

## Keep the dial at positive

Being single, fulfilled and happy with life is a great way to be. But being single and yearning for a partner takes some of the gloss off the single state.

If this sounds like you, there are issues you need to manage.

Being single and wanting a partner is a normal condition for all people at some point. If your yearning takes the form of wanting Prince or Princess Charming to sweep into your life and make it wonderful, be careful of what you wish for.

You may regret this choice in the long run, as charming morphs into control or superiority as the early romance fades. We're all human, so often what other people have seems much better than what we have.

Let's say you have had a rotten day at work. Instead of going home to an empty apartment, you would rather be going home to a partner so you can debrief over a glass of wine, just like everyone else at work seems to be able to.

But the reality is that people in relationships might come home to a grumpy partner who has had their own rotten day at work or with the kids, and the fantasy of debriefing is just that – an unrealistic fantasy.

If you want a relationship you need to get yourself into an emotionally healthy state to attract a partner who is right for you. Going around with “desperate” etched across your forehead is not going to attract the rounded, stable partner you might want.

We tend to get partners who match our own emotional state; if you are feeling good about yourself, you are more likely to attract someone positive, and the relationship has a better chance.

So how do you help yourself? Start by truly believing that it's fine to be single. Develop a wide range of friendship networks to provide satisfying company.

Plan and think about how you want to be and what you want to do to feel contented and happy, yet have the wisdom to find satisfaction in the moment, free from the burden of what “should” be.

Think about what is good in your single life. You are captain of your own ship, are answerable to nobody and can take up the whole of the queen-sized bed if you so desire.

Obviously, if you have just come out of a relationship, you will need time to adjust to your new status.

But being single can be a fabulous time, full of surprises, and you can choose to enjoy that, rather than seeing it as a yoke around your neck.

## Survival tips

- **How you view being single is going to have a big influence on how successful you are at it**
- **Don't be caught out thinking that everyone with a partner is in relationship bliss**
- **Celebrate what is great about being single and keep yourself in an emotionally healthy state.**