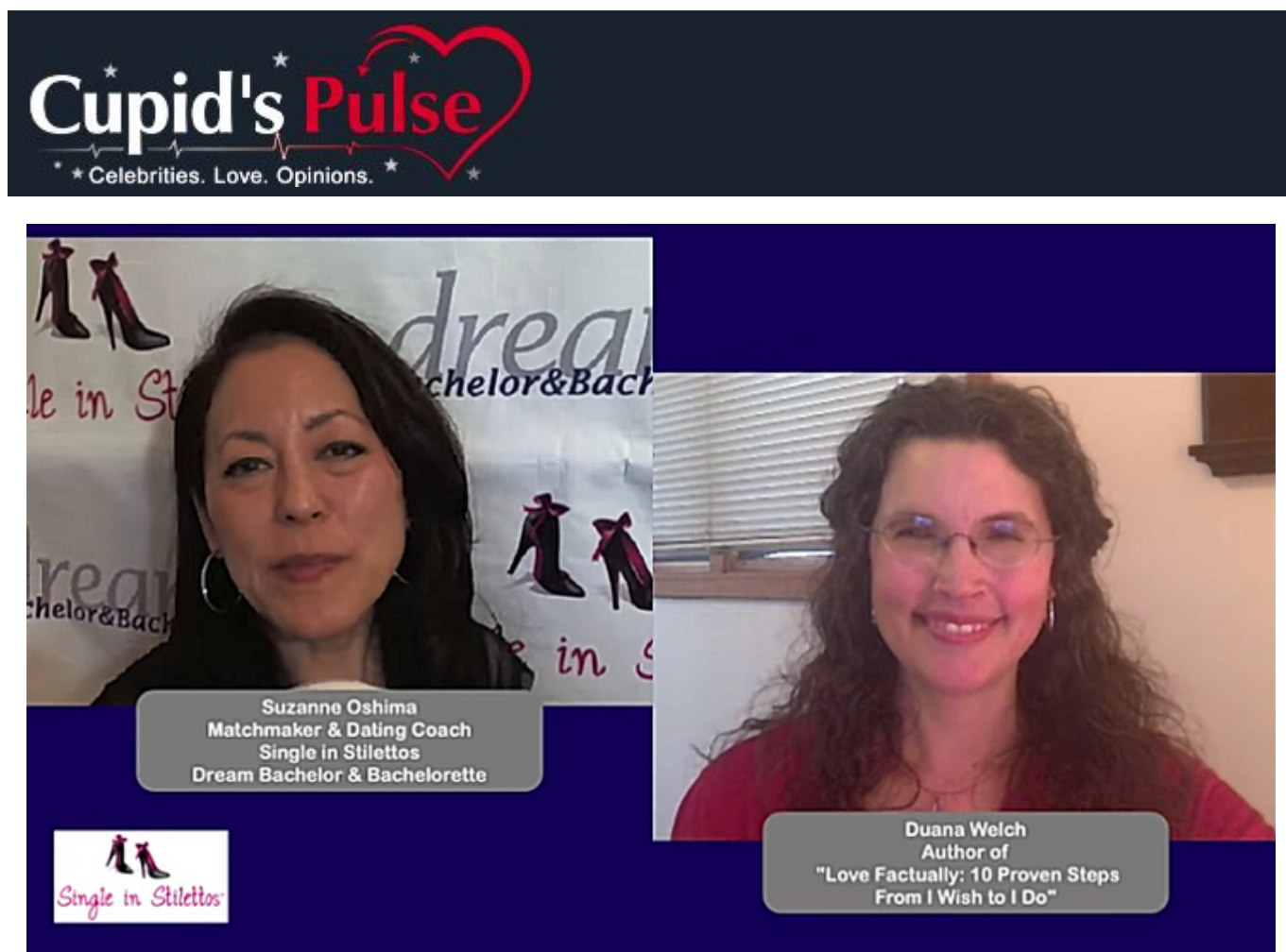


# Dating Advice: Dealing With a Dating Burnout



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Duana Welch to offer their best [dating advice](#) on getting through a romantic burnout in the dating scene. Find out how you can fix your single status with the following dating tips!

## Dating advice on dealing with a romantic dry spell.

**1. Practice self-compassion.** Don't be too hard on yourself! It is normal to have a lull in your romantic life. You don't have

to date all the time or make yourself feel bad about it. What you need to do is recognize your burnout and address how you can improve your love life without giving up. You need to stay positive about things.

**Related Link:** [Dating Advice: The 5 Stages of Love and Why Many Stop at Stage 3](#)

**2. Challenge negative thoughts.** If you ever fell pessimistic about your dating options, you need to oppose those dark sentiments. Looking for love is normal, it's not desperate or accidental. Majority of people want love in their lives, and you shouldn't be ashamed of wanting it too. Don't undermine your chances.

**Related Link:** [Dating Advice: How Long Should You Date Around, After You Meet a Man You Like?](#)

**3. Just do it.** Even if you feel tired, you need to just put effort in. Sure, life is hard and so is dating, but you can't quit. When you're not having luck finding a job, you don't just give up. You do everything in your power to find employment. That same energy needs to be put in to find the right partner, which will hopefully last longer anyway.

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