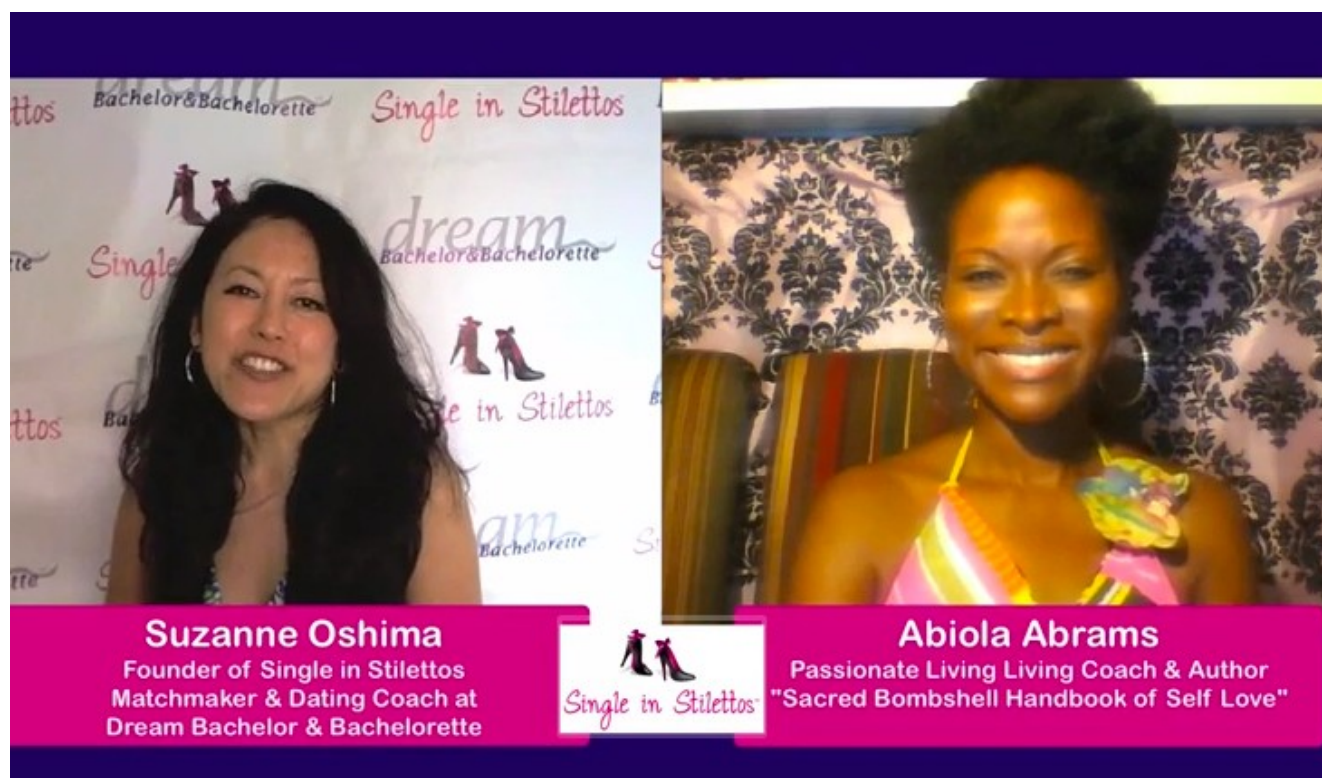


Single in Stilettos Show: Insecurity and Dating



On this week's [Singles in Stilettos](#) show, founder Suzanne Oshima talks to Abiola Abrams, author of *The Sacred Bombshell Handbook of Self Love*, about insecurities and dating. We all have insecurities, but it's important to fill those holes of self-doubt so you can be your best self. Remember that he can't love you if you don't love yourself. In the video above, Abrams shares her best tips for overcoming insecurities when it comes to dating, including: journaling; writing a list of what makes you beautiful; accepting who you are; being grateful; looking within; and surrounding yourself with positive people.

Related Link: [Robert Manni on 5 Ways Women Sabotage Themselves with Men](#)

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

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

How do you overcome insecurities when it comes to dating? Tell us in the comments below.