

How to Reenter the Dating Market After a Divorce

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Reentering the dating market after a divorce can seem like a scary thing to do. However, unless you plan to be alone for the rest of your life, there are certain steps you need to take in order to allow yourself to meet new people. Assuming that you've given yourself time to recover from your divorce and are ready for a new relationship, here are a few tips to help you navigate the dating market and find someone special:

Get out there!

If you're not going out and meeting new people, how can you expect to find a date? The best way to get back into the dating market is to literally set time aside to do exactly that. Find out what local events are happening in your area and make plans to attend a few. Take a friend with you or be brave and go alone. In no time at all you'll be meeting new people, making new friends and increasing your chances of making a love connection.

Is it time for a makeover?

It's likely that the ending of your marriage was very hard on you. This isn't unusual, so don't feel ashamed to admit it. Before jumping back in the dating market, be honest with yourself. In the midst of all that you went through, did you physically let yourself go? Are you feeling good about the way that you look these days? If the answer is no, then it's time to spruce yourself up a bit. Lose weight, gain weight, groom yourself, exercise, get a new haircut or do whatever it is that you think will make you look and feel better. Remember that you don't have to be perfect upon reentering the dating market; you just have to feel good about yourself and take pride in your appearance in order to optimize your efforts.

Does Your Attitude Need a Tune-Up?

Sure, you may be over your spouse and ready to reenter the dating market, but assess yourself to see if you need an attitude adjustment first. While you may be able to attract a date just as you are, if you tend to be defensive, intolerant or hostile in your dealings with others, it's unlikely that you'll get a second date. To be on the safe side, go beyond self-assessment and ask someone you trust to give you constructive feedback on your attitude and make adjustments as you feel they are needed.

Be realistic.

You're not perfect so don't expect to find someone who is. This doesn't mean that you should have low standards for dating after divorce, only that you should be realistic about requiring someone to be everything that you desire in another person. Upon reentering the dating market, people often complain that finding someone is just too hard, when in reality it's finding a *perfect* someone that's the real hard part.

Your divorce is final.

Being back in the dating market is all about establishing new relationships and not about rehashing old ones. All that a new person needs to know is that you are divorced. It is not necessary to spend hours trashing your ex and citing every single thing that was wrong in your relationship. When on a date, focus all of your attention on getting to know the person before you and leave lengthy discussions about the past in the past.

Dating after divorce can be tough in the beginning, but it doesn't have to always be that way. In fact, you should have a good time dating. While every connection may not be a love connection, every date is an experience and a chance for a good friendship. Don't be afraid to reenter the dating market, as there's a very good chance that the very person that you're looking for is also looking for you.