

If you were/are single as an older adult, would you consider dating? Are you dating now? Why or why not?

Consider

Consider what your life would be like if you were suddenly single. Where would you turn and to whom?

Imagine that you are suddenly single. (Or maybe you already are in that situation.) How important is companionship? Who do you turn to for social support? If you are in need of support, think about people and organizations that might be able to help. (See the **Learn More** section at the end of this chapter.)

What are your interests? Consider how you would build new relationships. Write down people that you could reach out to or organizations that might help cultivate new relationships.
