

Information Sheet - Institute of Welfare

Relationships – Being single

Sometimes wherever you look, and whatever you read or watch, it's always to do with people who are in relationships. Quite often people choose to be single of their own accord. A lot of us lead busy lives with work commitments, and we just do not have the time for relationships. Another reason is that we have been hurt in the past, and don't want to go through the hassle of it all over again. Or we have just not met Mr or Mrs 'Right'.

A lot of people still see being single as a bad thing. That can include third party people, as well as the person who is single!! However being single is not as uncommon as people think. There are lots of advantages to being single which include:

- You are your own person; you're not tied down to anybody!
- You can do whatever you want, when you want!
- As you are your own boss, you make the decisions!
- You think for yourself. There's nobody else to consider!
- You can have as many outside interests as you want!
- You arrive at a party whenever you like!
- You also get the remote control for the TV all to yourself!
- You don't have to share anything that you don't want to share!
- You don't have to look your best all of the time!

On the other hand, there are some people who are single, because they just don't know how to go about meeting new people. Here are a few hints/tips on how to meet new people:

- Join a club in your local area (dating agency/hobby club)
- Keep in touch with friends and family (they may have single friends!)
- Redevelop your skills (it will widen the circle of people who share the same interests)
- Look after yourself (diet, looks and appearances)

Whether you choose to be single or not, it is not a stigma to be single. Always try to focus on the plus points of being single. After all, if you were to talk to some of your married friends they might even envy the fact that you are single!