

Taking Charge

WHAT Do I Do WHEN ...

Life... No partner to share my life

S i t u a t i o n:

I'm getting close to forty years old and I haven't found a life partner. Single life isn't that bad, I've got a nice home and a good job. Social activities aren't a problem but I tend to get lonely and depressed when I think about not having a family. It really gets scary when I think about my later years and who will take care of me. Any advice?

A n s w e r:

Good for you for admitting that you're lonely. A lot of people just pile on activities and do a good job at stuffing their feelings.

There are plenty of us who have no significant other and do just fine in life. It's not "right" to be married and not "wrong" if you're not. It's not "good" if you're in a meaningful relationship, and not "bad" if you're not. You do not have to be married or on your way to being married in order to be happy. Perhaps you're trying to live up to someone else's standards? Perhaps you're stuck in an "if only" belief: If only I was married, then my life would be complete. If only I was married, I'd be happy. Marriage does not always equal happiness. Divorce rates over 50% prove that. What a lot of people don't realize is that it's OK to be happy and single.

When you find the "I'm lonely" thoughts making you restless, say to yourself, "It's OK to be single," and repeat that statement until you start believing it. Then add, "I have a wonderful life." You do. You wrote to me and said you have a good job, a nice home, social activities. You're not a bum or an ingrate. You are a successful human being, who just happens to be single.

Let me share an affirmation I created for a close friend, then ended up adopting it for myself as well. The prescription is once a day, everyday, preferably in the morning. Fill in the blank with both your first and last name for a stronger impact. Look in the mirror and say out loud: I love you _____, and I will take very, very good care of you forever. For example, I say: "I love you Rose VanSickle, and I will take very, very good care of you forever."

In addition to boosting your self-confidence, hearing that one small statement repeatedly will help chase away the fears that there's no one around to "take care of you." Make a habit of changing your thoughts and you will adopt a brighter attitude, a brighter today and a brighter tomorrow.
