

Life After 50 December 2015



Don't Be Alone For The Holidays

Make finding that special someone the gift you give yourself this holiday season

By Sherri Murphy CEO and VIP matchmaker, Elite Connections International

It's that time again. The holiday season is upon us and the final days of 2015 are trickling into history. While this is a fun and exciting time of year for many, for some, especially those who are over 50 and single, this season can be anything but. Being single during the holidays can be lonely, stressful and the cause of severe depression.

If you or someone you know is in that situation, take solace: you are not alone. And, somewhere out there, a special someone is patiently harboring the same feelings as you.

We all know it's nice to spend the holidays enjoying comfortable times with the people that matter most – close friends and family. However, when you're looking for love, it's important to get out of your comfort zone, keep a positive and open mind, and act more spontaneous than usual.

That is how I met my husband, Bill. We had spent our second date skiing together and he wanted to extend the date into the evening (which happened to be New Year's Eve). I already had other things planned for that evening, but I really liked Bill, so I spontaneously ran down to the lodge and cancelled my other date.

Now that Bill and I have been married for 18 years, I tell that story so men will understand the importance of asking women out with the proper amount of notice (not every woman would have canceled that date on such short notice), and also to women encouraging them to be open to more spontaneity in their search for the right person.

Everyone wants to be in a relationship with someone who makes them a priority, devotes time to

them, appreciates and loves them for who they are, and wants to spend time with them over anyone else. In order to find the right person to share your life with you need to make time for them to be in your life. I have met many people during my matchmaking career that say they want to meet someone and get married, and yet they ruin that from happening by not making time to build a proper relationship with anyone. If meeting your friends for cocktails is more important than getting to know someone you're interested in, you will be single for a very long time.

As the founder and CEO of Elite Connections International, I've been a professional matchmaker for over 21 years. During that time I've watched people make the same mistakes I did when I was single. I had been divorced for seven years and was a working mother of two whose entire life consisted of work and taking care of my family.

Wanting to meet someone, I used the services of a matchmaker and Bill was my first date. He's a handsome, genuine, caring and respectful man. He was very different from any other man I had been with before, so of course, I uttered those famous words to myself when we were first introduced: "He's not my type."

Luckily, a very intelligent friend of mine said: "Go out with him again. He sounds exactly like what you need. Your usual type is horrible." And so I'm recommending that you do the same and venture out of dating your typical type.

If you are tired of spending time alone and keep wondering if that right person is really out there

for you, do yourself a big favor this holiday season and keep in mind some of the top tips I share with my clients:

STEP OUT OF YOUR COMFORT ZONE

Get out there! Go to holiday events that you are invited to and meet new people. Don't be scared to go alone. Spend some time going to events you typically wouldn't. Try to go at the least one event a week. Take advantage of all the events going on during this season, whether it be through work, church, your community, family, friends, or even mutual friends. It's a time when everybody comes together to celebrate, and that includes other single people.

STOP DATING YOUR TYPE

In my years as a matchmaker, I have seen this as one of the biggest problems. If your type worked for you, you'd be married. Try something different and you may even surprise yourself by letting a person who is not your type take you through doors you didn't think you were interested in. I always tell my clients to consider going for someone you typically wouldn't take a second look at. Having differences can also give you more to talk about and learn from. And then go out with that person at least three times before you decide whether or not to continue.

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