



Dear Barry,

I am a 33 year old single woman. I am considered attractive by the men, am in shape, have a decent job and good friends. Most of my friends are married, and the ones that are not, have no interest in going out to meet guys. I am afraid I am going to be the old maid that never finds love.

With all my friends being couples, I am finding myself more and more left out from the circle. The men I do meet are either boring, selfish, non committal or we just do not connect. I have tried all the dating boards, going to bars, volunteering and even being set up on blind dates. None of it has produced a relationship, or even a dating situation more than 6 months.

In the past, I always had a boyfriend, and the last one ended about 2 years ago, after 5 years. (He did not want to get married).

How do I get over my fear of being single the rest of my life, not having the family I always dreamed of and feeling so lonely most of the time? Any suggestions would help?

Signed Future Old Maid

Dear Future Old Maid,

Welcome to the computer age. Everything seems to be happening online, and many people are finding they are in the same position you are. People just do not seem to be connecting like they once did. There do not seem to be the active happy hours by the office after work, or the local pub that people go to during the week just to hang out. They go home, surf online, look at the same pictures of the same people and call it an evening. Many of the bars have closed for this reason.

I am not going to tell you that you are too picky; because I do not get the sense it is the case. I think that you know what you are looking for and hoping that the chemistry is there when you meet the man. Women have a tougher time then men, due to their biological clock to have kids.

So, how do you get over the fear of being single, lonely and no family? First, I would remind you to stay positive. It is a numbers game, the more guys you meet the more places you go, the more groups you get involved with, the better chances of meeting someone.

If you live in the fear, that fear will manifest itself. Second, if your job allows it, you might want to consider moving to an area that does have a young professional population. It would not hurt to do a demographic study of different cities, and towns, go visit them, and see how it feels. (Even check out the dating boards of those cities to see what is out there).

Keep the faith up, and believe in yourself, don't get cynical and always being excited about any opportunity that comes your way. Best of luck and keep praying.

Barry