

Why Patience Is SO Important in the Dating World



By Gayle Crist,
Dating Coach,
Dating Success
Coaching

I often tell my clients there are 4 P's for Dating Success: Positive attitude,

Proactivity, Persistence, and Patience. This last one is the subject of this article—how being patient is a key ingredient for dating success.

There are 3 ways it's important:

- 1) You need to be patient with yourself as you learn to navigate the world of dating.
- 2) You need to be patient with the other single/divorced/widowed people you meet, without jumping too quickly to conclusions about them.
- 3) You need to be patient as you're searching for dates, since it might take longer than you thought to meet the right person for you.

Before I elaborate on each of these points, I have to fully admit that I learned patience in the dating world the hard way. It's never been my strong suit. But, once I learned it, I realized how vital it is for success—and now I emphatically encourage my clients to cultivate it.

Be patient with yourself – This means giving yourself time to get up to speed in navigating today's dating world, especially if it's been years (or decades) since the last time you dated. It takes a while to research the options for places and ways to meet people when you're newly single after a long hiatus.

This also means not beating yourself up if you make mistakes when you're first starting back into dating. Experience is the best teacher, and it takes time to learn to screen people so you don't attract the wrong ones. For example, when I first became single again, I was naïve and hungry for attention from men, so I said yes to dates with men who only wanted a

physical connection rather than a relationship. Don't worry—as time goes on, just like me, you'll become savvier, more discerning, and better able to spot “red flags” and attract good prospects.

Be patient with the people you meet – This means giving each person you encounter in the dating world a chance. Don't let your impatience about meeting “the one” get in the way of your taking the time to give careful, polite consideration to each person who crosses your path—whether it's at a singles event or hobby meetup or on an internet dating site.

I learned not to expect instant “sparks” with each guy who talked to me at a gathering or emailed me online. In a few cases, I surprisingly found myself attracted to someone who, on first glance, didn't seem like my “type”—simply because I made an effort to be patient and wait for him to tell and show me more about himself. You never know what might develop if you avoid making snap judgments, hear someone out, and let him or her reveal a sense of humor or other characteristics that might be more appealing (and “attractive”) than you first thought.

Be patient as you search – This was the hardest for me to learn. After the end of my first marriage, I was anxious to move on and meet new men. So I began attending singles activities and trying new hobby groups even before I was officially divorced. Needless to say, I wasn't ready because I was still resentful and healing from that relationship—definitely not an ideal dating prospect. It took months for me to realize I needed to slow down, be patient, release my “baggage,” and then finally take step 1 in the dating world.

Patience is doubly important as you begin dating different people, having relationships and breakups, and getting disheartened after disappointments. It's easy to feel like you want to throw in the towel and give up, concluding that there's nobody out there for you. My clients who've been in the dating world for 2, 3, 4, or more years feel like that. They've tried everything they can think of, had some interesting relationships, but still haven't met the right match for a long-term partnership.

That's when I encourage them to reframe the situation by realizing:

- 1) As you age, you get clearer on the best match for you, so it'll take more time to find someone with just the right combination of traits.
- 2) Dating is a “numbers game”: the more people you meet, the greater your chances of success. You need to keep on trying, which takes time...and patience!
- 3) As the Supremes say, “You can't hurry love, you'll just have to wait.” Being impulsive in your dating choices or moving too fast in a relationship doesn't work. Be patient and let things flow naturally.
- 4) Anything in life worth having is worth waiting for. I believed that “divine timing” was at work behind the scenes, and, once I let go of my personal timetable, I stopped blocking the flow of good things into my life. That's when my partner appeared!

If you need support developing the necessary patience for dating success, give me a call!

Gayle Crist, M.S., has been a dating coach since 2005. She helps singles over 50 discover places to meet like-minded people, prepare to date again after divorce or widowhood, improve their dating confidence, and succeed with online dating. Gayle is also a motivational speaker and author of *How I Met My Second Husband Online at Age 50*. Information about her dating coaching services is at www.datingsuccesscoaching.com. You can reach her at 267-245-3023 or gayle@datingsuccesscoaching.com.



dating SUCCESS coaching
NEED HELP WITH DATING?

Gayle Crist
Dating Coach & Online Dating Expert

www.datingsuccesscoaching.com
267-245-3023
gayle@datingsuccesscoaching.com

- ♥ Help understanding the opposite sex
- ♥ Guidance to places to meet singles
- ♥ Tips for more success with online dating
- ♥ Support improving confidence & self-image