

Fresh Approaches for the Open-Minded Dater

Veselina Dzhangarova June 11, 2019



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([Newswire.net](#) -- June 11, 2019) --For virtually anybody looking to pair up, dating is sometimes seen as a necessary evil. While a select few may luck out and find their match straight away, others might find themselves in a slump with one failed date or relationship after another. Regardless of social standing, nearly 75% of Americans report feelings of

loneliness during certain milestone years according to a study conducted at the University of California, San Diego. This was found in conjunction with the fact that loneliness tends to spike during typical stages in life that are full of challenges. For those individuals who agree that failed dating has contributed to their loneliness, utilizing some fresh, new dating approaches just might be the answer to breaking out of the cycle.

Not Your Type

If you have a preconceived idea of how their ideal partner should look and behave, that can dramatically reduce your chances of finding someone who is your future Mister or Missus Right. For example, if you haven't had the best luck dating women your own age, it may be time to [connect with older women](#) to see what they have to offer. If you've only gravitated toward people who are more introverted, then perhaps an extrovert is just what you need to pull you out of your shell. While some believe that "birds of a feather flock together," there is some value in understanding that what you may need is someone to complement you, not mirror you.

A New Crowd

While you may become more open-minded about choosing someone who isn't typically your type, it can also be helpful to consider shifting [social circles](#) if your current one isn't giving you what you need. Though it may not be necessary to cut ties altogether with your comfort zone, expanding to different communities may allow you more opportunities to network and make connections with new people. Some may even find that this gives them the opportunity to start off completely fresh and explore an entirely different side of their personality and interests. This can be as simple as making new friends while taking a ceramics class at your community center, finally joining that kickboxing gym you've been eyeing, or even just listening to some music at a new coffee shop across town.

Recommendations from Friends and Family

Though it can be helpful to explore new crowds, the opposite might be helpful if you're somewhat of a nomad in your social life. Because friends and family arguably know you best, it may not be the worst idea to listen to their advice about who they believe might be a good fit for you. While the media may depict horror stories of failed blind dates set up by well-meaning loved ones, a lesser known fact is that scenarios even as seemingly extreme as [arranged marriages](#) have some surprising benefits even if love is not always instantaneous. Even if you don't plan to leave the decision of choosing your future partner completely to your mom and dad, it can be helpful to at least consider that friends and family might not be wrong when they suggest a potential match for you to at least meet and take out for dinner.

You Time

When it comes to dating, something people fail to invest in is understanding themselves first before adding a new person to the equation. If you have been dissatisfied with every single person you've dated up till this point, it can be helpful to realize that it's possible that you are the common denominator. Ironically, one helpful approach to finding another person to complete a partnership is to understand yourself first. If you are unclear about your own preferences, desires, and goals, that it can be unfair to put the pressure on a potential partner to figure it out for you. Taking a break

while you explore your own interests can be a helpful way to reflect and refocus before stepping back into the dating pool.

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