

Do You Think You Will Never Meet Anyone?

"A mind troubled by doubt cannot focus on the course to victory."

-Arthur Golden

How many times have you said, "I'll never meet anyone that I love like her/him? She's/He's my soul-mate. It's just too hard to meet good people. I hate the bar scene, I'll never meet anyone unless they knock on my door." And the list goes on.

Because your heart is so wrapped up in whatever their name is, you can't see that there's a future out there waiting for you. You are so focused on looking through your rear-view mirror that you can't see where you are going.

Sure, you miss them. They were the latest and the greatest. But think back to the time in your life that you thought you would never get over the last guy/girl and lo and behold you met someone new.

You're right about one thing; you will never meet anyone as long as you continue to hold onto the belief that you won't. We attract what we think about all day. If the only thing on your mind is how bad you feel, how you loved what you had and how you will never meet anyone else. Then guess what? You're right!

On the other hand, you need to begin to realize that even though your relationship is over; it doesn't mean that your life is over. This particular chapter in your life may be closed, but now you can begin to tell a story with new characters, a new beginning and with someone who actually wants to be in the story.

Sometimes things just don't work out the way we want. As much as you don't want to believe it or accept it; until you start to process this as reality; you will continue to live in the past. Thinking about what was and what could've been is a waste of time. Seriously, what good does it do you? What's the point?

Close the door on that chapter in your life and you give yourself the opportunity to meet someone new. The more open you are to it, the more likely you will attract it into your life. So when you are sitting there thinking that you will never meet anyone else, just remember,

we create our experiences by what we continually tell ourselves.
Change your thinking and you'll change your life.

Thinking that you will never meet anyone else again is exactly what you will experience. The likelihood of you living on this earth for the rest of your life and believing that you will never meet anyone again is, well, ludicrous. You just never know, when you least expect it; there they are. But you have to be open to it and in order to do that; you have to change your perspective and what you tell yourself about the situation.

Face the facts, begin to put it behind you and you will be closer to getting what you want from life. Wanting something that isn't working or hurts you; just doesn't make sense. Who really wants to hold onto pain?

Choose to believe in your future again and simply know that you have the power to control your thoughts. You can actually change your life by choosing what you think about all day. Start to focus on what you want; *not* on what you don't want; and before you know it you'll meet someone new.

Read more about it at: <http://www.whystay.com> in Susan's empowering book, *There Is Life After What's-His-Name*.

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