



YES, BEING SINGLE IS A RELATIONSHIP SUPERPOWER

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First things first, not all singles are the same. Being single can be...

Voluntary

Involuntary

OR

Being single is a decision made by the individual so they can work on personal well-being or enjoy being independent.

Being single is due to external circumstances (like limited access to partners) and does not feel like a choice.

Emerging adults (ages 18-29) have a lot of good reasons to be single for a while as they explore who they are and what they want.



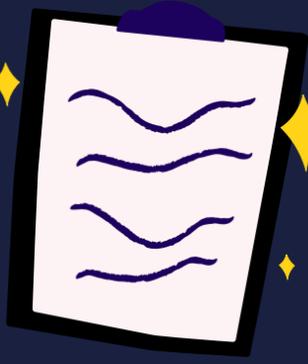
Covid-19 and the social distancing guidelines that come with it can make singlehood feel less voluntary.

Some singles may feel romantic loneliness, especially when separated from other supports.

Voluntary singlehood is linked with well-being. Shifting the lens from a loss of control to a purposeful choice is really powerful.

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Ways to make the most out of your time as a single young adult



ASSESS WHAT YOU (REALLY) WANT IN A PARTNER

Go ahead, make a list. Make it as long as you want and then highlight the most important things. Singlehood is a sweet spot for figuring out what you want because you aren't swayed by the qualities of a current partner.



EVALUATE WHAT YOUR END GOALS ARE

Not everyone plans to get married, have children, or maintain a monogamous relationship. As the options for relationships grow, so does our need to ask ourselves (and our partners) what we want out of our love lives.



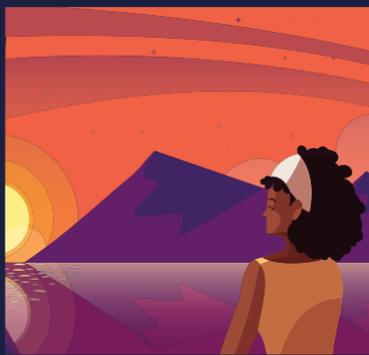
TAKE A TINDER TIME-OUT

After a while, dating apps can feel more like a game or a boredom buster than anything else. Taking a break from them can help you re-engage with more purpose when (and if) you decide to use them again.



CONNECT WITH FRIENDS

Connecting with people who know and care about you can help you clarify what you want from a partner and from your relationships in general. Our friends are surprisingly accurate at predicting the future of our romantic relationships, so they might have insight to share when you're single.



PAUSE & MAKE DELIBERATE DECISIONS

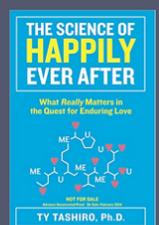
Sometimes we just move from one partner to the next, without stopping to think about what we want or whether our love lives are working for us. Being single is a time to stop sliding and start deciding what you want your relationships to be like.

RESOURCES



Follow @MyRelevate for research-based relationship articles and tidbits

Check out *The Science of Happily Ever After* by Ty Tashiro



[Click here for more on voluntary and involuntary singlehood](#)

See Dr. [Scott Stanley's Blog](#) or follow him on Twitter @DecideorSlide