

Singles and the Dating Scene

We all hope our relationships enhance our lives and stay everlasting. But many times, they are not. That's why if you are recently divorced, widowed or between relationships and are ready to start dating again, you should know what to anticipate and how to avoid the common relationship pitfalls.

Successful relationships are built on mutual respect, honesty, trust and fairness. So, any unfinished business from your past needs to be cleaned up as part of the process of closure and moving on.

Here are the steps you can take to release your negative emotions and free yourself of unwanted baggage:

1. Identify your "issues ". Are you having trust issues because your spouse cheated on you? Were you a victim of physical or emotional abuse from a controlling partner? Are you so co-dependent that you don't know how to live your own life?

It helps to pinpoint what areas are bothering you and identify your underlying concern. Notice any patterns you keep repeating and be responsible for changing what you can about yourself. At the same time, realize you can't change anyone else. Therefore, don't expect to "fix" your new partner, especially if he has no interest in modifying what they do.

2. Once you know the problem areas, feel the feelings associated with them. Are you feeling sad, angry, guilty, bitter, hurt, resentful or just plain disillusioned? Some external trigger, like a familiar song, a comment, a certain look, a meal, etc, will usually uncover these feelings and other feelings that are suppressed. Your new partner, unaware as to what is going on, will be a clueless recipient of your snide remarks and inconsiderate behavior. By getting clear on what triggers may be setting you off, you can neutralize your feelings, making those emotions lose their negative charge. In that way, you allow your new relationship to move ahead successfully, without the usual drama.

Remember, you don't want to repeat your mistakes and blame others for things going wrong. Instead, take a look at what part you play in allowing any situation to develop. If you could do things differently, you probably would. Insight is the gift you get for learning your lessons and taking another path.

3. Finally, visualize yourself happy in a relationship. You know what you want and what you don't want. Have a clear image in your mind of your desired partner and see yourself happy together. Feel how that would feel. The more genuine the feelings are, the more you will attract what you are looking for and what you most deserve.

When you release old baggage from your past, it is very liberating. You feel a weight lift off your shoulders, setting you free to have a healthy, long term relationship. The time you spend letting go of the past will make you and your potential partner grateful that you took the time to clear your mind, heart and soul to love again.