

# Single in Stiletto Show: Do You Push for Commitment Too Soon?



On this week's [Single in Stiletto](#) show, founder Suzanne Oshima talks to dating coach Sandra Fidelis about signs that you may be pushing for commitment too soon. Don't worry – we've all done it! In fact, the top reason why a guy ends a relationship after only a few months is because he's simply feeling too much pressure. In order to not make this mistake, you need to first understand *why* you're pushing him so hard. You may be feeling pressure from your friends, family, the media, or even yourself, thanks to your biological clock.

**Related Link:** [Lori Bizzoco: My Biological Clock is Ticking](#)

## [Away!](#)

Next, Fidelis shares four ways to avoid pushing for commitment too soon: Remain present in the moment; make sure you have your own life; don't think so far ahead; and establish clear boundaries.

For more information about Single in Stiletto's shows, click [here](#).

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Cupid wants to know: How do you avoid pushing for commitment too soon?