

Living The Single Life: Becoming A Successful Single

www.singleshelp.org

Part 1 – Introduction

Briefly describe how you feel about being single.

Besides being able to find someone, what would you like to be different about your singleness?

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Part 2 – Influences

What influences in your life make you feel bad about being single?

Why do these influences make you feel bad?

What are some constructive ways to handle these negative feelings?

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Part 3 – Myths About Being Single

What other prejudices, myths, or negative statements about being single are you aware of?

How do you know they are not true?

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Part 4 – Advantages To Being Single

In your life, what advantages can you find in being single? (Try to list at least five.)

Singleness brings a degree of freedom. What things can you do now as a single that you may no longer be able to do (or do as often) if you were in a relationship?

Relationships bring extra work. What things would you have to do in a relationship that you don't have to do now as a single?

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In the left column, list your disadvantages to being single. In the right column, counter each disadvantage with related advantages. If you cannot think of a related advantage, list how you can constructively minimize the impact of the disadvantage.

Disadvantage	Related Advantages or How To Deal With Situation

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Part 5 – Getting Started

Who can you include in your support system?

If you find yourself with extra time, what things would you be able to do to fill this time? (Try to list at least three.)

What are you thankful for? (List at least ten.)

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

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Part 6 – Avoid The Path Of Destruction

Have you noticed any signs of a path of destruction in your life, and if so, what are they?

If you think that you headed down a path of destruction, what immediate actions will you take to get yourself out?

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Part 7 – Unsuccessful vs. Successful Single

What unsuccessful single characteristics (listed on the website or other) do you notice in yourself?

What successful single characteristics (listed on the website or other) do you notice in yourself?

In your own opinion, what should a successful single be like?

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Part 8 – Recap & Conclusion

How has the website's information changed the way you feel about being single?

What steps are you going to take to become a successful single?

TRUE or FALSE

Becoming a successful single will take a lot of work, but I can do it. (Answer: True)

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