

SINGLE AND IN LOVE

TEN IMPORTANT QUESTIONS
FOR STRUGGLING SINGLES TO
ASK AND SEEK THE ANSWERS

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Being single can be a lesson in learning to love yourself.

PHOTO: RICHARD GRENFELL

Welcome to part two on the season of singledom. Here's those 10 important questions I promised for struggling singles to ask themselves to help launch this phase of their life to success.

1. Do I really have to be in a partnership to be happy? Being single is not a synonym for loneliness, lack of social life, fun or fulfilling and meaningful relationships. This could well be your time to shine.

2. What would a relationship give me? Assuming a significant other will help heal past wounds or reach your life expectations is worth questioning. What needs are not being met now that you can work on yourself?

3. What unhealthy beliefs are inhibiting me? Based on our upbringing and experiences, we each have our own ideas and dreams about how long-term relationships will start. Let go of rigid expectations about methods of meeting people. How have you come to those beliefs and are they inflexible?

4. What do I tell myself? We could well have 10,000 thoughts per day so it's worth analysing our self-talk. What inspiring and uplifting statements are you telling yourself? What toxic talk is dragging you down?

5. How do I feel about my body? Are you comfortable in your own skin? Do you have the motivation to stay fit and healthy while you may have additional time to do it? Are you obsessive about your shape and size? Can you enjoy your uniquely created body? If not, what can you do about it today?

6. Do I feel socially awkward? Does the thought of making chit-chat, polite conversation, or being in social situations give you sweaty palms or just yawn? Is it

time to hone your skills in this area?

7. Is work all I have? List all the activities you do that provide an opportunity to meet people, socialise and add to the sense of well-being in your life. Not too many? Why? For you, this could be an exciting opportunity to serve in the community. Many would love to but don't have the time (they're washing their spouse's socks).

8. What's my personal experience and history of friendships and relationships? As a product of our upbringing and past experiences, was your family social and outgoing, or reserved? What were your previous experiences of relationships and friendships? Were you allowed them? Were they encouraged? Any answers help you make sense of where your struggles are.

9. Have I labelled myself as a 'single' or 'lonely' person? Focus your attention on needs you can currently meet yourself. Reframe your title to one that highlights your incredible attributes. There's nothing sexier than a single person rocking this earth confidently using their talents to the max.

10. How can I help myself? Anything here inspired some aspects of your thoughts to change or instil a desire to take risks? Has this highlighted the need to seek an outside perspective or be safely accompanied through grief? Maybe you just need more tools and strategies to achieving your goals?

Lastly, why not continue yesterday's World Smile Day. Do an act of kindness to help someone else smile.

You never know, they might send you an alluring one back which could well end this season and onto the next!

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