

I Slept With Him Too Soon Now What? – A Relationship Expert Reveals Exactly What To Do

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~ Mandy Hale

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First ask yourself why you did it and learn from your experience



You slept with him too soon... Now what? Ask yourself why you did it.

- Did he pressure you?
- Was there so much chemistry that you couldn't stop yourself?
- Were you trying to hook him with sex?
- Do you have a problem with alcohol or drugs?

Once you understand your motives and actions, then you can decide what to do.

If he pressured you, and you gave in, you need to examine your ability to set boundaries and set the pace of a relationship.

It is usually the woman who sets the pace for physical intimacy, and if you are simply unable to say no, you can learn to set boundaries. There are a dozen ways to say no without being unpleasant. It takes practice and commitment to respect your own boundaries, and developing this skill will benefit every area of your life.

If the chemistry between you was so strong that you couldn't stop yourself, watch out.

Chemistry can take on a life of its own, and it can feel like a force bigger than you. You can't create it or stop it. Strong chemistry is very powerful, but does not make a good relationship all by itself.

In fact, it can create disastrous relationships that are built on a foundation of air. In the initial stages of a relationship, the chemistry can be like a drug addiction.

When you have strong chemistry with someone, you get addicted to your own endochemicals (like dopamine, oxytocin, and endorphins) and it is a little bit like heroin.

It just feels so good that you want more and more of it. But inevitably, this chemistry will subside as you develop a tolerance to it, and you could be left with someone that you really don't even like. If you want a successful and lasting relationship, marry values, not chemistry.

If you slept with him too soon because you were trying to hook him, watch out.

You might have accomplished just the opposite. If he is not really interested in a serious relationship, he's likely to move on once he has experienced the conquest.

There is no way to manipulate or shortcut the work involved in getting to know someone for real and assessing compatibility on various levels: emotional, psychological, intellectual, physical, spiritual, financial, and values around health and habits.

If you slept with him too soon because you have a problem with alcohol or drugs, it is time to get honest.

Admit the truth to yourself, and seek help. While alcohol can be a social lubricant, it can also gradually become a problem for some people and can cause you to do things you would never do sober. Make sure that you have a healthy relationship with any mood altering substances, and do not let them control you.

Learn from your experience, and trust whatever happens.

If this relationship ends up working out, it was meant to be. If not, take the lessons and be more wise, intentional, and self caring in the future. There are many people on this planet, and you will find one that is a good fit for you.

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