

# Dating Advice: 3 Ways You're Sabotaging Yourself at Finding Love



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On this week's episode of Single in Stiletto, founder and matchmaker Suzanne Oshima talks to relationship expert Michelle Marchant Johnson to offer their best [dating advice](#) for those who want to improve their love life. Learn how you might be sabotaging your chances of finding love with the following dating tips!

## Dating Advice That Will Improve

# Your Chances At Finding Love

**1. Limiting beliefs.** Don't let your mind cast doubt. If you let negative thoughts and fears take over, you'll ruin your chances at a relationship. Ignore those limiting beliefs if you want to move forward and find someone who will love you.

**Related Link:** [Dating Advice: Revive Your Love Life & New Year's Resolution By Losing Weight, And Keeping It Off!](#)

**2. Get support.** Ask someone you trust for help. If your dating methods aren't working, don't keep practicing them in hopes one day you'll have a better result. Reach out to a friend and ask them to provide you constructive feedback.

**Related Link:** [Dating Advice: 3 Biggest Mistakes Keeping You from True Love](#)

**3. Advocate for yourself.** Create opportunities where you can meet someone . Finding love takes effort. A good relationship isn't just going to land in your lap. You need to work for it, so don't be afraid to put yourself out there.

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