

Dating After 40

Many singles wonder if dating is different after the age of 40. That's really a difficult question -- because there is no definitive answer to that. Yes, certain aspects of dating after 40 are different than dating when you're in your 20s. But then again, a lot of the aspects are the same. More than anything, it depends on just why you're dating and what you're looking for in the dating arena.

Now, let's say that you're dating because you've suddenly found yourself single after your long-term relationship fell apart. Naturally, your ego is going to be bruised and that is going to happen whether you're 14 or 40, no matter how you look at it. However, where things will be different is when you go out into the dating world and look around. You'll see there are a lot of younger women out there, and that might lead you to think that you don't stand much of a chance of finding someone.

Let's be honest here -- dating is a nerve-wracking experience, and it always will be. That's one of the biggest reasons why people settle for someone who's not really right for them. But, it's the best way to find someone you can have a good relationship with. This means that you have to endure a little unpleasantness in order to find something really worthwhile.

When people over 40 date, they find that the rules have changed from when they were previously on the scene. The entire social structure has changed around and this leads to even more nervousness on their part. It can be pretty scary to look around at how dating operates today and venture out into that pool.

So what can you do?

Well, if you're dating in your 40s, just hit it with the same style you did when you were younger. Go after the type of man who has always attracted you.

Then, when you meet up with someone that you want to know better, remember to leave the past behind when you're on that date. No one wants to hear about the bitter past experiences that you've gone through. If he's an older guy, he's probably got his share of baggage to tote around as well, so do both of you a favor and don't bring up the past.

Remember that each dating experience is a first time deal. You can't have your previous partner with you when you meet your new date. Accept him on his own terms and not by filtering him through the prism of a failed relationship. He deserves a shot at showing you who he is on his own.

Yes, dating in your 40s is different than dating in your 20s, but that doesn't mean what it once did. You might not be the youngest girl in the dating pool, but the odds are pretty good that you won't be the oldest one, either.

There is no age limit when it comes to looking for a wonderful relationship.

Kathy Stafford, Relationship Coach

"I show singles how to get married and couples how to STAY married"

Do you want more from your relationship? Go to <http://www.dearkathy.com> for relationship articles, advice, and programs.

Do you go from one failed relationship to another? Do you want to find that special life partner? Get Kathy's new book, "Relationship Remorse: Mistakes Women Make When Shopping for a Man." and learn the right way to find a loving and committed life-partner. Order the book at <http://www.relationshipremorse.com>

Copyright © 2007 Kathy Stafford / dearkathy.com. All rights reserved.