

Divorced? the 7 signs you're ready to date again

There is no exact time you should start a new relationship especially after a divorce, break-up or being widowed, and certainly not when friends say you should, or you're being pressured to get back into the dating scene.

7 signs that indicate you might be ready:

1. You no longer feel angry or want to air your anger with friends; or even your ex.
2. You understand a break-up/divorce always has two sides, and even if you did not instigate it, you've gained insight and realize better now what does and does not make a long term relationship work.
3. You no longer want, think about; or are obsessed with your ex, what they're doing, who they're seeing. They no longer take up your waking day, you can't remember the last time you thought about them.
4. You feel being single is not shameful or disease, in fact you are starting to enjoy your own space and finding out about who YOU really are not as a twosome. You feel confident and want to make choices on your next relationship not based on being alone or you feel a void, but because someone can enhance your life, not complete you.
5. The thought of starting a new relationship makes you smile inside and out, you no longer feel daunted by it, you feel better placed to make the right partner choice, what is and isn't compatible with you, your values.
6. You're starting to feel a lot more confident in the way you look, interact and portray yourself to the opposite sex. You're projecting yourself with self assurance, warmth and an open mind.
7. You're acting on your OWN feelings, not a date or time when you think you should be ready to start a relationship again.

Remember there is no time frame that exists when anyone should be ready, it depends on how and why the relationship ended, how long that relationship was part of your life, for some it's weeks, months or sometime years before people reach the stages above. Never let others push you into dating, go with your natural instincts.



Be yourself, and let no one alter what you feel naturally, if you don't feel ready, then fine. Take your time, you will know when you feel the time is right to start actively dating or seeking a long term relationship. There is no exact time you should start a new relationship after a divorce or being widowed, and certainly not when friends say you should. So, first, get to know you as a single person in your own right, and who knows you may actually enjoy being a free agent, but if not, don't pressure yourself, think about the type of relationship you ultimately want and then seek those who want exactly the same. Good luck!