



Dear Barry,

I am a 50 year old single gay male. My life is blessed with a loving family, good friends, and a successful career. My problem is that I do not find many people attractive to date, and when I do, I tend to find something wrong with them. This happens even before we actually go out on a first date. By the end of the date, it is rarely any better. I could care less in most cases if we were to go out again.

I have been single for about 5 years, and my prior relationships only would last a year or so. When I do find someone I am really into, it is not hard to look at the possibility of a future with them. Unfortunately, the one's I am attracted to are either in a relationship, or emotionally unavailable themselves. After about 9 months or a year with someone, they tend to pull back emotionally. At that point, I could care less if it was to move forward, and the relationship ends.

I have two very good friends who provide the emotional support that I would love in a relationship, and they are both in long term relationships.

One of my friends suggested that I write you to see what you have to say about the situation. When they bring up my dating, they are over me already finding the negative. So, what do you suggest my problem is or what I should do?

Signed Finding Fault

Dear Finding Fault,

Wow, you really are a head case. All kidding aside, your friends are obviously very concerned about you, or just really, really tired of hearing the negative instead of the positive.

First off, when you share that you have a date, focus only on the positive, the reason why you accepted the date or asked them out. My guess is that you have the emotional support you need and are afraid of those relationships changing. Or you are afraid that it will end up just like all the past relationships, putting the time in and then it ending due to their issues. A third reason could be, is that you are afraid of letting someone getting to know you, as they might find out that your human.

Finding someone you are both emotionally and physically attracted to, as well as having similar values, goals and independence is challenging for most people today. What I would do, is start with a list of values you are looking for in someone. Once you figure that out give people a chance. You might find that someone will like you for yourself, and a healthy long term relationship will result. Also, get yourself into therapy to deal with whatever issues you have from your own past.

One last thought, do you really want a relationship. Be honest with yourself and your friends.

Barry