

LifeMates - Are You Ready?

MATCH ME



"Getlost@youloser.com is a strange email address. Are you sure you wrote it down right?"

Are you on the rebound? Have you healed? Are you just passing time?

There are many phases that a newly-single person goes through during the months/years that follow a significant break-up. There is a huge difference between being single and being emotionally available. What ultimately determines if you are ready to pursue a new relationship is a matter of grieving and healing.

The primary steps of grieving includes: Shock, Denial, Anger, Guilt and Sorrow. These phases of grieving are designed to protect a person while dealing with a negatively impactful event in their lives. They are also the easiest phases of grief to recognize. Obviously, most people that are dealing with these stages of grief are very rarely interested in looking for love.

When the immediate impact passes,

many people will move toward the Pain and Sorrow phase of healing. Most of the time, you feel fine. You are back to work, back to school or back to functioning effectively – but this sorrow can strike anytime. You're watching a movie, see a couple enjoying each other's company, the holidays pass or a birthday is celebrated. Suddenly there is sadness and we are left thinking, "I thought I was past all this!" This stage can last for various lengths of time, but one thing is sure: we can get through this faster and healthier with the help of love. Fear and anxiety can also hold you back because of the confusion these emotions can cause.

Where you really turn the corner and can begin to move forward in a relationship is when you arrive at the Release and Resolution phase of grief. This comes with a sense of acceptance and the feeling of letting go. Now is the time to explore the idea of dating again- baby-steps. Get out and mingle. Try some casual dating and take note of who you have become. How has a change in marital status changed you? You have a wonderful opportunity to grow from these experiences!

The steps of grieving are important to a person's long-term mental/emotional health. but when do you know

Match of the Month

What Lorraine said

Richard and I have been together since 2008 and things have been great. In the beginning I was not happy and felt like this was not going to work and thought "why did I pay all this money" The girls in the Membership Department were great and shared to keep positive which I did and in a few short months I was matched with Richard. We see each other quiet often and our relationship is going great We have been travelling and been many places. We have a lot in common and I have even turned him on to golf he is a great match he is a gentleman and has a kind heart.

Lorraine

What Richard said

We are still seeing each other, so please keep my membership on-hold. It's going well. Lorraine is an amazing woman and we have a wonderful relationship. Thank you very much.



when you're ready? The easy answer is: When you start thinking about it! It starts subconsciously with the feeling that 'something' is missing and culminates as a desire. Love is a 'want' thing, not a 'need' thing. Many people will tell themselves that they are happy being alone and give up looking. Some people will throw themselves into work and family. Others will settle with distracting relationships and find themselves passing time. The reality is that we all want to be in a healthy, happy relationship, but do we have the patience and focus to find the right person? Ask yourself: Do I want to fall in love? Do I want to love someone? These are the barometer questions. If you answer 'yes' to both these questions, then LifeMates can help you. Our members *want* a healthy relationship with someone who is emotionally available, meets their physical criteria and shares lifestyle, attitudes, values and goals. Do you?

Matchmaker Tip of the Month

A "good" conversation is a 2-way street. Know when to ask questions and when to listen. Do not give too much information all at once. Bear in mind that all of the circumstances that led you to this point in your dating life, may not all be positive and you do NOT want to come across as bitter or negative. Remain positive at all times- It looks very attractive. Don't be afraid to ask questions as long as it's appropriate. Topics to avoid: religion, politics, weight or finances. Keep things light and positive to spark another conversation and possibly many more.



Have a question for our Matchmakers? Send an email to membersupport@lifematescanada.com and you may find your question featured in the next newsletter.

Richard

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As Seen On



Call now to inquire about our Anniversary Celebration starting on May 16th.

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