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Columnists

Holiday Dating Advice For Single Parents

by Alisa Ruby, M.A.

Whether you are happily single or lonely and depressed, this can be the best holiday season yet if you decide to cultivate an attitude of gratitude.

According to a recent study at University of California Davis, gratitude improves an individual's psychological health as well as their physical health. Oprah has long advocated the daily Gratitude Journal, where individuals are encouraged to jot down five things a day he or she is grateful for. The UC Davis study agrees that a daily gratitude journal is one of the most beneficial tools available. Plus, there is nothing more attractive than someone who is genuinely happy and appreciative of his or her blessings.

Choosing to focus on the positive things may be the most important decision you ever make. This doesn't mean ignore your problems. It means choosing to push yourself to do what you enjoy and to try new things in spite of any emotional challenge.

Cultivating Your Attitude of Gratitude When you are holiday shopping or in a line, think about all of the things around you that you are grateful for. Make it a game. You'll be amazed at how your inner peace and joy will affect all those around you, not to mention the new friends you may make. This is a great game to play with kids, too.

When you go to holiday parties, whether you are with a date or alone, walk into the room like a winner. Sit down at every dinner table as if you're the guest of honor. Think about the things in your life that are the most precious and smile. Feel good about yourself in clothes that make you feel gorgeous. Do not walk into a party hoping that someone will notice you. Walk into a party knowing that your radiant attitude will make you irresistible.

Be proactive. Instead of waiting around for holiday invitations, host a party of your very own. Invite someone special, other singles and couples from work, temple, the gym, wherever. This is your time and you can create the holiday season you want to experience.

Once you decide to enjoy your life and appreciate what you have, often somebody wonderful and worthy will appear -- and much sooner than you expect.

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