

HOW TO BE SINGLE

NOT EVERYONE FINDS THE PERFECT LIFE WITH A PARTNER AND LIVING ON YOUR OWN DOESN'T HAVE TO BE LONELY - IT CAN BE REWARDING

WORDS: JOANNE WILSON



It's AFL grand final day; I love how there's usually always something to celebrate here in Australia.

Now that we're done with celebrating Marriage Week, it's time to focus on another important demographic of society – singles.

The reality of the “happily ever after” dream reinforced by our society does not materialise for many, or can break down unexpectedly at any stage in life. Some may simply choose to be single and enjoy watching the footy how they want, wearing what they want!

Unfulfilled expectations can leave us feeling like a total loser with a sense of failure, loneliness, being different and rejected.

You may feel isolated with a sense of having “missed the boat”. Furthermore, you can experience:

- You're alone and you don't feel you have a choice not to be.

- You feel you're lacking connections you had in the past.

- You feel there's no one in your life with whom you can share your feelings and experiences.

- Your self-perceptions are that you're unacceptable, unlovable and not worthy.

Everyone else is enjoying the “party of partnership” and you're watching from the window outside. Amplify this with well-meaning friends and family who say:

- You're single, how come?

- My electrician is very handsome.

- I miss being single. You're so lucky being single.

- How many dates have you been on? I'm living through you.

- There's someone out there for everyone.

- You need to just stop looking as that's when you meet someone.

- Do you get lonely?

- Maybe you're just a little too picky?

The aim of this two-part series is to help those who are struggling to be on their own. My desire is for you to further explore your feelings, values and needs. It is never too late to think about ways in which life could become more rewarding and fulfilling.

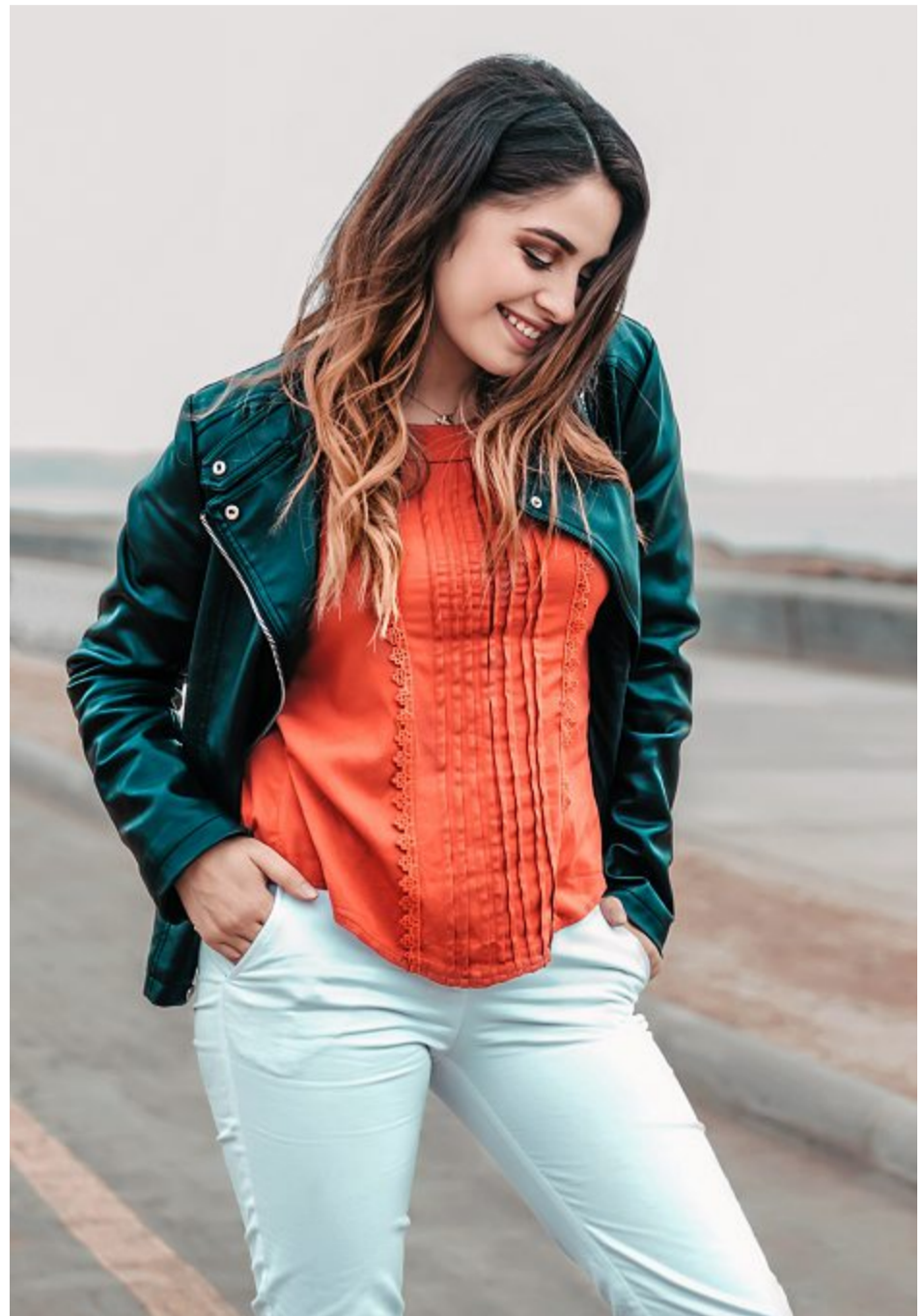
For each of us, being on our own will hold unique and personal meaning related to our own life stories and experiences and these can change with time and circumstances.

While the “marrieds” are drowned out by the snoring, being financially accountable or having to ask if they can watch the footy with their mates, a chapter or life of singleness can be quite a gift!

Make a damn fine reason for this season and maximise this opportunity to be the best version of the uniquely created you.

Let's show the Sunshine Coast community what you've got. So watch this space next week for some meaningful questions on this topic that will help you launch this phase of your life to success.

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