

How to Listen to Your Heart and Take Back Control of Your Love Life



By [Marni Battista](#)

It may sound cheesy, but listening to your heart is essential when navigating the path to a happy ending. And as important as this may be, doing so can be especially difficult with input from loved ones clouding your true feelings. Be it a long-term boyfriend, a new prospect, or a re-ignited flame, here is a simple, step-by-step guide to drown out other's opinions on your love life and follow your intuition.

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[“Listen to Your Heart”](#)

1. Take Time to Think: Before you completely shut out your loved ones, make sure you take some time alone to sort through your thoughts on your current romantic situation. And I mean *alone* time; even just talking it through one-on-one with a trusted friend can invite a trickle of unsolicited advice that leads to confusion and self-doubt. Sometimes, quieting your surroundings, making a cup of tea, and cracking open your journal are all you need to allow the truth to softly float to the surface. Whether your “thing” is to go for a run in nature, collect your thoughts in a long, hot bath, or write until your hand hurts, the truth *will* bubble up when you take time to listen carefully.

2. Trust Your Gut: Once you’ve had time to develop a solid stance, you’ve likely also developed a nagging voice in the back of your head that’s constantly urging you toward a particular decision. If you’ve made your list of pros and cons about staying with a long-time boyfriend and you know deep down the right move is to end it, let that nagging voice drown out that of your mother trying to convince you he will provide you the stability you need. Choices like these are not always so cut and dry, but the more time you allow yourself to process the relationship, the more strongly your gut will lead you in the right direction.

Related Link: [Should You Listen When Your Parents Advise You to Break Up?](#)

3. Be Open: Keep in mind as you dissect your thoughts that even the most unsolicited or inaccurate advice about your personal life from loved ones stems from the best of intentions. Remember that your parents, girlfriends, and siblings are giving advice based on *their* experiences, not yours. While they just want the best for you and to see you with someone who makes you happy, find a sensitive way to explain to them that, though you appreciate their concern, you

have a handle on how you feel and what to do. Thank them for their support and remind them that you will certainly come to them for advice when you truly need it. Not only will this open communication show your appreciation for those you care about, but it will hopefully quiet some of those real-life opposing opinions as well!

[Marni Battista](#), founder of Dating with Dignity, is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at marni@datingwithdignity.com.