How and where can I meet new friends or people to date?

Finding someone special like a close friend or romantic partner is an important goal shared by most people. Having another person you can trust to discuss your interests, dreams, and goals can add countless joy and meaning to life. Many people find that sharing life with an important person enhances the journey and experience of living.

Sorry to say that many survivors express doubt that they will ever find someone special after their injury. Have you heard yourself say something like...

- “No-one will ever love or care about me now that I’ve had a brain injury.”
- “It’s impossible to meet new people in this town.”
- “Who’s going to want to be my friend? I’ve got too many problems.”
- “All the people I know are either in a significant relationship or married. There’s no one left to date.”
- “I never meet anyone new or interesting. Even if I did, I wouldn’t know how to act or what to say.”
- “What’s the use in meeting someone new? All my past relationships have turned out badly.”

Like many important tasks, reaching the final goal of having someone special in your life can be broken down into smaller, more manageable steps. First, you should make a reasonable plan to meet new people. You’re more likely to be successful at
finding a suitable match if you consider your own likes and dis-
likes, and plan accordingly. If you don’t like heavy metal music,
you may not want to plan meeting someone at a rock concert. On
the other hand, if you admire books, you may find someone shar-
ing a similar interest at your local library or bookstore. Make a list
of things you like to do that offer a chance to meet and talk to oth-
ers. Remember, pursuing your own interests with a plan to meet
others is a great way to make new friends.

Second, you must make yourself available to meet others.
That means getting out of your house, apartment, or car and be-
ing around new people. Try to do activities you enjoy, in the com-
pany of others, as much as possible. Trying a new activity is an-
other great way to meet other people. If you’ve ever wanted to
learn about Chinese cooking or scuba diving, this is a great time
to take a group class or lesson. Although some have found mean-
ingful relationships in the newspaper or on-line, quality relation-
ships are usually best formed in person.

Third, you should try to be the kind of person someone else
would like to meet. Think about people you admire and their quali-
ties that attract others to them. What do they look like? How do
they act? Do they have a good sense of humor, a caring or giving
nature, a cheerful smile, or an interesting story to tell? Which of
these attractive qualities do you possess or have the ability to de-
velop? Keep in mind that every person has something unique to
offer others.

Have confidence that you will
make someone a great friend.