



## 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 on dating apps and IRL.

Who is lying on their dating profiles and what's driving that? Does your date or partner really care about these possibly harmless fibs? And what are daters' biggest insecurities? eharmony's research discovered:

- **41% of all singles say they're not entirely honest on dating apps**
- **To 'seem more interesting' and 'appear more confident' are Aussies' top reasons for telling fibs on their profiles**
- **Exaggerating height and using outdated photos are believed to be the most common untruths**
- **'Fear of rejection' is the biggest emotional insecurity when using dating apps**

But how much do daters really care about whether prospective partners are being 100% honest on their profiles? Australian daters think fibbing about **height, interests, and political views** are among the more acceptable forms of evasion.

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

### **Embracing honest and authentic dating**

It's no secret that we don't believe everything we see on dating app profiles. Just 11% of Australians believe other users are being 'very authentic' while 22% say 'not authentic at all'.

And they might be right. 31% of Australian singles are afraid of being rejected and list this as their biggest emotional insecurity. This fear of rejection can then show up on their dating app profiles with **41% of all singles reporting not being authentic or only somewhat authentic on dating apps, with 48% of Gen Z reporting this. And 86% of Gen Z singles believe that others are only somewhat authentic or not authentic at all on dating apps.**

One of eharmony relationship experts, Sharon Draper said: *"Those who find love on dating apps can have their guard up and might not fully invest as quickly as relationships which start in-person."*

*"Platforms like eharmony aim to put people at ease with their in-depth Compatibility Quiz and paid memberships, which can help cull out those who aren't genuinely looking for a relationship."*



*“The little white lies can only last so long until the jig is up, so to be honest and authentic upfront will only serve you better in the long run.”*

### **Singles’ big little (dating app) lies**

Australian singles find lying about **interests (37%), height (34%), and political views (34%)** to be the most acceptable on dating apps. Surprisingly, **18% of singles are okay with not being upfront about having kids**. The most acceptable and unacceptable lies between the generations are:

#### **Acceptable**

- **Gen Z**
  - Height: **45%**
  - Interests/hobbies: **41%**
  - Education level: **39%**
  
- **Millennials**
  - Political views: **38%**
  - Interests/hobbies: **36%**
  - What you’re looking for: **32%**

#### **Unacceptable**

- **Gen Z**
  - Drug/alcohol use: **72%**
  - Current relationship status: **70%**
  - Age: **60%**
  
- **Millennials**
  - Current relationship status: **68%**
  - Editing photos: **66%**
  - Having kids: **59%**

Draper says that lying on your dating profile will have a detrimental impact on a relationship in the long-term.

*“It isn’t uncommon for people to initially suggest they are more interested and aligned in what their match also likes – interests may seem like little white lies, but ultimately the common ground you find in the early days can crumble and you may find you don’t have anything in common with the person.”*

Sharon continues: *“Make sure your dating profile accurately reflects you. The information you are asked to share within the eharmony Compatibility Quiz is considered a key part of finding someone who really gets you.”*



*“Also consider going deeper on your profile – why having kids makes you a more attentive partner, why an obscure hobby or interest shows a unique side to your personality. Being confident projects positivity and you’ll be more likely to attract people who appreciate these parts of you.”*

When it comes to not being honest on dating apps, **men and women tend to view things differently**. For example, just **12% of men have lied about their family life on their profiles, compared to 23% of women**. 22% of men have lied about hobbies and interests, and 37% 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:** 24% of women suspect people are lying about their height and 42% find this unacceptable.
- **Crafting Confidence:** 23% of women lie to appear more confident.
- **Swipe Nostalgia:** 47% of men suspect people are using outdated photos.
- **Relationship Roulette:** 44% of women suspect people are lying about what they’re looking for.

*“If you don’t feel confident in your dating profile, ask a good friend or family member to look over it. If you’re lying or misleading, your friends can provide a reality check you may need before finding a partner,”* says eharmony relationship expert, Sharon Draper.

### **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 have similar top insecurities while dating: for Millennials, their mental health and shyness (32% for both)** and for Gen Z, shyness and weight (30% for both). But there is hope: these insecurities can melt away after the first date with 48% 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. **47% of women are most concerned they won’t have anything in common with the other person**, while 47% of men fear neither person will be attracted to each other. 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: 67% of Australian singles pay the most attention to a shared sense of humour on a first date.

*“Humour is consistently something Australians have seen as being a key part of what they find attractive – two thirds have said they pay most attention to this, so having a good sense of humour about the awkwardness that may be felt on a first date can be a great way to break the ice, says Draper. “Letting yourself embrace vulnerability on a first date may help you bond on how you’re feeling and pave the way for a great first date and a second date to follow.”*



## **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, Australian Gen Z and Millennials in relationships are having more sex, with 11% of Millennials having sex at least five times per week, more than any other generation. Plus, 19% of Gen Z and 20% of Millennials are having more sex than a year ago.

**What's causing this sex spike from last year?** People in relationships report they are having more sex because they feel more confident (43%), they are prioritizing sex (39%), and their libido increased (35%).

### **Here are other bold sex trends to watch:**

**New partner?** More sex: 18% of Australians in relationships report that they had more sex in the past year because they have a new partner.

**Exploration is fun:** 48% of Millennials 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.au](http://www.eharmony.com.au) 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 815 Australian 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.