

# Relationship Advice: How To Handle Single-Shaming



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Samantha Cohen

For one reason or another, there is an undeniable stigma that is attached to being single. As relationship experts, we know that sometimes your friends and family constantly ask why you're still single and nagging you to meet someone. During times like those, dating can become more of a chore. Here are 3 dating tips to handling single-shaming. Our [relationship advice](#) will help you focus on yourself, surround yourself with single friends, and dress to impress.

# Relationship Advice On How To Handle Single-Shaming

**1. Focus on Yourself.** Use this time that you're single to be a little selfish and focus on yourself. Whether it is finding a new hobby, getting in shape or even searching for a new job – use this time to find your happiness. In order to find love, you have to be happy and secure with yourself. Once you're feeling your best, your new-found confidence will help you go out there and meet the right person. Our relationship advice is to love yourself before you can find love.

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**2. Change Crews.** If all of your friends are in relationships or married, it might be time to get out there and meet some new friends. When you're single, it's important to have a few single friends who can go out for a night on the town with you. The reality is that prince charming is not going to show up at your doorstep, so going out and being social with a few girlfriends is a great way to meet people. Even if you are going out with the intention to just have a girls date night, going out and having fun is a must when you are single. Plus you never know where you will meet your soulmate!

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**3. Dress to Impress.** Being single is a great excuse to revamp your look. Sometimes change is a good thing, use this time of being single to experiment a little...with a new hair color, lipstick or even just nail polish. And no matter where you're headed put a little effort into your look. Even if you're not looking to meet someone at the moment, everyone wants to feel pretty- it will boost your confidence.

Embrace being single and use this as your time to focus on yourself and have fun with your girls. Dating should be fun, not something that you're forced into from your family or friends. And when you love yourself and feel the most confident, the right person will come along.

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