

# Expert Dating Advice About Why You Shouldn't Give Up on Finding the Right Man



On this week's [Single in Stilettos](#) relationship advice video, matchmaker Suzanne Oshima talks to dating expert and family therapist David Steele about why you shouldn't give up on finding the right relationship and love.

## Dating Experts Encourage You to Keep Looking for Mr. Right

According to this expert [dating advice](#), you shouldn't let your frustration and anger discourage you. Steele shares three important tips:

**1. Believe in yourself:** “Believe that you are wonderful, that you deserve to love and be loved, and that there’s the perfect person out there for you,” he explains. “You have to believe that.” Remember that, while you’re looking for your soul mate, they’re also looking for you.

**Related Link:** [Expert Dating Advice: Top Four Places to Meet Mr. Right](#)

**2. Practice conscious dating:** That means being aware of who you are and what you want and then using dating strategies to get your ideal relationship and love. “It can feel like finding a needle in a haystack, but it doesn’t have to,” says the dating expert, who met his wife in just three months (after 200 dates!). Say no to everyone who isn’t the right fit for you.

**Related Link:** [Relationship Advice: How to Get Engaged in a Year](#)

**3. Be the chooser:** Make the choice that is right for you. If you don’t see a future with someone, don’t say yes to that second date!

Watch the video above for more great expert dating advice!

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**Got any tips for someone ready to give up on their search for The One? Tell us in the comments below!**