

# Dating Advice: How to Fall In Love with Dating



By [Whitney Johnson](#)

On this week's [Single in Stilettos dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Tinzley Bradford about how to fall in love with dating. Here, Bradford shares three pieces of [dating advice](#) to help you go into dating with a positive attitude so that you actually enjoy it.

## Relationship Author Gives Dating Advice

**1. Fall in love with yourself first:** "A lot of times, we go into a relationship thinking that we're ready," Bradford says.

“In order for you to be healthy and find excitement and joy in dating again, you must first find excitement and joy in yourself.” Once you’re in a good place both physically and mentally, a man will be able to instantly see that you’re the total package and gravitate towards your energy. Oshima adds, “Be the best version of yourself.”

**Related Link:** [Dating Advice Video: The Questions You Should Be Asking Him](#)

**2. Give it a shot:** You can’t fall in love with dating if you don’t try! Every date in your past wasn’t a horror story, right? “Think of the ones that were good,” the relationship author explains. “Pay attention to the signs in the early stages of a relationship.” Don’t let previous romantic failures keep you from truly giving dating a shot. “Do what you need to do to get out there,” Oshima says of this dating advice.

**Related Link:** [Relationship Advice: Signs You’re Settling for the Wrong Man](#)

**3. You have to trust the process:** If you have trust issues, dating will be hard. “Trust, trust, trust that starting fresh will make you feel good,” Bradford shares. Remember that all men aren’t dogs – trust that the next one you meet will be worth your time.

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