



## Avoiding the Ugly Duckling Syndrome

Celebrate your God-given Identity as a Single  
by Bill Dymont, Ph.D.

**As heard on  
Journey of the Heart 99.5 FM KKLA with  
your hosts Drs. Robbins & Downing of  
Turning Point Counseling**

Remember the story of the ugly duckling? You'll recall that a beautiful swan made herself very unhappy trying to be a duck. In a similar way singles can attempt to fit into the married culture of their friends and church without recognizing their uniqueness. What about you? Do you sometimes feel less than because you are not married too? Below are four scenarios for adult singles to avoid:

### **BEING A SWAN AMONG DUCKS:**

Like the ugly duckling described above, many singles have much too little contact with their own "species." What about you?

### **STAYING THE SWAN'S NEST:**

On the other hand, some singles have few close relationships with married friends and others outside their singles group. How many close friends do you have that are married? How often do you see them? (Old friends you love but rarely see, don't count!)

### **THE LONE SWAN:**

While being single affords one freedom that married friends often do not have, singleness should not be characterized by lack of commitment. Does your lifestyle reflect deep commitments or are you waiting for a spouse before getting truly involved?

### **NEITHER DUCK NOR SWAN:**

Because men are still predominantly the ones who initiate dating relationships, men especially must ask themselves the question: Why am I single? Here are some thoughts to consider

- *Don't spiritualize away being single--* so many Christians do. You may actually have problems with commitment which can easily be dismissed as "waiting on the Lord", etc. Be honest with yourself. Get help if you need it.
- *Do you have problems with social skills that need attention?* Countless individuals push others away by excessive self-disclosing or other habits that everyone in their group can see except them.

- *Do you feel called to be single? If not, you may need to mourn the loss of childhood dreams about when you would be married and have children. Many find themselves single much longer than they anticipated growing up. Did you know that 25% of all adults in American between the ages of 20 and 65 are single?*
- *Don't look for a Barbie if you're not a Ken! (and vice-versa.) Do you want a "10?" Are you a "10?" On the other hand, be honest with yourself about the type of person you feel you really need.*

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