

# SINGLE & HAPPY



# EXERCISE – Why are you single? <sup>2</sup>



Exercise

**Write down ...**

- Why are you single?
- Do you want a relationship?
- Why do you want a relationship?



Exercise

Which category do  
you fall into?

WHAT HAVE YOU DONE TO DEAL WITH IT?



Exercise

Which underlying  
reason(s) do you  
have?

WHAT HAVE YOU DONE TO DEAL WITH IT?



Exercise

What are your  
reasons for wanting  
a relationship?



Exercise

Do you date?



Exercise

What has been your  
dating experience?



Exercise

Have you been  
ghosted?





Exercise

Why does someone  
ghost you?

With a friend ...



## Exercise

- ▶ **Discuss the situation of ghosting bearing in mind to ...**
  - ▶ Stay calm
  - ▶ Address the issue if you have an existing relationship
  - ▶ Confirm that the person is intentionally ghosting you
  - ▶ Accept the truth instead of getting trapped in denial

How will  
you move  
past the  
pain?

- ▶ **Write it down**
- ▶ **Be as specific as possible**



Exercise

Answer  
these  
questions  
...

- ▶ Are there ways to grow without blaming myself?
- ▶ Were there any red flags you ignored?
- ▶ How can I view rejection as a blessing in disguise?
- ▶ How will I remind myself of the grief when I am with someone new?



Exercise

# 5 Steps to Being Single & Happy

## 1. Immerse

- ... yourself in meaningful activities—and enjoy the moment

## 2. Recognize

- ... that not all your thoughts are facts

## 3. Don't wait

- ... to be in a relationship to pursue your life goals

## 4. Use

- ... your past to inform, not sabotage your future

## 5. Don't put

- ... your date on a pedestal

## 1. Being present

- ▶ Go out of the room
- ▶ Find a pleasant place to sit
- ▶ Sit still and listen to the sounds
- ▶ Notice everything around you



Exercise

2. Enjoy  
what you're  
doing

- ▶ What do you enjoy doing?
- ▶ How often do you do it?
- ▶ How can you do this more often?



Exercise

### 3. First true happiness

- ▶ What else makes you happy?
- ▶ What keeps you from this happiness?
- ▶ How can you ensure that you experience this happiness?



Exercise



2. Not all  
your  
thoughts  
are facts

- ▶ What are my thoughts?
- ▶ Are these thoughts true?
- ▶ How can I break the cycle?
- ▶ What new thoughts should I have?
- ▶ What are my positive affirmations?



Exercise

3. Don't  
wait to  
pursue your  
life goals

- ▶ How would being in a relationship change my life?
- ▶ What are my life goals?
- ▶ What's keeping me from going after my life goals?
- ▶ What can you do to act today toward my life goals?



Exercise



## Exercise

Use your  
past to  
inform, not  
sabotage

- ▶ Which painful experiences do you still have from the past?
- ▶ Do you compare your ex to new people you meet?
- ▶ What part of what you remember is really true? (take off the rose-tinted glasses)
- ▶ How much time do you spend following your ex on social media?
- ▶ How much time do you spend talking about your ex?
- ▶ Write down the qualities about a new partner that you find important? (some of these may be qualities that your ex had)

# Reviewing the 5 Steps to Being Single & Happy

## 1. Immerse

- ... yourself in meaningful activities—and enjoy the moment

## 2. Recognize

- ... that not all your thoughts are facts

## 3. Don't wait

- ... to be in a relationship to pursue your life goals

## 4. Use

- ... your past to inform, not sabotage your future

## 5. Don't put

- ... your date on a pedestal

Now ...

Go out and **BE SINGLE & HAPPY !!!**

Inspired by the book

**'How to be Single & Happy'**

by Jennifer L. Taitz