

Ten Things Not To Do On This Valentine's Day And What To Do Instead

Valentine's Day is a day to celebrate love, but it can also be a day of disappointment. If you're not careful, you can end up ng things that will make you feel worse, not better.

Here are ten things not to do on Valentine's Day, and what to do instead:



Valentine Don'ts and Do's: Ten Things NOT to Do on This Valentine's Day (and What to Do Instead)

by Onika Seepersad

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1. Don't stay home alone and feel sorry for yourself.

This is the worst thing you can do. If you're not in a relationship, don't spend Valentine's Day alone moping around. Get out there and do something you enjoy. Go out with friends, see a movie, or take a walk in the park.

What to do instead: Spend time with people you care about.

2. Don't go on a date with someone you're not interested in.

This is just a waste of time. If you're not feeling it, don't go on a date. You'll end up feeling even worse than you did before.

What to do instead: Stay home and relax.

3. Don't spend a lot of money on gifts.

Valentine's Day doesn't have to be expensive. In fact, the best gifts are often the ones that are free. A handwritten letter, a homemade meal, or a simple bouquet of flowers can mean more than an expensive gift.

What to do instead: Give a gift from the heart.

4. Don't get drunk or high.

This is never a good idea, but it's especially bad on Valentine's Day. If you're feeling down, don't try to numb the pain with alcohol or drugs. It will only make you feel worse in the long run.

What to do instead: Talk to a friend or family member about how you're feeling.

5. Don't compare yourself to others.

This is a surefire way to make yourself feel bad. Everyone is different, and everyone has their own unique relationship. Don't compare your relationship to anyone else's. Just focus on your own relationship and what you can do to make it better.

What to do instead: Focus on your own relationship.

6. Don't dwell on the past.

If you're single, don't dwell on past relationships. And if you're in a relationship, don't dwell on past mistakes. The past is the past. Let it go and focus on the present.

What to do instead: Live in the present.

7. Don't expect perfection.

No relationship is perfect. There will be ups and downs. Don't expect your Valentine's Day to be perfect. Just relax and enjoy the day, whatever it brings.

What to do instead: Embrace the imperfections.

8. Don't be afraid to be yourself.

Don't try to be someone you're not. Just be yourself and let your partner love you for who you are.

What to do instead: Be authentic.

9. Don't give up on love.

Just because you're not in a relationship right now doesn't mean you'll never find love. Don't give up on love. Keep your heart open and be patient. The right person will come along when you least expect it.

What to do instead: Keep your heart open.

10. Don't forget to love yourself.

The most important relationship is the one you have with yourself. Make sure you're taking care of yourself and loving yourself. When you love yourself, you'll be better able to love others.

What to do instead: Love yourself.

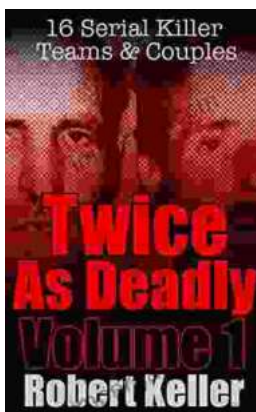


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