

# Dating After a Divorce: 5 Things to Consider

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Utah divorce and family law attorneys notice many people express a desire to want to jump back into dating immediately after a divorce. Starting over is important, but it's just as important that **you're ready** to start fresh. Here are a few things you should consider before you start dating again.

## 1. Don't Jump Right Into Dating

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You should never jump straight into a new relationship or dating right after a divorce. You need time to:

- **Process the situation**
- **Make sure your life is on track**
- **Work on you**

If you start a new relationship while you're working on you, it can alienate the other person. This can lead to issues you're better off avoiding right now.

## 2. Evaluate What You Learned from Your Previous Relationship

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Take some time to contemplate your own divorce. This can tell you more about how you should approach future relationships. For example:

- **Was your previous relationship with the right person?**
- **Are there things about you that can make relationships difficult?**

Be honest with yourself and analyze your previous relationship closely. ***You may find some clues that can help you*** find a new and lasting relationship.

### 3. Acknowledge Your Feelings about Your Divorce

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You should take some time to ***work through your feelings*** about your divorce. Even if you wanted the divorce and had the services of a great divorce attorney in Salt Lake City, you may not feel as if you've "won." A divorce comes with a tremendous amount of emotions attached. ***Evaluate your feelings*** and see if you can figure out ***where*** they're coming from. Do this ***now*** instead of when you're knee-deep in a new relationship. In other words, ***deal with any baggage*** now so you don't inadvertently ***saddle someone else down with them***.

### 4. Leave behind Negativity and Pick up Things that Make You Happy

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A divorce can leave people feeling very negative about relationships. Try to let the negativity go. In addition, you should ***actively pursue positive things that bring you joy and happiness***.

***When you're living your life and doing the things you enjoy, you will also find people doing the same***. This help to prepare you for positive dating experiences while also helping you find the type of people you're most compatible with.

### 5. When You're Ready, Give it a Try

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The way people intermingle and date in Utah changes over time. You may find yourself a little confused about the current dating scene in SLC. If you approach dating again with a ***healthy and positive attitude***, you'll make it through whatever the modern dating scene throws at you. You may run into some upsets, but don't let those deter you. As an experienced Utah divorce lawyer, David Pedrazas is in a position to see a ***lot of what can lead to divorce***. ***Healthy relationships start with people who have healthy and positive outlooks***.

After a divorce, spend time ***working on who you are*** and what motivates you. You will have a far better time of post-divorce dating. For those who have already gone through the process, how was your post-divorce dating experience? What did you learn that you wish you knew before you started?

### Get a Free 30-Minute Consultation with a SLC, Utah Divorce Attorney

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For help with any divorce and family law issues, give us a call at the **Law Office of David Pedrazas** in Salt Lake City, Utah for a ***free case evaluation***. Give us a call at **801-263-7078**. SLC Attorney David Pedrazas has ***over 15 years of experience*** helping Utah residents with the following:

- Divorce
- Alimony
- Asset division
- Child custody
- Child support
- Legal separation
- Mediation
- Modifications
- Paternity
- Adoption
- Prenuptial agreements and more.