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Tips from the
**Divorce Support
Club**

New Relationships & Dating


1 Design your **ideal** partner

- > What values will they have?
- > What goals will they have?
- > What qualities are important to you?
- > How do they communicate?
- > How do they treat others?
- > What are some of the physical attributes that are attractive to you?
- > Are there any deal breakers?



2 Look at your **past** relationships

Consider your past relationships, what triggered you in those relationships and how you responded.

- > What do I see?
 - > What do I hear?
 - > What do I feel?
 - > What do I do?
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- > How did that keep me safe?
 - > Is it useful anymore?
 - > How is this relationship different?
 - > What else could I do?

3 Dating apps

If you're considering using a dating app, it's important that you're honest. Make your intentions and what you are looking for clear. Look beyond people's pictures, consider what they have written about themselves.

Types of people to avoid on dating apps:

- The love bomber
- Mr/Mrs angry
- "I'm not looking for anything serious" (Unless this is what you are looking for)
- The scammer
- The player
- The sexter
- The hider
- The eternally single
- The one you can't pin down



4 What do you want to be different?

Pinpoint the negatives from your last relationship, decide what you want to be different

- Could I be 100% myself?
- Where did I make sacrifices rather than compromises?
- What mistakes did I make?
- Did I compromise my wellbeing for theirs?
- Did I filter my responses to protect their feelings?
- Did I feel I could raise issues and worries without fear?
- Did I find myself making excuses for their behaviour?

5 Spotting red flags

Here are some of the red flags to look out for:

- They take no responsibility for their part in issues, blames others.
- They refuse to communicate.
- They have no care or curiosity about how you feel or what you need.
- They meet your efforts to raise issues with defensiveness and justifications, rather than listening.
- They make any issue you raise all about them.

