



# DATING AFTER DIVORCE

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## 5 Signs You're Probably Not Ready

by Dr. Laura Dabney, the Intimacy MD

I've spent nearly 20 years helping men find their way into happy, long-term relationships, and still, even all these years later, I'm astounded by the misinformation that exists about what it takes to build and maintain one. Most people assume we're more prepared to pick the right mate the second or even third time around, but the data tells a much different story. 50% percent of first marriages, 67% of second, and 73% of third marriages end in divorce. We don't get better at picking our partners—we actually get worse.

Unless we invest the time to learn from the past.

If you're reading this, you may be thinking it's time to re-enter the dating scene. Here are five telltale signs that you're vulnerable to repeat the mistakes of the past.

### 1) You believe you need a partner who's the exact opposite of your ex.

You're not ready to date again if your mind is still jumping to extremes: My ex was exactly wrong for me, so I'll look for her exact opposite. When you swing from one extreme to another, however, you risk picking someone who eventually makes you as miserable as you ex, but for different reasons. Choose your partner because of who she is, not because of who she's not.

### 2) Dating takes your mind off your troubles.

Life happens within and without our relationships, and often because of them. Losing yourself in a relationship can feel like a relief, but it's nothing more than a temporary escape. Your troubles will return, and when they do, they'll likely be bigger, hairier and more worrisome than they were before you deserted them. Wait to date again until you're emotionally, financially and physically stable.

### 3) You don't like being single for very long.

There's nothing wrong with dating a lot, as long as you're honest about your intentions. In fact, I teach a method called *Precision Dating* in which I recommend men take their time before committing. Most men rush too quickly into commitment, then spend the next several years trying to make the relationship work. If you don't like being single, recognize that you're at serious risk of committing too early to the wrong woman. You're far better off to play the field and date lots of women than you are to commit to the wrong relationship.

#### 4) You've already got someone in mind.

As tempting as it is to jump right into another relationship after the pain of a break-up, allowing insufficient time to recover and learn from your divorce is one of the riskiest choices you can make. I call these "boomerang relationships" and not only do they have higher failure rates than average, they actually extend the time it takes to recover from your initial divorce. Take your time, play the field, fully test a relationship before committing. You could ultimately end up with whoever you have in mind today. If you don't, it will be for good reason.

#### 5) You primarily miss the sex.

So, great—you enjoy sex. That's a good thing. If it's your main motivation for getting back into dating, however, you've got your priorities wrong. Great relationships aren't built on great sex, they're built on intimacy which, in turn, takes time and commitment. The good news, though, is that when you invest the time to build a healthy, intimate relationship, the sex also improves. In the long run, waiting for the right person is a small payoff.

If you do find yourself vulnerable to one of these common mistakes, don't take it to mean you'll never be ready to date again. Take it as a sign that you now know building a solid foundation for your relationships is the best investment you can make toward your future happiness.

Interested in learning more? You can always check out my [Dating After Divorce Program](#) and [Unlimited Email Coaching Program](#) developed for men just like you.

## Want to learn more?

Call now for your free, 15-minute consultation with a member of Dr. Dabney's team. Geography is never a problem and your access to one of the nation's top relationship experts is unparalleled.

**757-340-8800**  
**[www.DrLDabney.com](http://www.DrLDabney.com)**



## About Dr. Laura Dabney, the Intimacy MD

Relationship stress is no match for Dr. Dabney. Every week, she works with patients in dozens of cities across the United States, helping them break the patterns of past relationships and beat a path to a happier, healthier future. She owns a leading clinical practice in Virginia Beach and has been Board Certified in Psychiatry. Download her latest articles, read real-life case studies and learn more about her offerings at [DrLDabney.com](https://DrLDabney.com).