

# **How To Date After A Breakup**

*My Gift To You.*

*May it support you on your journey to love.*



*Wishing you love,*

*Betty*

*Betty Russell, BCC*

*Dating & Relationship Specialist*

*[www.relationshipelements.com](http://www.relationshipelements.com)*

# Dating After a Breakup

## **Part 1 – Take time to make sure your past relationship is firmly in the past.**

Breaking up is hard to do. And it's not just the actual breaking up part either. Every break-up has fall-out, and one casualty can be your ability to get back to dating again! Dating after a breakup is potentially challenging and timing can be everything. Breakups can leave you feeling like you are on shaky ground. You have lost something, and someone, that at some point was near and dear to you. Even the messiest breakups started out as something good. Often people feel like they lost a good part of themselves.

### **Take Some “Me” Time**

While sometimes you might feel the need to get back out there right away to do some dating after a breakup, that's not always the best decision. Take time to grieve the loss of your previous relationship. Learn from what happened. What worked in the relationship? What didn't work? What did you learn about yourself? Examine how the relationship began, how you communicated, where you were in your own development at the time, where you are now and what it all means to you.

There is no formula I can offer to calculate the perfect amount of time between relationships. Everyone adjusts differently. But the magic word is time – give yourself plenty of it. Spend time reflecting on who you are and what you want in your life and in relationships. Now is the time to get to know yourself better. Take whatever amount of time you need to know you are okay. You will come out on the other side stronger, more confident and ready to open your precious heart to someone new.

Approach dating as a process of discovery, realizing that the end of the process is discovering your ideal match.

What would you like to change in your next relationship?

## **Part 2 – Get Ready to Date**

Getting ready to date again means being prepared mentally and emotionally. Set yourself up for success.

### **Identify Your Core Values and Life Goals**

Your core values serve as markers to let you know your life is on track and turning out the way you want it to. When you live a life aligned with your core values you will fulfill one of your highest needs: for your life to have meaning. A few examples of core values are: honesty, stability, openness, self-respect, and compassion.

Your life goals are a powerful force that drives your energy, thoughts, feelings, wants, need, and choices. Identifying your life goals will help you feel better, do better and be better. You will be able to focus your life by making choices that are in alignment with your life goals, an important step in determining compatibility in a relationship.

### **Know Your Relationship Requirements and Needs**

Relationship requirements are those non-negotiable, black or white deal breakers. If they are missing in a relationship – watch out. A few examples of relationship requirements are love children, love pets, mutual respect, addiction free, and financial responsibility. If your relationship requirements are not met you will have to leave the relationship sooner or later no matter how committed you are or how much love you feel for someone.

Relationship needs are those needs that must be met with your relationship – from outside of you. We all have needs, and our needs are legitimate. They are essential to your doing your best, having your best and being your best. When a need is met by a partner, you may feel soothed, glad, loved, understood and valued. When a need is not met, you may feel hurt, angry, frustrated or rejected. When a need is unmet it will result in an issue. Needs can be negotiated with many possible alternatives.

To know what you want in another person you must know a lot about yourself, so commit to becoming an expert on you – your needs, desires, hopes and dreams, goals, accomplishments, strengths and limitations – all the many WONDERFUL things that make you, YOU!

What do you need in a relationship to feel fulfilled?

## Part 3 – Setting the Wheels in Motion

A plan or roadmap will take you from where you are to where you want to be.

### Take Action

The two main ways to find someone special is online or in person.

- Join two online dating sites. One general site and one site that is more specific in its parameters, and has the type of person you are looking for in terms of age, religious beliefs, etc.
- Create a profile that describes you accurately and give details about what you seek in a partner. Generic profiles simply blend in with all the other generic profiles. Be proud of what makes you unique and own it! Chances are you will find that unique someone faster if you do.
- Get noticed by using a great head shot and an interesting title.
- If you find people you are interested in, exchange instant messages or emails with them to see if you click. Take the conversation off-line sooner rather than later. You don't want to waste time, energy and good intentions on someone who is not a good fit.
- Meet for coffee in a public place and let your family or friends know where you are. Your safety is important. Remember, the people you are meeting are strangers and should be treated as such. Limit the time of your meeting to one hour; you will know right away if this is someone you want to get to know better. If not, part on good terms and move on.

The best strategy for meeting someone you are compatible with, who shares your likes, and has similar values and goals, is to go places and do things that really interest you.

- Join a club aligned with your passion like a book club, card club, cooking club, nature conservancy or wine lover's organization.
- Volunteer at your favorite charity. You will meet good people just like you, who give of their time.

Be out and about with your antenna up. You may just meet Mr. or Ms. Right at one of your favorite spots. There are good people out there looking for someone just like you, seeking true love and companionship.

What specific action can you take today to get you closer to the love life you want and deserve?

I hope the information in the 3-part e-course will put you on the path to your best relationship yet!

Click [HERE](#) for your complimentary session with me today!

Wishing you relationship success!

**BETTY RUSSELL, BCC**

**Dating & Relationship Specialist**

<https://www.relationshipelements.com>

615-984-7914 direct line (Central)

Skype: coach.bettyrussell