

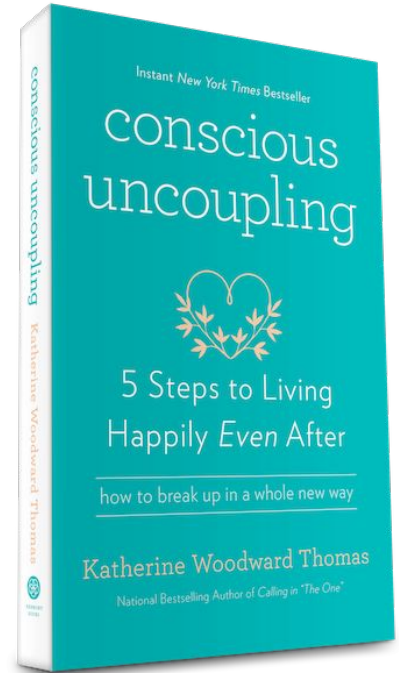
10 Tips for Dating After Divorce

A Guide By Carole Cullen and Lauren Buongiovanni

KNOW YOURSELF

Do you understand what happened that led to the end of your relationship?

1. If you have experienced severe loss or trauma: may need to seek treatment.
2. A good read: [How To Fix A Broken Heart](#) (easy ready with great techniques).
3. Understanding yourself and how you operated in your past relationships is critical: Read: [Conscious Uncoupling](#) (no partner necessary to benefit from this!).
4. Self-care is critical, finding balance in your new life, reconnecting with friends and family.



BE BOLD

1. What do you want get out of dating?
 - a. Be clear about what you want (ie. hanging out or finding a partner)
 - b. Make a wish list
 - c. What are 3 traits that you must have in order to go out with someone?
 - d. Examples: agreeable, securely attached, intelligent, takes responsibility, good parent, etc.
 - e. Read: [The Science of Happily Ever After](#)
2. Ask yourself: Will this person make my life better?
3. **BEWARE** of negative input from friends that may seem scary (there are no good guys in “Durham,” “Seattle”, “Atlanta”)



Where to Look

1. Introduction Apps: Match, Tinder, Hinge, Bumble, Plenty of Fish ([Best of 2021](#))
2. Current stats about where people meet: Pew Research
3. Interesting stats on dating pool
4. Loneliness activity: Listing/contacting friends (serves two purposes).
 - a. Helps to address feelings of loneliness
 - b. Friends of friends is a great way to meet a potential new partner



Meeting online is one of the most popular ways for LGB adults to meet partners

% of partnered adults in each group saying they first met their spouse or partner ...

	Online	Through friends or family	Through work	Through school	At a place of worship	At a bar or restaurant	Somewhere else
All partnered adults	12	32	18	17	5	8	8
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Ages 18-29	21	31	13	25	4	2	4
30-49	15	34	17	15	4	8	6
50-64	8	30	21	16	5	10	9
65+	5	30	20	15	5	10	15
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Urban	14	31	16	16	5	8	10
Suburban	14	29	19	17	5	8	7
Rural	8	37	17	17	4	8	9
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Straight	11	32	19	17	5	8	9
Gay, lesbian or bisexual	28	24	15	16	1	9	7

Note: "Partnered adults" are those who are married, living with a partner or in a committed romantic relationship. Share of respondents who didn't offer an answer not shown.

Source: Survey of U.S. adults conducted Oct. 16-28, 2019.

"Nearly Half of U.S. Adults Say Dating Has Gotten Harder for Most People in the Last 10 Years"

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The Big “R” ~ Rejection

1. Embrace rejection - there are ups and down in everything – including being single, vulnerability, know how to process.
2. Don't take it too personally (statistics show that people reject a potential partner due to things unrelated to that person, like timing “your too good for me” is likely the truth!).
3. Why People **GHOST!** (Not willing to be vulnerable, don't want to be perceived as “mean”, not willing to listen to your boundaries, not ready for a healthy relationship).
4. Go out with plenty of people - don't obsess over one person!



Tip

Don't date to cheer yourself up! Instead, have something fun to look forward to after a date: like a phone call with a friend, a fun show on a streaming platform, a cuddle with your pet.

BE YOURSELF

1. Be interested, ask questions, it's ok to be scared, go ahead and send a text!
2. Be **PRESENT** on your date.
3. Be Authentic. If you're nervous, it's ok to share that. Most likely they're nervous too!
4. Instead of trying to prove your worthy, prove that your an emotional being just like them.



Understanding Relationship Flow

How we get from the
Honeymoon to Commitment

The “Honeymoon” ~ Go Slow

Is marked by biochemical changes in our brain with hormones that trigger and maintain a state of infatuation (dopamine, oxytocin, and endorphins).

Doubt & Denial ~ Conflict Management

We start to notice the differences. The qualities that we once loved now annoy us.

Disillusionment ~ Practice Gratitude

Some struggles have come to the surface (repetitive arguments). Some couples become vigilant and some drift apart.

Stability ~ Keep the Spark Alive

You've gotten past the unstable waters and have found rest and enjoyment. At times, it can feel boring and you may wonder about finding that initial spark with another.

Commitment ~ Communication and Hard Work

Couples choose one another. They find acceptance of imperfections in the relationship, themselves, and in their partner. Creating a life-long vision together.

RED FLAGS, PEOPLE!

1. Is this person too good to be true?
2. Is this happening too fast?
3. How's the relationship with the EX?
The kids?
4. Practice safe sex: both emotional
AND physically safe sex!



Tip

Your body doesn't lie!

When it's right for you, you will know.

When it's not - time to go!

Listen to your body!



When to call it!

How to know it's not working:

1. It's ok to call it quits even after the first date, if you know it's a NO!
 - a. Be a **NICE** person
2. Don't settle because of the pressure to find a partner.
3. **Listen to your body** (anxiety, depression, etc.)
4. "But I love them!" (love isn't always enough).



ENDINGS

- **What's the Best Way to Break Up?**
Say it in person. Be honest but kind. Make a clean break. Stick to your decision (don't confuse loss with love). Discuss future contact (no contact, if possible, may be good for 60-90 days).
- **"It's not you it's me"** - If it's true then elaborate and let them know what you mean, so they can create a story of the break up and have closure.
- **What to Expect**
This will likely be distressing and sad for you, as well as, for them. Be prepared - your own sadness may surprise you. Let your friends know - let them support you. Loss is painful but passes. **Hang in there!**



GREEN Flags ~ When it's RIGHT!

How to know when you've found "THE ONE"

- How you feel matters to them
- They are kind and respectful of others
- They are able to own their mistakes and apologize
- They honor and respect your boundaries
- Their words and actions align
- They are willing to have hard conversations
- They pay close attention to you and actively listen to you
- They make your body feel happy (no angst!)

BONUS



Personal Evolution

When married/partnered you have a certain cadence – being single opens you to new possibilities, new people, new experiences (Example: friends who decided to **“say yes!”**)

Examples: skydiving, Lady Gaga concert, art museums and more!

Want more?

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Couples Therapy

Retreats & Workshops

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Relationship

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Relationship Worksheets

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