

Dating can be fun, exciting, new, scary, frustrating, confusing, awesome, and so much more. It's a way we get to know those around us and build meaningful relationships that may someday turn into love and marriage. However, it is important to make sure that dating relationships and practices are emotionally healthy for you and the person you are dating. Here are some tips on how to make the most of dating and have it be a good experience.

### ***Just Be You***

Make sure you are in a relationship that inspires you to be 100% you! The person you're dating should want to be with you for who you are, and they should appreciate the things that make you unique. Beware of relationships where you feel the need to hide or act differently around your significant other out of fear they won't accept you.

### ***Be Observant***

Dating is a great time to learn about someone, both the good and the not-so-good. Watch out for potential red flags and make sure the person you are spending your time with is someone uplifting to be around. Even if the relationship isn't "serious" it is important to surround yourself with people who are supportive, kind, and respectful.

### ***Dating and Social Media***

Social media can be a great way to connect with others; however, it is important to be careful when meeting up with people you only know through social media. Remember that the image someone portrays online is not necessarily indicative of who they are in real life. Relationships cannot develop the necessary emotional connection to thrive without face-to-face interaction in a variety of situations. Remember to be careful about who you are meeting and how much of your contact is via social media or electronic communication vs. in person.

### ***Finding "The One"***

It can be easy to be so focused on finding a soul mate that dating can become a stressful chore. Make sure that as you date, you are allowing yourself to have fun and enjoy meeting new people. Dating doesn't always have to be about finding a spouse. It also provides a great opportunity to identify characteristics that can lead to a successful marriage and even learn more about yourself.

### ***Time is Good***

Dating and finding someone to marry is not a race. While delaying a marriage decision for trivial matters is not wise, it can also be unwise to rush into an enormous commitment without knowing someone well. The beauty of dating is that you are able to get to know someone intimately to determine compatibility and what marriage would be like with each other.



### **DATING HEALTH**

Make sure you take care of your own emotional needs while dating. Choose to surround yourself with people who uplift and support you.

### **VARIETY IS THE SPICE OF LIFE**

Make sure you see your significant other in a variety of situations and emotions. Get to know them well; that is after all, what dating is all about!

### **HAVE FUN!**

Dating gets a bad rap for being confusing, frustrating, and painful. But it can also be fun, invigorating, and awesome! Usually it is a nice blend of both – just like anything else in life.