

# Demi Lovato Admits She Used to Be 'Afraid of Being Alone'



By Meghan Fitzgerald

Current *X Factor* judge, Demi Lovato has had her fair share of failed relationships. From Wilmer Valderrama to Joe Jonas, she has realized what she has gone through and is trying to make improvements with her life. She insists that it is unhealthy to devote the entirety of one's time to a guy. Lovato talks to [Cosmo UK](#), stating how she is in "A place where I can finally trust and love and be a better person for the man I am in a relationship with, instead of being a clingy girlfriend or getting jealous." As a twenty year-old, she is looking for love. According to [UsMagazine.com](#), Lovato is more than glad with the place she is at in her life.

## How do you know if you're in a relationship for the right reasons?

### Cupid's Advice:

Relationships are tricky, meeting a new person and letting them into your lives is challenging. Even if you love love, allowing another person to come into your life entirely is hard. Trusting someone else is along the same lines. There are many ways to get into a relationship, to every person it's different. Determining whether you are delving into a relationship for the right reasons is also challenging. Cupid has some advice:

**1. Love at first sight:** When you know you are meant to be with another person, it is simple. Seeing each other is the brightest part of your day and you love them more than life itself. Getting into a relationship because you know you'll love that person more than you've ever loved before is a great thing. However, if you are getting into the relationship because you want to be loved, that will not work nor will it be healthy for you.

**2. Loneliness:** Your only guy around has been Ben and Jerry; you want a real man. You are lonely and sad and in need of a companion. Jumping into a relationship to rid yourself of your loneliness is not a good reason to get into it. Of course it isn't fun to be lonely however, you will not help yourself or your beau if you get into a relationship.

**3. Rebounding:** You were just broken up with from the love of your life, all you want to do is stop being sad. After two weeks of constant despair, you want to jump into a relationship with some new "better" guy. This is possibly the worst idea available. Wait it out, go through the sadness and you will love again.

**Are you in a relationship for the right reasons? Explain**

**below!**