

INTERSECTIONS
MATCH

by Jasbina

***“I Am Frustrated With Dating – 3 Ways To Take A Break
[Video]”***

In this video, Jasbina addresses the question: **I feel like my frustration with the dating process is making me bitter. Should I take a break to clear my head or just push through and hope I meet someone?**

Jasbina Ahluwalia

I hear your frustration, and as a dating coach and matchmaker can assure you that you are not alone in feeling this way.

Putting yourself out there again and again can be emotionally draining. It can really take a toll. That said, a positive attitude is crucial in the dating process. Your feelings of frustration and bitterness are likely more transparent to dates than you might realize, and it sounds like a break would be a good idea.

Make that break count by doing self-nurturing activities which feed your soul – **here are three ways to do this:**

1. **Pursuing passions** such as music, sports, art or travel.
2. **Embrace a daily gratitude practice** where you recount the day's experiences for which you're most grateful.
3. **Spend time with friends and family who are in great romantic relationships**, and try to steer clear of people with negative views of relationships or the opposite sex.

Savor your break from dating, while at the same time not getting too comfortable and staying out of the dating world for too long. While dating certainly can take us out of our comfort zones and make us feel vulnerable, the rewards of a healthy and happy relationship make it well worth it.



Jasbina Ahluwalia is an attorney turned entrepreneur, happily married, second-generation, Indian-American Relationship Expert, Matchmaker and Radio Show Host.

Jasbina founded Intersections Match, the only Selective Search Firm that provides Elite Matchmaking For Indian Singles in North America & the U.K.

Oprah finalist: Jasbina was one of the finalists in OPRAHS search for a new TV Host.

Worldwide Press: She has received worldwide press including in Business Week, Chicago Tribune, Entrepreneur Magazine, Inc., San Jose Mercury News, TV & Radio.

Relationship Columns: Jasbina serves as a Relationship Expert in publications and online forums throughout North America, including YourTango, Lavalife.com, India Currents (CA), Bibi Magazine (NYC), India West (CA), Desi Club (U.S.), Lights Camera Action (TX), Desi Express (Atlanta) & Oye! Times (Canada).

Relationship Q&As: Jasbina has anchored relationship Q&As for organizations, including Cornell India Association, NetIP, Indus Women Leaders, AAPI, India Community Center (Silicon Valley) & Indo-American Arts Council.

Panels: She has also moderated/participated on panels at Harvard Business School, Wharton, Northwestern & Columbia.

Education: Jasbina previously practiced law in San Francisco and Chicago. She earned her B.A./M.A. in Philosophy from Vanderbilt University, and JD from the University of Michigan Law School.

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