

Falling in love again - For the unattached and Young at Heart

Falling in love was never easy, the courting, the confusion and the commitment were all things that were exciting, yet frightening. Imagine falling in love again, after a gap of twenty years or thirty years. You may be mourning the death of your spouse or frustrated and bitter over a lengthy divorce, but you are unattached and you do not want to be. Being a senior does not mean you are not young at heart. Most seniors today are more vital and more energetic than the youngsters. Falling in love again or finding love should not be more difficult than it was before.

Confidence is very important when you are out to find love and companionship. Yes, you may think that you are not as youthful looking as you were in your twenties, or you do not have that spring in your step that was there in your thirties, but what you do have when you are in your fifties is a positive outlook on life and a maturity that cannot be rivaled with. Remember the saying "love yourself before you look for love" is true. If to love yourself you need to hit the gym or change your wardrobe or get a new hairstyle, then by all means do it. Nobody said being unattached was easy but it doesn't mean you have to be lonely.

Take on your journey to find love again as a whole new beginning, a new chapter in the book of life. Forget about the past and all the 'emotional baggage' you may be carrying with you. No one is saying forget your dead spouse, just that its time to move on. Let go of all the anger you felt when your spouse divorced you or left you and simply move on. Let go of all the negativity and look for love in the right places. Even if you do not fall in love again as soon as you would like to, at least you have found a few friends along the way who are 'young at heart' like you and yet have the maturity to support and guide you. Do not be under the impression that just because you have 'baggage' no one is going to want to love you. There are many unattached seniors out there who are going through the same ordeal as you.

It is all ok to talk about getting rid of your emotional 'baggage' and the hurt and pain you have had to deal with. But if you want to find love again, you have to be sure that you are still not pining for your divorced spouse or mourning for your dead loved one. There is nothing worse than looking for love when you are still very much in love with the one you have lost. The other person out there who you are talking to, or who is showing interest towards you, does not deserve to hear the words "I am still not over my divorce" or "I am still in love with my husband who passed away".

Understand what you are looking for before you start this journey. Are you looking for companionship or are you looking for a shoulder to cry on? Are you looking for a fling or are you looking to fall in love again?

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