

LOVE is a Splendid Thing by [RANEE ALISON SPINA](#)

Why is it that men and women who choose to travel down the same road over and over, expect to end up somewhere different each time? No matter if your driver's license says you are 24 or 64, if you are single you most likely need navigational assistance as you once again head down the road to love.

When you are driving around the city (without a GPS system) and by chance turn down a dead-end street, you make a mental note to avoid that route next time. Why would you continually take a path that never allows you to reach your destination?

When it comes to matters of the heart, this is exactly what we tend to do. We choose to date people who have similar looks, personalities, behaviors, and life situations. It is human nature to feel comfortable with what we already know.

I suggest doing 3 things to get past the familiar, uncomfortably comfortable pairings that lead to heartache instead of a happy heart.

- 1) Get over your so-called "type." It is impossible to know what the man or women who is going to adore you for the rest of his or her life looks like. There is no crystal ball you can look into that will reveal how tall the person is or whether he/she has blonde or brown hair.
- 2) Become aware of any "unhealthy norms." Your norm is that which you are usually attracted to when it comes to "love." Being aware of our "unhealthy norms" enables us to see any red flags waving that remind us of a past failed relationship. Being creatures of habit,

we need to momentarily focus on past experiences, identify our "unhealthy norms," and have the courage to steer around the approaching rough road of a doomed relationship.

How do we know if the relationship is doomed? It is easy to determine what lies ahead if you can say, "I.D.T." (I Did That.) If you choose to travel down the same "rough road" over and over and over again, you will fall into the same "potholes" over and over and over again.

- 3) Keep your mind open to any and all new experiences. Choose to take a different road this year.

Here's to finding love, for love truly is a splendid thing!

Ranee Alison Spina is a Relationship Researcher, Author, & Speaker who has appeared on radio, TV stations, and campus events across the country. Her book [IAM before "IDO,"](#) received the USA Book News National Book Award. For more information, visit www.iambeforeido.com