

5 Steps to Take When Dating Again Feels Scary

As risky as it feels to date again, we were designed to live abundantly, which involves inviting people in. If you're fearful of red flags and rejection, start with these 5 steps.

Step #1 - Set Aside Self-Preservation

Building a brick wall around our hearts feels like a protective measure, but it shuts people out.

Ask someone your trust to share what they think your protection mechanisms are. How can you dismantle any brick walls you've built around your heart?

Step #2 - Recognize the Lies About Your Worth

Rejection told me I wasn't attractive or loveable, that I was past my prime. If you struggle with your worth, consider these questions:

What Bible verses validate your true value? What can you do to remember those truths?

Step #3 - Battle the Anxiety by Naming Your Fears

After a few "fun-until-it-wasn't-fun" dates, God revealed that my excuses for staying single were actually fears. Ask yourself:

What are your reasons for not opening your heart to new love? Could they be fears? List them, beginning each sentence with, "I'm afraid..."

Step #4 - Acknowledge That Red Flags Should Be Deal Breakers

Red flags are warning signs. We tend to either not recognize them or we believe we can change the man.

Are you overlooking the flashing caution signs? Ask God to open your eyes to see the full picture of who this man is.

Step #5 - Do Not Settle for Less

Navigating new relationships takes time and effort. Reflect on the following:

Write your definitions for "negative compromise" and "positive compromise." Do you recognize yourself in either of these definitions? Are you in a dating relationship that needs you to say "No" to settling?



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*

