

# Dating Again?

## WORDS TO REPEAT WHEN FEAR HOLDS YOU BACK

“I know the important qualities I’m looking for in a man, and I will not settle for less.”

“If someone rejects me, it doesn’t mean I’m unlovable... it simply means there’s someone better for me out there.”

“There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love.” —

*1 John 4:18*

“When someone *says* one thing about who they are, but *shows* me a different person, then I will believe what they demonstrate as the truth.”

“Dating is about finding out who you are and who others are. If you show up in a masquerade outfit, neither is going to happen.” —*Henry Cloud*

“Being scared to love again is a real thing. It’s okay to be scared, but you have to get out there, open up, love, make mistakes, learn, be stronger, and start all over again.”

—*Author unknown*

“When I recognize a red flag, I will not think I can change the man.”

“Be strong and courageous! Do not tremble or be dismayed, for the Lord your God is with you wherever you go.” —*Joshua 1:9*

