

Relationship Advice: How to Overcome Dating Burnout



By [Rachel Sparks](#)

This week's [relationship advice](#) will help you overcome dating burnout! [Relationship expert](#) and Single in Stilettos founder [Suzanne Oshima](#) talks to relationship coach Cyndi Olin about how to persevere in dating when you want to give up. Watch the [dating advice video](#) above to learn how you too can make it through a dating dry spell!

Relationship advice to help you

through a dating burnout!

1. Monitor your attitude: Olin says, “What we resist persists.” If you approach dating with a negative attitude, dreading the next time you have to haul yourself out of the house to meet someone new, you’re not in a headspace to promote new relationships. Viewing dating through a negative lens puts you in “comparison mode.” Olin says, “If you’re constantly looking critically [at your dates], then the evidence will mount that he’s the bad guy.” Looking at dating with dread will only attract negative people and can destroy opportunities with the potential to make you happy.

Related Link: [Dating Advice for Women: How to Break Your Dating Patterns](#)

2. Set aside date nights: “Dating burnout stems from doing too much,” Olin says in her relationship advice. Setting aside certain days for date nights frees up the rest of your schedule to do the things you need and want to do. When someone new asks to set up a date, you don’t have to worry about shifting your schedule around. On the designated date days you don’t have dates, take yourself out on a date instead. Maintaining regular date days will foster a positive mindset towards the times you do have dates.

Related Link: [Dating Advice: How to Get Him to Commit to You!](#)

3. Pamper yourself: “Having things to look forward to in life are really important,” Olin says. “A woman who can overcome dating burnout has a life that is full and that she is passionate about.” Begin enjoying the rest of your life again. You’ll forget about your frustrations with dating and will be more likely to get back out there with a positive attitude. What’s more, people are drawn to happy, positive people. As Oshima says, “Don’t give up before the miracle happens.”

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