







I THINK I
AM
DOOMED

TO A LIFE OF

LONELINESS

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Lize van den Bergh

Sometimes it can feel as though you will never have any good luck in your love life. You might have experienced a couple of [disappointments](#) or failed romances. Perhaps you feel like you are always on the sidelines when it comes to love - always hoping for a person to notice you...

Unfortunately there is no recipe or magic wand when it comes to romance. But that also means that no two relationships are the same. In other words, every person's journey is [unique](#). One person finds love at 16, another at 40. The problem is often that we have learnt to expect perfect love stories. We get these "messages" from the media and society.

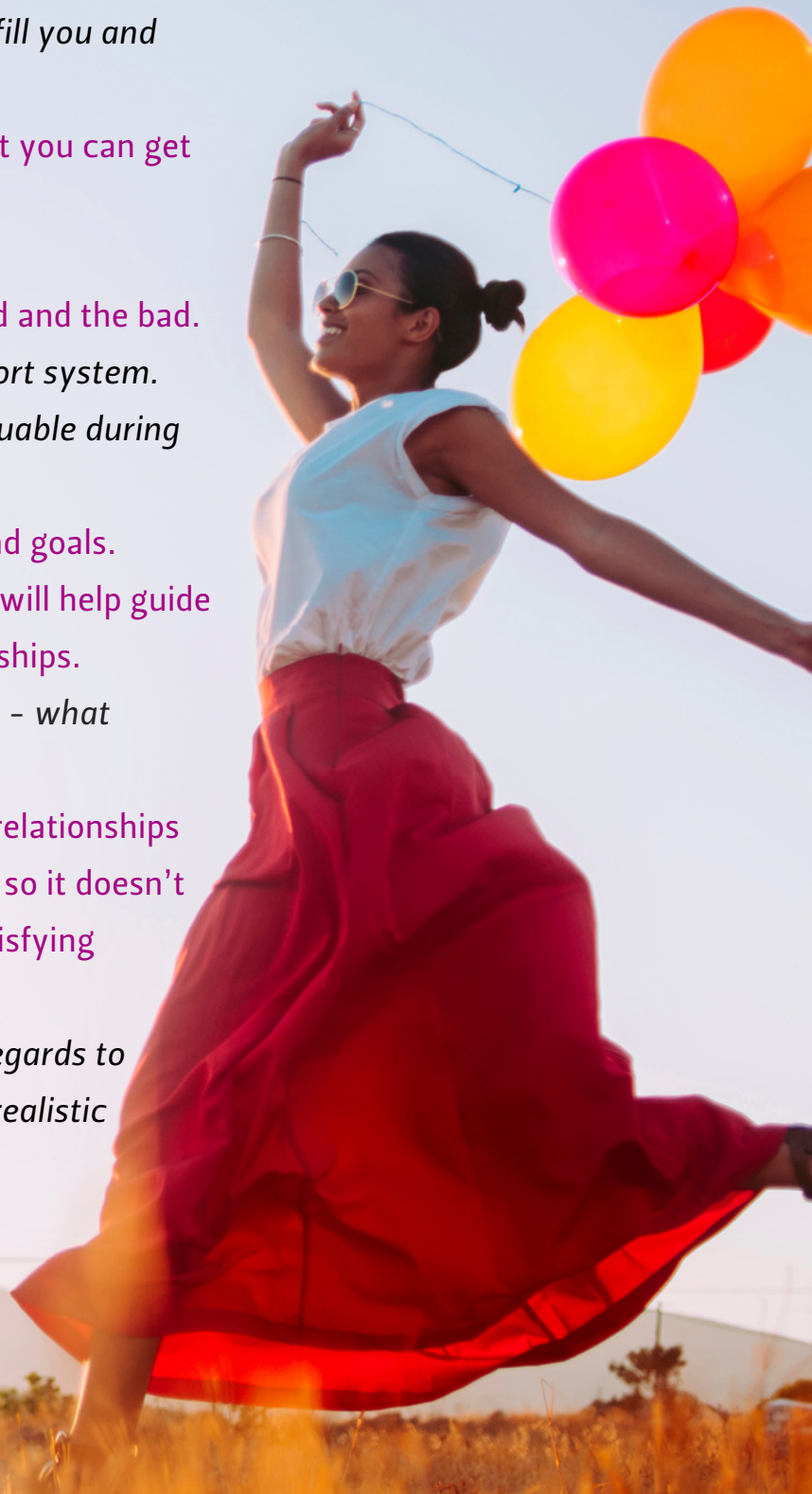
It is important for you to realise that [you do NOT need to be in a relationship to be happy](#). If that were the case, every 5 year old child would be unhappy. The truth is that you get happy single people and unhappy couples. It is more helpful to focus on your [internal happiness](#). This will prepare you for a future relationship. It also means that you will not need your future partner to make you happy as you fulfill that role already.

*A healthy relationship will never require you to sacrifice
your friends, your dreams, or your dignity.*

Mandy Hale

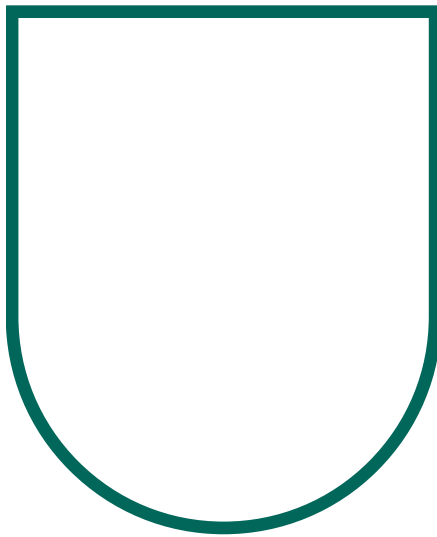
SOME IMPORTANT THINGS TO REMEMBER:

- Work on achieving inner peace, happiness and acceptance (check out the self-esteem section).
- *Find hobbies and interests that fulfill you and make you happy.*
- Allow time for introspection so that you can get to know yourself better.
- *Spend time alone and enjoy it!*
- Learn to accept yourself - the good and the bad.
- *Ensure that you have a good support system. Friends and family can be very valuable during difficult times.*
- Investigate your values, dreams and goals. Knowing what is important to you will help guide future decisions regarding relationships.
- *Learn from your past relationships - what worked and what didn't?*
- Don't drag the baggage from past relationships along with you. Rather deal with it so it doesn't prevent you from experiencing satisfying relationships in the future.
- *Maintain a realistic outlook with regards to romantic relationships. Having unrealistic expectations might lead to a lot of disappointment and hurt.*



RELATIONSHIP REFLECTIONS

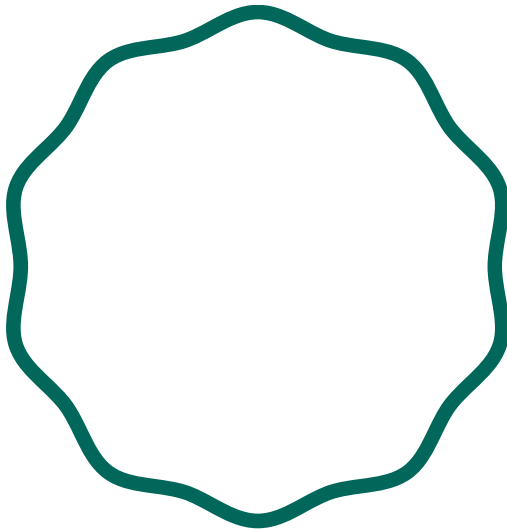
What values are important to me in romantic relationships?



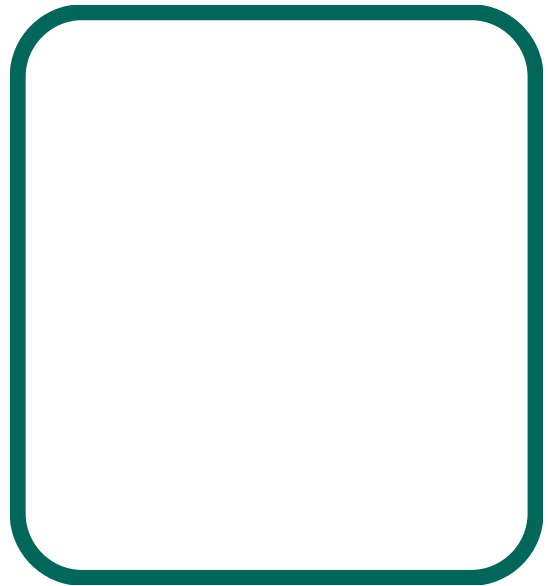
What do I enjoy doing on my own?



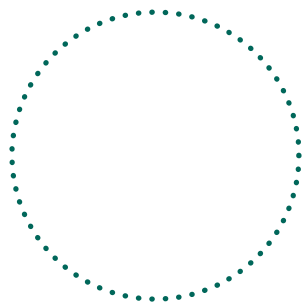
What have I learned about myself in relationships?



Is there still some baggage that I need to let go of?



Who will always be there for me?





RESOURCES



WEBSITES

www.tinybuddha.com
www.lifehack.org
www.helpguide.org
www.developgoodhabits.com

APPS

Unstuck
Breakup Shakeup
Lovesmart

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BOOKS

"The Five Love Languages: The Secret to Love That Lasts"
by Gary D. Chapman

"Deal Breakers: When to Work On a Relationship and When to Walk
Away" by Dr. Bethany Marshall

"Mindful Relationship Habits: 25 Practices for Couples to Enhance
Intimacy, Nurture Closeness, and Grow a Deeper Connection"
by SJ Scott & Barrie Davenport

"How to be Happy Alone: A single's guide to a satisfying life"
by Katharine Coggeshall

"The Power of Now: A Guide to Spiritual Enlightenment"
by Eckhart Tolle

"Braving The Wilderness" by Brene Brown