

Q:



Dear Mr. Sexy,

I have to admit that my life seems to be in transition when it comes to personal relationships. I am in my 30s now and making connections does not seem as easy as it used to be. I recently moved back to my hometown and it is not as easy as I hoped. The old friends are either gone or are busy and different than before. I spend most evenings at home with the TV or computer. I am more introverted than I once was, which does not help any. I do not want to be the sad older person at the end of the street who lives all alone and people rarely see. What do I do?

Sincerely,

The A Train to Lonelyville

A:



Was your invitation especially engraved for that pity party because it sure sounds exclusive? I think you were the only one invited. Some old sayings are very true, for the most part. You can't go home again. At least not to the exact world you left, life tends to keep moving and evolving even when we aren't there. It doesn't mean you can't reconnect to the way it is now. We tend to get stuck in seeing something in just one way. You ain't no statue, baby, so get off the pedestal. Move that body, tilt that head, squint those eyes, but find a different perspective. Life really is all in the way you perceive it. Don't overwhelm yourself or get too focused, the key to meeting new people and making new connections is to relax and just be open. Let go of what you thought life would be and just accept it as it is right now. Get involved. I've said it before to people who want to find others to date, it also relates to just friendship. Get involved in groups that interest you. Book clubs, rotary clubs, gardening, fishing, you name it, these are great places to meet new people. Volunteer somewhere, the great thing is the focus is not directly on anyone, you are all there for a common reason and can use that to chat and get to know each other. Don't rush it, just let it naturally develop and grow. Too many people get too eager and they smother the first person who shows them a kind word. Patience is definitely a virtue and if you relax and let it flow naturally you will be amazed at the great relationships you end up with in your life. Just hang in there, and stay open, you

can do it. Mr. Sexy would never steer you wrong.

Mr. Sexy

