

Alone: Who are You?

by Kim Olver

Relationships generally begin when both people are in the “Alone Stage,” although I am aware that often affairs begin when one or both partners are involved with someone else. It is my contention that relationships have a greater chance of success when both parties have spent some time alone and unconnected with a lover.

What does a person do with this time alone? If you are interested in creating the relationship you deserve, then you must become the best person you can be. Each successive relationship we engage in provides us with lessons and information we need to reflect upon. If we are attracting the “wrong” people into our lives, then perhaps it is because we are not the person we need to be in order to create a relationship with the person of our dreams.

This also means that each “wrong” person we attract into our lives is exactly the right person we need to teach us the lesson we need to get to move closer to the person we truly want. This is why I never look back at any relationships I have had with regret. Maybe not in the moment, but over time, I have come to understand that I learned valuable lessons in each of my past relationships and I grew, which then helped me become a better person.

Whenever we find ourselves in between relationships, it is not a time to longingly wish for the next partner to arrive. It is not the time to go out “prowling” for the next person to make you complete. The time between relationships is a very important healing time. It is a time to look back on the past relationship to discover what that person was there to teach you about life, love and yourself. It’s a time of introspection to determine who you want to be in a relationship. I’m not talking about playing roles but I am talking about a genuine transformation of yourself into the person who deserves the relationship you seek.

No one dreams their entire life about meeting a mediocre partner—someone who thinks of them *sometimes*, who loves them *a little* and takes care of *some* of their needs. No one looks to get involved in relationships with people who lie, cheat and disrespect them. No one asks for verbal or physical abuse in a relationship. So how can we break the pattern of choosing the same type of person over and over again? I believe the key is to look at each relationship as the perfect relationship you needed at that point in time and then go about attempting to figure out what it was about the person that made him or her perfect for you during that period in your life.

Once you figure this out, you will have learned a valuable lesson. If you take that lesson and put it to use in your life, then you have one half of the equation.

The other half is about preparing yourself to be the kind of person who will attract the relationship of your dreams. If you are seeking a person to be loyal and to stand by you no matter what, then ask yourself the difficult question of whether or not you have those

same traits and characteristics you seek. If there is something in your character that has caused you to be disloyal, then do some introspection to learn what you need to heal in order to become the person you truly want to be.

Relationships only act as a mirror, showing us those things about ourselves we don't want to see. When we welcome the information and seek to learn from it, doing so will move us closer in the direction of becoming who we want to be.

It also helps during this alone time to take an inventory of the traits, qualities and characteristics we want in our "perfect mate." It is far more likely that we will attract the person we want when we become crystal clear about exactly what we are looking for. My list included having someone to love me for who I am, not in spite of who I am. I wanted a partner with loyalty, integrity, honesty, good looks, intelligence, a sense of humor, romance and availability (not involved with someone else). I wanted a man who was strong but gentle, decisive but sensitive and confident without being conceited. I wanted someone with whom I shared common interests and someone who didn't feel the need to control me or compete with me. Guess what? After I was clear about what I was looking for, the "perfect" person for me walked into my life.

Another thing I find extremely helpful during the "Along Stage" is to remember that you are perfect just the way you are. You are totally complete without a significant person to share your life. So often, in the Along Stage, we are focusing on our lack, instead of our abundance. We look at the one thing we don't have, a romance, and waste the time we have been given feeling sorry for ourselves instead of putting the gift of time to use for the betterment of mankind in our own unique way.

In conclusion I say, first allow yourself alone time. Don't be in such a hurry to jump into the next relationship before processing the last one. Take time to analyze the lesson in your past relationship(s). Use the alone time to search introspectively to assess whether or not you are the person you need to be to allow the person you seek to come into your life. And finally, focus not on your lack of relationship, but rather on what you can do to help others during this time.

Used wisely, your alone time can truly make an incredible difference in the way you experience your next relationship. Don't short change yourself. Maximize and leverage the time you have been given between relationships. It is truly a gift.