

Being Single



With the colder days here and Christmas lingering, this time of year can highlight your relationship status. We watch those movies whereby people find love, and the emphasis on our singlehood is brought to the forefront of our minds. If we aren't careful, this could lead down a negative path of analysing, doubt, frustration, sadness, and even anger. How you view being single depends on your perspective of what it means, and how you want to manage it. Those who purposefully set out to be single are happier than those who are single circumstantially and have a desire or drive to find a spouse. Of course, we all have relationships in our lives, so we can find support, motivation, comfort, and purpose through those without a spouse. It is possible, however, that we can feel low and over analyse why we are single, creating pressure on ourselves. Being single doesn't have to be a burden you bear or mean you will be single forever. So here at Golden Threads, we have developed some points to bear in mind on being single and you!



1. Being single can mean having time to consider what you want from a spouse, especially if you have been in relationships in the past that have been unhealthy.

2. You can evaluate how you are feeling, and if you are finding singlehood challenging, ask yourself why.

3. Consider what you want to get from a spouse. Closeness? Intimacy? Companionship? Love?

4. Now is a great time to think through your self-care. Test out new ones, attend that book club, go for that walk around the park, take up paragliding. What helps you unwind/relax?

5. Consider the boundaries you have in place. When we are busy with work, family life, socialising, we can forget about managing or even implementing boundaries. They are an essential part of a romantic relationship, so why not take this opportunity to think about them?

6. Don't overthink! We can get into a mind maze of thinking repeatedly about the scenarios and situations we were in with that spouse, what could have been, where we went wrong, what we should have said, and what they didn't do. Ask yourself this question...who is suffering here? By playing these narrations around your mind, you are annoying yourself.

7. Think about your goals and aspirations for the future. Do you want another relationship? Are you happy being single? Do you want to join a course at a local college?

8. Remember your relationships with others. Just because you are single does not mean you are alone. There are a lot of benefits you can and do get from your support network. Think about who you want to invest time with and connect with them to build on this relationship.

9. Stop comparing yourself and your situation to others you see in romantic relationships. Let's not forget that all may not be as it seems from the outside!

10. Being aware of what you want, and your goals, having support around you, and having good self-care in place, all go a long way to helping manage your mental well-being. Taking time for you can be the greatest gift you give yourself.