

Seven Clues You're Ready to Date

When is the right time to start dating after a breakup or divorce? There's no exact science—but there are signs to suggest you're ready. How many resonate with you? The more, the better!

1. YOU'VE LET GO OF YOUR ANGER.

The bitter, vicious anger you felt has evaporated, and it no longer rules your life. These days, you know that the sweetest revenge is living a happy life.



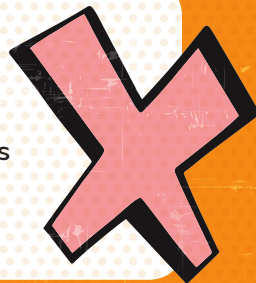
2. YOU'RE NO LONGER CLUELESS ABOUT THE ROLE YOU PLAYED IN YOUR BREAKUP.

After a lot of soul searching, you have gained insight into what's important in making a relationship work. And the way in which you contributed to the end of the relationship is also crystal clear.



3. YOU ARE NO LONGER OBSESSED WITH YOUR EX.

Your ex is a distant memory. What he's doing or who she's with is immaterial to you. Your ex no longer controls your every waking minute. You feel indifferent.



4. YOU'RE PRETTY SURE THAT BEING SINGLE IS NOT A FATAL DISEASE.

In fact, you're enjoying it. You can spend time with yourself and like it, too. You can pick and choose what makes you happy, and you have found new freedom in being accountable only to yourself. You are a capable, competent woman who can thrive on her own.



5. THE PROSPECT OF MEETING SOMEONE PUTS A SMILE ON YOUR FACE.

You find yourself paying attention to the people you come into contact with, wondering if they might be single. When you least expect it, you catch yourself daydreaming about how nice it would be to go on a date and feel desirable.



6. YOU LIKE THE WAY YOU LOOK.

Feeling self-confident in the looks department is essential. This isn't to say you have to transform yourself into a supermodel. It's about feeling attractive and comfortable in your own skin, projecting self-assurance, and carrying yourself with poise and charm. Being approachable in this way sends the message that you're worth being with.



7. YOU'RE GOING WITH YOUR GUT, NOT THE CALENDAR.

To put it simply, you just feel ready. There is no explicit time frame that dictates how long you should wait to start dating after your divorce or breakup. For some people, it could be a month; for others, it could be a year. You are ready to date when you want to enhance your life, not just ease the pain of the breakup or fill the void it leaves behind.

