

# Living The Single Life: Becoming A Successful Single

[www.singleshelp.org](http://www.singleshelp.org)

## Part 1 – Introduction

Briefly describe how you feel about being single.

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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?

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Why do these influences make you feel bad?

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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?

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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.)

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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?

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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?

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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.)

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

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|----------|-----------|
| 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?

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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?

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

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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?

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

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TRUE or FALSE

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

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