

# 4 IMPORTANT WARNING SIGNS

## That You're Not Ready to Date

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Are your friends, coworkers, and family trying to push you to date someone new since your last relationship?

**A new relationship can take a toll on your body and mind.**

It's important for your own peace of mind to evaluate your readiness and assess your ability to handle dating again. You don't have to jump into the dating pool if you're not prepared.

**Consider these signs that you're not ready to form a new romantic relationship yet:**

**1. You're not over your ex.** Do you still dwell on your past relationship and can't stop thinking about your ex?

- If your mind is preoccupied with thoughts about your previous partner, then you're not ready to date again. The inability to concentrate on a new person can negatively affect your dates and hurt your reputation.
- If you find yourself constantly comparing your new date to an ex, and it's interfering with your happiness, this is another sign you need to wait.
- The emotional baggage of your past relationships can hurt your dating style. It can prevent you from noticing the positive aspects of a new partner. It can even make you dull and sullen on dates.

- **Be emotionally ready to move on from your ex before you jump back into dating again.**

**2. You suffer from an addiction.** If you have an addiction to drugs, alcohol, prescription pills, or other issues, remember that an addiction can have a dramatic impact on a new relationship.

- Even if you're upfront about your addiction, your new partner may not be able to handle it. You're putting the entire relationship at risk.
- Addictions can add a tremendous amount of tension and stress to a new relationship. They can make it difficult to focus on the positive aspects of dating.
- Before you start dating, it's important to deal with your addiction.

**3. You can't share.** Do you struggle with either physical or emotional sharing? If you have trouble discussing your feelings, dating is more difficult.

- Sharing can also take the form of giving your time or other things to another person. Do you have issues with sharing your food with another person? Are you troubled by the idea of sharing your space or home with a new partner?
- Clarify and evaluate mental issues that are bothering you before going on a new date. **Try to resolve any challenges that make you wary of sharing.**

**4. You have deep secrets.** It's normal to have a few secrets in any relationship. However, if you have deep secrets that affect you on a serious level, then new

relationships should wait until you resolve these issues as well.

- Do you have a dangerous secret you're hiding from the world? For example, are you involved in a gang? Are you embezzling money at work and living in fear about your future?
- A new partner may not be able to handle your dark secrets, and it could cost you the relationship.
- Before you date again, you may want to examine your personal life. Can you bring another person into your world without putting them in danger?  
**Are you prepared for the consequences of this person discovering your secrets?**

Dating again can be a real challenge. It's important to be emotionally and physically prepared. If you're not ready to date, avoid allowing your family or friends to force you to start seeing a new person.

When you're ready, you'll feel more confident about yourself and dating again. As a result, you'll be off to a great start with a new relationship!