

5 Reasons Why You Are Still Single, According to a Dating Coach

These answer your question, “why am I still single?”



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You have swiped right, have been out on blind dates, read numerous dating articles and done all the right things (you believe) but you are still single!! The most annoying girl you know also has a partner that she flaunts on social media. Well, if you have been asking Google, “Why I am Single?” But haven’t found anything that makes sense then we have it all figured. Pooja Khera, a Yale-certified happiness and well-being coach as well as a relationship and dating coach, gathers the top five reasons from her experience with many women clients.

1. You don't know how much is too much

It's natural to be keen on someone you feel meets your expectations. But do not show your keenness. "Potential matches want to feel needed but not to the level of despair. When they sense desperation, they feel as if you'll settle for anyone, and not specifically them.," says Pooja. She also advises against asking them personal questions, like their views on marriage or children, especially if you've been out on only a few dates. "This shows that you're in frantic need of rushing the relationship and you come across as clingy," she adds. All they want at this stage is to know you better and vice-versa.

2. You do not focus on yourself

It's a common mistake that many women make. Once they find someone they like, they make him the centre of their universe. In your mind, you're making your partner feel special, but in reality your partner is perceiving you as someone needy with no self-worth. "The potential partner wants you to appreciate your own qualities, be confident, and have some self-esteem," says Pooja. Irrespective of whether they are around or not, have a life of your own. Hang out with friends, pursue your own hobbies or do that solo trip.

3. You skip self love

As the saying goes...your vibe attracts your tribe. The rule is applicable to your partner too. "When you have low self esteem, you will attract partners who will make you feel likewise," says Pooja. Fall in love, but for the right reasons. Not because you need someone to fill a void.

4. You don't reign in your expectations

Pooja recounts from her experiences that women usually operate in two extremes. Either they accept anything and everything or they refuse to budge about their expectations. Love can create unrealistic expectations but she suggests flexibility and adjustments is what will establish a strong relationship. Let go off your hang-ups. Be flexible about your partner's shortcomings. Remember, your partner too is probably overlooking your faults. So be realistic.

5. You're always using excuses as an easy way out

"If you're constantly making excuses like you are too busy with your career, or that there no good men left, it's clear these are arising from self-doubt," says Pooja. Ask yourself if you're constantly measuring yourself against the set standards of the society. Are your goals truly yours or are you being weighed down by expectations of those around you? "Remember, it's all about you, and what you feel. So stop making these excuses. Go out there and meet your right partner who'll value and respect you, whatever stage of life you might be in," she adds. However, do not rush the process. Trust your instincts and go with the flow.