By-Coach R. Lenora Smith

WHEN DATING THE WRONG PERSON IS A WASTE OF TIME?



COACHING

TIPS

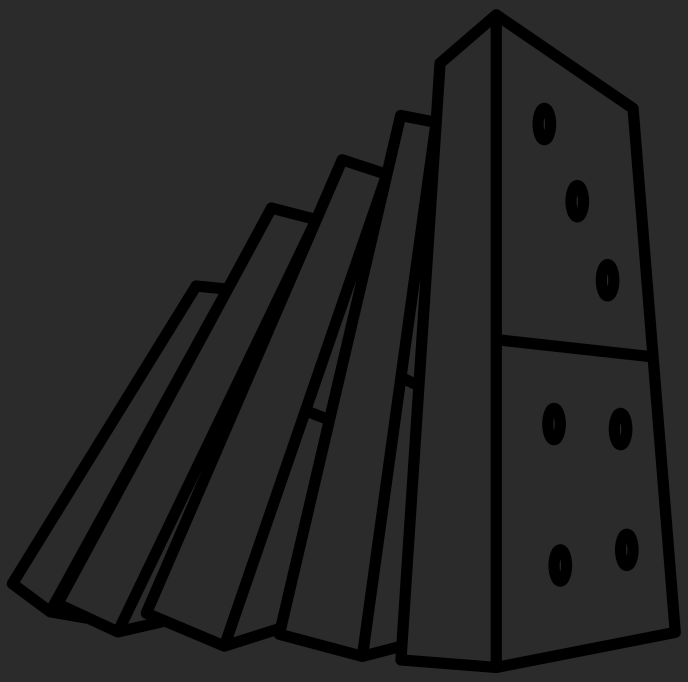
What Do We Expect?

Healthy relationships don’t happen by accident—they are built through character, awareness, and intentional choices.

Many people enter relationships hoping love alone will make things work, yet over time they discover that healthy love requires more than chemistry or attraction.

It requires qualities that create safety, trust, and mutual respect.

“Just because a relationship doesn't last doesn't mean the time spent in it was wasted.”



There is a difference between dating someone who turns out to be wrong for you and remaining in a relationship after you've recognized that it is no longer right for you.

As a relationship coach, my goal is to encourage thoughtful reflection, personal growth, and healthier conversations around relationships.
Use this guide as a starting point to explore what you want from your relationships.
— Life with Lenora



Inside, you will find a few practical insights to help you think more intentionally about the type of partner you are and how you show up.



1. You can discover what you don't want by experiencing it.

You might say you want a good communicator, but until you experience a relationship with someone who avoids difficult conversations, you may not fully understand how important communication is to your emotional well-being.
You might think you need someone who is independent, only to discover that independence without emotional availability leaves you feeling alone.
Sometimes, experience gives language to needs you didn't know how to articulate



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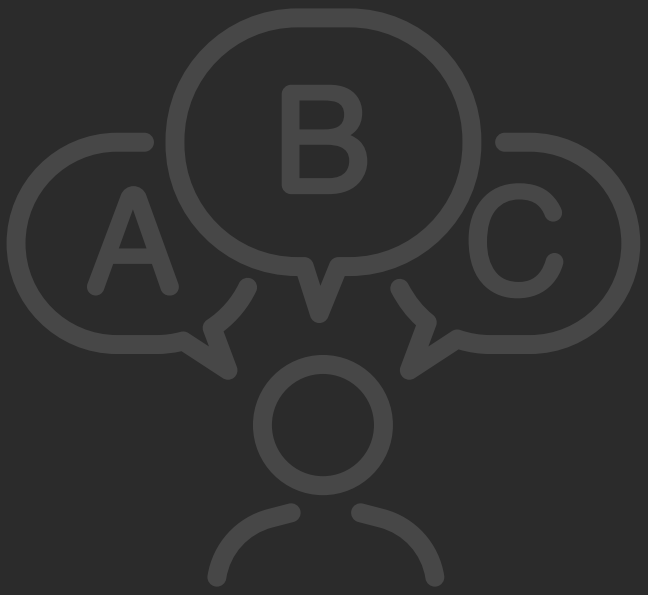
2. Not every relationship is meant to become a permanent relationship.

Some relationships reveal our preferences. Others reveal our patterns. Some expose the difference between what attracts us and what actually sustains us.
You may enter a relationship believing compatibility means having things in common, only to discover that emotional maturity, shared values, accountability, and the ability to repair conflict matter just as much.
The relationship may end, but your understanding of yourself can grow.

3. The lesson doesn't justify staying in the experience.

Some things can be recognized through observation, honest conversations, and consistent behavior.
For example, if someone repeatedly disrespects your boundaries, dismisses your concerns, or demonstrates values that fundamentally conflict with yours, you don't have to stay until the consequences become unbearable.

“Wisdom is learning from experience. Discernment is recognizing when you don't need more experience to know what to do.”



When does dating become a waste of time?

Consider these distinctions:

<u>Growth-producing dating</u>

- ***You discover new things about yourself.***
- ***You repeatedly ignore what you already know.***
- ***You assess compatibility honestly.***
- ***You focus on potential while dismissing reality.***
- ***You communicate needs and observe responses.***

<u>Unproductive dating</u>

- ***You keep explaining why your needs matter to someone unwilling to consider them.***
- ***You recognize a mismatch and make a decision.***
- ***You remain because of the time, energy, or feelings already invested.***
- ***You take lessons forward.***
- ***You repeat the same pattern without reflection.***

- The difference isn't necessarily how long you dated.
It is whether you were gaining clarity, making informed choices, and responding to what you learned.

Sometimes, we call a relationship a waste of time because it didn't produce the outcome we wanted. We wanted marriage, but the relationship ended. We wanted companionship, but discovered incompatibility. We wanted love, but learned that attraction alone wasn't enough.

But should we measure the value of an experience solely by whether it lasted?

I don't think so.

At the same time, we shouldn't romanticize every painful experience by insisting that everything happens for a reason. Some experiences teach us something valuable, but that doesn't mean the experience itself was necessary or that we should have stayed longer.

From a biblical perspective, Proverbs 4:7 emphasizes the importance of acquiring wisdom and understanding. We can value what an experience teaches us without believing we must experience everything firsthand.

These tips help you become more intentional about who you are and the relationships you choose.
They shift your focus from attraction alone to recognizing patterns like respect, consistency, and healthy communication.
With this awareness, you can make wiser relationship choices and build connections that are supportive, balanced, and rooted in healthy love.

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