner adds, "when creating a dating profile, our instinct might be to appeal to as many people as possible. My advice, however, would be to own your niche. It's a successful marketing tool for a reason, and it can lead to a more authentic, fruitful love life."*

#### **Overcoming Dating Woes and Insecurities**

Dating brings up all sorts of emotions, from exhilarating highs and pre-date butterflies to insecurities and fears of rejection. **Millennials and Gen Z agree on their biggest insecurity while dating: their mental health** (32% for Millennials) and (27% for Gen Z). But there is hope: these insecurities can melt away after the first date with **44% of all singles saying they will go on a second date if they feel comfortable around the person.**

**Conquering first date fears.** With the building anticipation of a first date, singles tend to overthink what could go wrong. 48% of **women are most concerned they won't have anything in common with the**



**other person**, while 37% of **men fear they'll be perceived as boring**. However, it's reassuring to discover that the other person is likely not paying attention to your self-perceived flaws. There's one thing we all agree on: **60% of singles pay the most attention to a shared sense of humor on a first date**.

According to House, humor plays a big role in a relationship but in the early stages it can be a tool to alleviate anxiety or diffuse awkwardness. *"Laughter can take the edge off of situations of anxiety and awkwardness and create moments for humor. Making light of awkwardness and anxiety can instantly diffuse the angst and create a deeper connection."*

### **Confidence... In The Bedroom**

After all the highs and lows of dating, comes a healthy, strong, and confident relationship. People in relationships are reaching new heights when it comes to the confidence they feel in their partners. For example, **Gen Z and Millennials in relationships are having more sex**, with 20% of Gen Z having sex daily, more than any other generation. Plus, **36% of Gen Z and 37% of Millennials are having more sex than a year ago**. And overall, people in relationships report having sex three or more times per week, increasing from 31% in 2023 to 35% in 2024.

What's causing this sex spike from last year? Gen Z is having more sex because they **feel more confident (57%), they are prioritizing sex (38%), and they are less stressed (35%)**. While Millennials are having more sex because **they feel more confident (63%), they prioritize sex (43%), and their libido increased (41%)**.

Here are other bold sex trends to watch:

- **Therapy 🧡Sex:** 17% of Gen Z reports that they had more sex in the past year because they started therapy.
- **Sex ≥ quality time:** Millennials report that their relationships are more focused on sex than any other generation (14%).
- **Exploration is fun:** 61% of Gen Z enjoy being sexually adventurous with a partner, more than any other generation.

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### **About eharmony**

eharmony has helped over 2 million people find real love. As one of the original dating platforms, eharmony has been at the forefront of creating meaningful relationships based on its innovative Compatibility Matching System. The company operates in the United States, Canada, the United Kingdom and Australia. For more information visit [www.eharmony.com](http://www.eharmony.com) or download the app available on both [iOS](#) and [Android](#).



**Methodology:** *The Dating Diaries, Unfiltered* report was commissioned by eharmony and conducted by Harris Interactive. It was fielded online between January 9th and January 16th, 2024 and surveyed 1,929 US participants. Participants qualified if they were aged 18+ and were either married, cohabiting, in a relationship, or were currently dating. Results were weighted to be nationally representative by age, gender, and region.