

WHY FINDING LOVE IS DIFFICULT

Watch the [video](#) "5 Reasons Finding Love is Too Difficult For Some" by Psych2Go.

1 LET'S WARM UP

Task 1: Can you identify the common Valentine's Day gifts shown in the pictures?



1. _____ 2. _____ 3. _____



4. _____ 5. _____ 6. _____



7. _____ 8. _____ 9. _____

Task 2: Discuss the following questions as a class.

- a. In your country, do people celebrate Valentine's Day?
- b. Which Valentine's Day present from the pictures would you most like to receive?
- c. Do you prefer to give or receive gifts?
- a. Can you think of a memorable gift you've received? What made it special?
- b. Have you ever received a particularly bad or strange gift?

2 VIDEO: VOCABULARY

Task 1: Match the words and phrases from the [video](#) (1-10) to their definitions (a-j).

1. bleak.
2. black and white
3. to scope out
4. to turn down
5. hold ourselves back
6. keep an open mind.
7. break their heart.
8. self-love
9. an ex
10. to have a good head on your shoulders.



- a. very clear and simple, with no confusion.
- b. to look at (someone or something) especially in order to get information.
- c. to describe a situation when there is little or no hope for the future.
- d. saying no or rejecting something.
- e. stopping ourselves from doing something.
- f. being smart and making good decisions.
- g. to be willing to think about new things.
- h. making someone very sad, especially in a relationship.
- i. taking care of and liking yourself.
- j. someone who used to be your boyfriend, girlfriend, or partner.

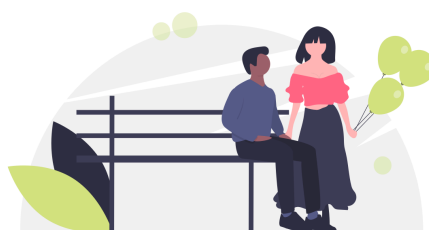


3 VIDEO: ANALYSIS

Task 1: Use the words to complete the quotes from the [video](#).

to scope out	bleak	to turn down	on your shoulders
black and white	your ex	keep an open mind	self-love

1. While jobs and careers give us something to do and the financial support we need, there's more to life than working. Humans rely on the love and support of others, and without these things, life would be pretty _____.
2. It's been said that bars and parties aren't the best places to find the love of your life, but life is rarely as _____ as that.
3. They may be so excited _____ the crowd that they forget about those who are already in their lives. They may even be shutting down opportunities for themselves because they aren't open to meeting someone at a bar, party, or another unexpected place.
4. You don't give people enough chances. When someone begins _____ every opportunity because of one awkward experience, it's time to ask what's really going on.
5. We hold ourselves back more than we like to admit due to fears and high expectations. If finding love is a priority, you must _____ and an open heart.
6. Someone can be the kindest person and still end up dating jerks who break their heart. A little _____ can help anyone realise what kind of care they need and deserve in their relationships.
7. Is _____ still on your mind? Those who compare their new dates with their exes are often harder to reach and unable to fully connect with someone new.
8. If you've mastered self-love and have a good head _____, then maybe it's just not your time yet. It doesn't mean that it'll never happen. It just means that now isn't the best time. Until then, prioritise yourself and let the right opportunities find their way to you.



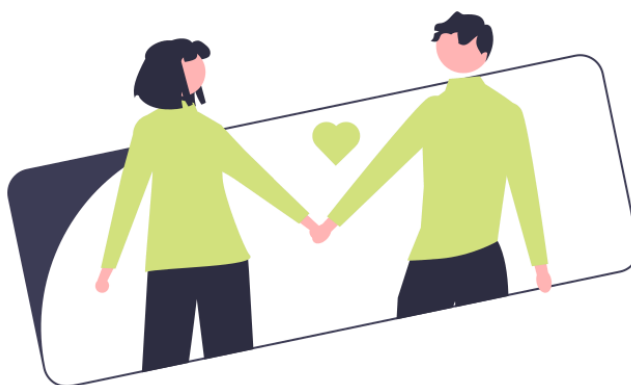
Task 2: Decide if the statements based on the [video](#) are true or false:

1. The video suggests that jobs and careers are the only important aspects of life.
2. Relying on the love and support of others is unnecessary for a fulfilling life.
3. The speaker encourages people to be open to meeting potential partners in unexpected places.
4. According to the video, turning down every opportunity for love due to one awkward experience is a healthy approach.
5. The video suggests that practicing self-love can contribute to healthier and more fulfilling relationships.
6. Comparing new dates with ex-partners is seen as a positive behaviour, according to the video.
7. The video argues that if your ex is still on your mind, it's a good time to start dating.
8. The video implies that everyone should seek a romantic relationship at all times.
9. If you haven't found love yet, it's an indication that it will never happen in the future.
10. According to the video, prioritising yourself and waiting for the right time can be a valid approach to finding love.



Task 3: Discuss the following questions as a class.

- a. How does focusing on work impact our ability to find and maintain romantic relationships?
- b. How can past relationships or divorce affect the way we approach and view new romantic opportunities?
- c. In what ways is searching for love not black and white?
- d. What are some traditional places where people are expected to find a partner?
- e. Can focusing on traditional places lead us to miss potential connections in our lives?
- f. Do you agree that awkward experiences can influence someone to turn down multiple future opportunities for connection?
- g. How do fears and high expectations contribute to holding oneself back from potential meaningful relationships?
- h. In the pursuit of love, why is having an open mind and an open heart important?
- i. How does practicing self-love help us understand the care we need and deserve in relationships?
- j. How can relying solely on a partner for emotional well-being lead to problems?
- k. How does thinking about an ex affect your ability to connect with new people?
- l. Do you agree that if an ex is still in your thoughts, it's not the right time to start dating? Explain.
- m. What does it mean if you've mastered self-love and have a good head on your shoulders but still haven't found the right time for a relationship?
- n. How does the idea that it's not your time yet differ from the belief that it will never happen?
- o. What does it mean to prioritise yourself while waiting for the right time?



4 DESCRIBING PEOPLE

Task 1: Match the adjectives from the box to the words with the opposite meaning (a-h).

Witty	Generous	Spontaneous	Adventurous
Genuine	Outgoing	Thoughtful	Optimistic

1. Cautious. _____
2. Stingy. _____
3. Fake. _____
4. Pessimistic. _____
5. Predictable. _____
6. Inconsiderate. _____
7. Dull. _____
8. Introvert. _____



Task 2: Describe the following people using the words.

- a. Your partner.
- b. Your ex.
- c. A family member.
- d. A friend.

Task 3: Discuss the following questions as a class.

- a. Which adjectives do you think are negative?
- b. Which adjectives do you think are positive?
- c. What characteristics do you value most in a potential partner?
- d. Which adjectives would you use to describe yourself?
- e. What adjectives do you commonly see on dating profiles?



5 JOHN'S DATING PROFILE

Task 1: Read the following dating profile.

About Me: I'm John, a 34-year-old who loves living life to the maximum. Whether it's discovering new places in the city or taking a spontaneous road trip, I'm always ready for an adventure. I enjoy the excitement of new experiences and creating memories.

My friends describe me as spontaneous, optimistic, and outgoing. I love meeting new people, hearing their stories, and sharing laughter over good conversation. Life's too short to be anything but happy, right?

Profession: By day, I'm a teacher, but when the workday is over, you will find me planning my next exciting trip. I believe in finding a balance between work and play, and I'm looking for someone who appreciates that too.

Interests: Whether it's hiking to the top of a mountain, trying out the latest restaurants, or simply enjoying a night in with a good movie, I'm always ready for a good time. I love to try new things and be spontaneous.

What I'm Looking For: I'm seeking someone who shares my love for life and isn't afraid to step out of their comfort zone. If you're someone who values optimism, loves adventures, and enjoys exploring the world around you, we'll get along perfectly!

Summary: If you're the type who appreciates deep conversations, long walks on the beach, and dancing in the living room, then we're off to a great start. Let's create a story together filled with laughter, love, and endless adventures.

Swipe right if you're ready to join me on this journey called life!



Task 2: Discuss the pictures using the questions below:

- How old is John, and what is his job?
- How do John's friends describe him?
- What does John do when the work day is over?
- What are John's interests?
- What is John looking for in a partner?
- What do you like about John's profile?
- What would you change about his profile?
- Describe John's ideal partner.



6 CREATE A DATING PROFILE

Task 1: Create your own dating profile! Follow the structure of the dating profile in the previous exercise. Use the words from the box whenever possible.

Adventurous

Generous

Spontaneous

Witty

Genuine

Optimistic

Thoughtful

Outgoing

About Me: _____

Profession: _____

Interests: _____

What I'm Looking For: _____

Summary: _____

Swipe right if you're ready to join me on this journey called life!

HOMework

Read the article then complete the writing exercise on the following page.

1 CHALLENGES IN FINDING LOVE

Finding love can be a challenging journey for many individuals. Here are four common reasons why some people find it hard to discover love.

One reason for the difficulty in finding love is the mismatched expectations. People often enter relationships with different ideas about commitment, communication, and long-term goals. These differences can lead to misunderstandings and ultimately ruin the relationship. Individuals may struggle to find a partner whose expectations align with their own, making it challenging to establish a deep and meaningful connection.

A big issue in finding love is being scared to show your true feelings. Sharing your real self can be scary because you might get rejected or hurt. Some people build emotional walls to stay safe, which makes it hard for others to get close. It's important to overcome this fear and be open to making real connections.

For some people, the lack of social opportunities can hinder their ability to find love. Busy work schedules, social anxiety, or living in areas with a small number of people may restrict the chances of meeting compatible partners. Engaging in social activities, joining clubs, or participating in events can help increase one's social circle, increasing the

likelihood of meeting a potential romantic partner.

Past traumas and emotional baggage can significantly impact an individual's ability to find love. Unresolved issues from previous relationships or childhood experiences may create barriers to forming healthy connections. Seeking therapy to address these past issues can clear the path to a loving relationship.

Communication plays a crucial role in any relationship, but for some individuals, expressing emotions and needs can be a hurdle. Effective communication involves not only expressing one's thoughts but also actively listening to a partner. Some people may struggle with expressing themselves, leading to misunderstandings and potential relationship strain. Learning and practicing healthy communication skills can help foster a more open and understanding connection with a potential partner.

Finding love can be a complex process influenced by many factors. Therefore, understanding and addressing issues such as mismatched expectations, fear of vulnerability, limited social opportunities, and past traumas can contribute to overcoming these challenges and increasing the likelihood of discovering lasting and meaningful love.



2 ARTICLE-BASED EXERCISES

Task 1: Define the words and phrases, then use them in your own example sentences.

1. mismatched expectations.
2. build emotional walls.
3. social anxiety.
4. compatible partners.
5. social circle.
6. emotional baggage.
7. therapy.
8. past traumas.



Task 2: On a separate piece of paper, write detailed answers to the following questions.

- a. How does having different expectations affect a relationship?
- b. Why might some people be afraid to show their true feelings when looking for love?
- c. How does building emotional walls impact the ability to connect with others?
- d. What factors can limit social opportunities for those seeking love?
- e. In what ways can past traumas hinder someone's ability to find love?
- f. Why is effective communication in relationships important?
- g. What are the possible consequences for those who struggle to express themselves in a relationship?
- h. How can someone overcome the fear of being vulnerable when seeking love, according to the text?
- i. Summarise the key points raised in the text, then give your opinion about each of the points.

