

# Becoming Relationship Ready

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**GET OVER YOUR PAST NEGATIVE RELATIONSHIP(S). INSTEAD OF HAVING REGRETS, LEARN SOMETHING FROM THE EXPERIENCE AND MOVE ON.**

It's the start of a new year and being in a healthy romantic relationship may well be at the top of your to-do list. If you're single, your friends probably always keep their eyes peeled for a good match for you. We go out all the time and meet great new people—yet the 'right match' doesn't always result in a stable partnership. Before pairing off, maybe it's time to have a think and first determine if you have a good relationship with *yourself*.

Here are some good tips to get your relationship house in order: **Get over your past and stop projecting it forward!**

Who hasn't had their heart broken? And just because you have, it doesn't mean a new partner will do the same—every person is different, which means every relationship dynamic is unique. Enter each relationship with a clean slate. Get over your past negative relationship(s). Instead of having regrets, learn something from the

experience and move on. If you can't—if you consistently feel stuck and like you're repeating the same bad patterns—seek professional help.

**Maintain a positive attitude and surround yourself with positive people.**

Happy, friendly, positive people are liked by others and attract other happy, positive people. Bitterness, a victim mentality, cynicism and neediness are qualities that others easily pick up on. You must believe that there are good members of the opposite sex out there and that you will meet someone. Surround yourself with encouraging and broadminded people.

**Learn to love yourself first.**

Most of us have heard the phrase 'learn to have a relationship with yourself before you have a relationship with another person'. By discovering who you are and what you like or dislike you will become a better partner for someone else. Happiness starts from within and no one else can

make you happy or 'complete' you if don't have inner acceptance and self love. Never look for a partner to complete you!

**Get a life and keep it.**

Maintain a good relationship with your family and friends and don't ditch them when partnered up. You are two separate people with your own histories—don't be a cling-on. Keep some interests and activities separate from your partner and encourage alone time or time with others besides yourself.

**Enter into a relationship for the right reasons.**

Being single can feel lonely. No matter how many friends you have you might still feel like

something is missing. Make sure you're not getting into a relationship with someone who is not right for you just to avoid being lonely, or because your clock is ticking, your friends are all partnered up, your ex has a new lover, or so on. Being with someone you can be authentic around—with whom you have chemistry and common ground—is so very important.

**Maintain an open mind.**

People and chemistry are surprising—often the package you end up with may not be the someone you envisioned. Stay away from rigid lists and make room in your life to invite the right person in! **W**