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## 'Million Dollar Matchmaker' Patti Stanger's 5 Tips to Get Engaged in 12 Months

By JOI-MARIE MCKENZIE • Jul 8, 2016, 4:01 AM ET

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Patti Stanger is seen, June 28, 2016, in New York.

Patti Stanger, known as the "Million Dollar Matchmaker," thinks it only takes 12 months to get your boyfriend to propose.

The "Married in a Year" author told ABC News, "You're only supposed to give him four seasons."

"You're at Day 366 and he hasn't proposed. Now what do you do?" the reality star continued about those frustrated by their lack of bling. "Because you can't take away the sex, maybe you're living together -- which is my no no without a ring -- so now you have to go back to yourself and say, 'What do I want?'"

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Stanger, who will return to help people find love on WE tv tonight at 10 p.m. ET/PT, said she has five tips to get your man to drop to one knee:

#### 1. Say Goodbye to Emotions

"Once you take your emotions out of the equation, you're no longer attached to the outcome," she advised. "And once you're not attached to the outcome, who has the power? You do! Because you get to choose and decide your future."

#### 2. See What He's Got Planned

"Give him a chance! Let's say his name is John. [So you say,] 'John listen, when we first met I really thought we were going to get serious and get married. And I know we've been living together for x amount of time and I've got to tell you this has been the happiest time in my life. You're like the greatest guy. You're a catch, but I'm not sure we're on the same page. What is your plan?'"

#### 3. Shhhh!

"Then you say nothing," Stanger continued. "There's going to be an awkward pause. He's going to panic. He's going to think, 'I'm not getting sex anymore. She's not cooking. She's not doing my laundry. What just happened?' But you want him to come up with the plan. Because he's the man. ... He should be the one to hunt you down not vice versa."

#### 4. If You Must, Leave

"If he can't come up with a plan, you have to go [on] Thursday. [You tell him,] 'I'm taking my stuff out. I'm moving in with my girlfriend. It was really great and I wish you the best of luck in a relationship.'"

#### 5. What If He Comes Back?!

In that case, Stanger said she has one suggestion for your potential hubby-to-be. Tell him, "Meet me at Tiffany's."

For those thinking this all sounds too simple, Stanger drew an analogy: If you were promised a promotion after 12 months, but you don't get it, "What are you going to do next? You're going to call a recruiter and you're going to say, 'I want to get another job in another company that appreciates me.'"

"What's the difference between the job and the man? There is no difference," Stanger added.



Patti Stanger's 5 Tips to Get Engaged in 12 Months



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