

# Dating Advice: How to Know When You've Found the One



By [David Wygant](#)

We are all about finding “the one.” What do you think we are all dating for? We’re dating to find the one of course! But the thing is, there’s really no such thing as the one. Life is just a series of ones. Throughout our entire existence, dating and relationships, everybody you’ve ever fallen in love with, you’ve thought was the one. You thought the one from high school might have been the one, the one from college might have been the one, the one that you found in your 20s might have been the one. It doesn’t really matter what age you’re at. As a relationship expert, I can tell you with certainty that whoever you’re looking at is the one for right now, and

hopefully this is the one that will take you through the end of time. So with that in mind I want you to realize that every other person you thought was the one, was not. So now with the following [dating advice](#) let's do things differently.

## Relationship Expert Gives Dating Advice On Finding The One

Let's go through how to really find the one. The one is really important after all. What you need to do is take your time! First off, you need to know exactly who you are, what you want, and how you want to show up for love. That is probably the most important journey to knowing you've found the one. You see, we all fall under the spell of love, or under the influence of a new person. But in reality, what you need to do is you need to start looking carefully at who you're with. Every time we rush into a relationship it tends to never work. So you need to take a moment to reflect about who you are, what you desire in a relationship and how you're willing to make it work.

**Related Link:** [Dating Advice: How A Masculine Guy Can Get In Touch With His Soft Side](#)

The best dating advice I can offer is to ask yourself what you need from the other person. How you want to be held, how you want sex. When you start dating somebody, you need to start realizing how they feel. Are they considerate? Do they show up? Are they good at communicating? You get the idea. The one takes time. Real love takes time. Rushing into something never works. But how do you know if you've found the one? Well, here's what you need to do. You need to take it slow. You need to spend time with them. You need to spend at least a year with somebody to know whether or not they're the one. You need to see them in all aspects of their life in order to avoid relationship problems. How they handle conflict, how they act

when they're around family. You want someone who is consistent. Someone who consistently loves you more every single day. You want to know what it's like when you have your first fight, your first conflict with them. You see, life is not about rushing into things. So my relationship advice to you is to take your time. Because when you take your time, you'll start to realize if somebody is the one or just another one that you need to push aside.

*David Wygant is an internationally-renowned dating and relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of hundreds of thousands of people from every corner of the globe.*

*For more expert relationship advice from David, click [here](#).*