



Finding
the **Love**
You Want

The Cure for Being Single...
When Nothing Else Has Worked

By Stefan Gonick

Expert EFT Practitioner, Trainer, and Love Coach

“I believe that we are created to share life with that special someone who awakens our soul and makes us reach for more, who plants a fire in our hearts and brings peace to our minds, to learn from each other and grow in love.”

Imagine Finally Finding the Love You've Always Wanted!

Imagine being able to finally break through the emotional blocks that have been keeping you stuck and single. Imagine finding your soulmate and having an exciting, healthy, successful relationship! This e-course is your road map to finding the love of your life. You will end up with a deep understanding of the real reasons you haven't found your soulmate yet and what to do to have an incredible love life. There is no more important journey.

The Inside Story: Why You Haven't Found your Soulmate Yet

How long have you been looking for the love of your life? Wouldn't it be wonderful to finally find this special person? You know other people who have found their love, so why haven't you? Is this some cruel stroke of fate, or is there an explanation for your troubles?

The good news is that there is a explanation for why you haven't gotten together with your special love yet. The reasons can be a bit challenging, but the great news is that I will be sharing with you powerful and effective methods for overcoming all obstacles to finding your soulmate.

There are three main types of barriers to finding the love of your life:

1. You are strongly attracted to the wrong people.
2. You have emotional blocks to being with the right people, leading to self-sabotage.
3. You are not aligned with bringing your soulmate into your life.

One or more of these types of barriers may be the source of the problem. Often, it's all three of them.

Being Attracted to the Wrong People

If you are attracted to the wrong people, then all of your time and energy will be wasted in painful, dead-end relationships. This unhappy situation will obviously make it hard to find and be with the right person. So, what causes you to be attracted to the wrong people?

As you grow up, you unconsciously form an image of your future partner based on the

strongest traits of your parents, *both good and bad*. You will then be subconsciously attracted to people with similar traits. This is not a problem for the good traits, but it can be a big problem for the bad ones.

For instance, let's say that your father had a number of good traits, including intelligence, strength, humor and so on. However, he tended to be emotionally distant and unavailable. A woman who grew up in this environment would tend to find intelligent, strong, humorous, emotionally unavailable men the sexiest men on the planet! It's all good except for that one fatal flaw. Sound familiar?

Similarly, if a man grew up with a warm, loving and giving mother who also happened to be insecure and needy, what kind of women might he be drawn to?

It is important to note that you are not limited to being attracted to the traits of the parent of the opposite sex. Your subconscious image can be a combination of either or both parents.

Finding Love Exercise – Your Parents' Negative Traits

Think about your parents' negative traits. In fact, write them down. When you have the list of negative traits from both parents, see if there is any commonality with your past relationships. You may be surprised (even horrified).

As long as you are strongly attracted to people with the negative traits of your parents, your relationships will tend to be unsatisfying and unhappy, if not painful and doomed. Unfortunately, it doesn't end there. Next, I will share a radical concept with you that you won't find anywhere else. I will share how you can actually *cause* your partner to take on the negative traits of your parents, even if he or she doesn't originally have them! This can often lead to the failure of an otherwise wonderful relationship.

Marrying Your Parents and *Recreating Your Parents*

We already talked about how you are attracted to people with the same negative traits as your parents. I will now describe how you can cause your partner to *take on the negative traits of your parents*. This can happen due to your oversensitivity and over-reactivity to any behavior that even slightly seems like your parent's negative behavior. Let's see how this works.

I'm going to start by setting up an ideal scenario where you find a partner who is nothing like

your parents and show how you can still turn him or her into your parents. For example, let's use the case of having a distant father. In spite of this, you manage to find a partner who is not at all distant and is very able to be close and loving. Let's make this scenario even more perfect. In any relationship there are the two normal needs of together time and separate time. Partners may need different amounts of together and separate time, but in this ideal scenario, let's say that you completely match in that department. However, it would be unrealistic to assume that you and your partner would always want to be together and separate at the same time. Okay, so this is our scenario. Let's look at what could happen.

At the times when you are wanting to be separate from your partner and your partner wants to be together with you, there is no problem. You don't have a wound there. However, when you are wanting to be with your partner and your partner is wanting some normal separate time, you run into a problem. If you didn't have a distant father, you wouldn't have any special reaction other than mild disappointment and would handle the situation with ease.

However, because of your very painful background of feeling your father's distance, you are oversensitive to anything that even hints at distance. So, you experience your partner's normal need for some separate time as distancing. Your old pain then comes up and you overreact by getting clingy or angry.

This feels bad to your partner, of course, and he or she reacts by pulling farther away. You feel the additional distance and react even more strongly by being clingier or angrier. Over time you can get a vicious cycle going until you actually create a very distant partner out of your originally close and loving one.

I used the distant father example for this explanation. However, a similar example could be created for *any* of your parent's negative traits. In each case, your sensitivity and reactivity to behavior that seems like your parent's can cause your partner to act *more* like your parent. This phenomenon can certainly add a lot of stress to an otherwise healthy relationship and even ultimately ruin it!

Breaking Out of the Bad Relationship Blues

Are you doomed to keep being attracted to the wrong people and/or recreating negative experiences? We will now talk about how to break out of this unhappy pattern. The good news is - you can do this!

Dealing with the unmet childhood need

When a parent has a strong negative trait, it puts you in the painful position of not having an

important need met as a child. For instance, earlier we talked about the example of having an emotionally distant father. The unmet needs in this case were being close to Daddy, which would also validate your worth as a person.

As an adult you are then attracted to people with similar negative traits as your parents. Unfortunately, it doesn't stop there. You also get very hooked on trying to get the original unmet need met with this new partner. However, since this partner has the same negative trait as your parent, you won't be able to get your need met with this person either! For example, just as your father didn't meet your need for closeness and validation, an emotionally distant partner will not meet your need for closeness and validation either.

In this situation you are doomed to keep repeating the same unhappiness you experienced in childhood due to the presence of a very powerful force. You see, the child part of you *has never given up on trying to be close to Daddy*, and your romantic partner is being a stand-in for Daddy (or Mommy). This isn't weird or sick - it's perfectly normal!

You end up staying in the relationship for a long time, repeatedly hitting your head against the wall of trying to get something from someone who can't give it to you. The unhappy paradox here is that you are drawn to people who also won't meet your needs instead of being drawn to people who would be good at meeting your needs. Yikes! Wouldn't it make sense to be with people who could meet your needs instead of ones who won't? Clearly yes, but you need to address that powerful force keeping you stuck in order to do that.

Healing the original wound of the unmet childhood need

So, how do you get yourself out of this mess? The answer is that you have to heal the original wound of not getting your need met by your parent. Once you have done this, you will no longer be drawn to people with that same negative trait. You will instead be drawn to people who can meet your needs. In the example of the distant father, you would stop being drawn to distant partners and be drawn to people who are very capable of being emotionally close instead.

There are two parts to healing the original wound so that you can break out of this pattern. The first part is to work through the pain of your parent's negative trait and the pain of not getting your need met by that parent. ***It's the pain of the original wound that keeps you locked into the pattern of trying to get your needs met with similar people.*** Your young wounded self gets frozen in time, never giving up on getting your need met by your parent. Releasing the original pain frees up that part of you.

The second part is to learn to give to yourself what you didn't get from your parents when you were growing up. You see, when you get a need met by your parents, you naturally learn to fulfill that need for yourself as an adult. For example, when a parent is close to you and gives

you good attention, you feel validated as a person and learn to validate yourself as an adult. When you are not validated by your parent, you don't learn how to validate yourself as an adult. Instead, you look to other people to validate you. Unfortunately, you are attracted to people who also won't validate you. Paradoxically, if you learn how to validate yourself, you will be attracted to people who will be able to be close and validating. Wouldn't that be wonderful?

Powerful Healing Techniques

There are many ways to relieve the pain from the original wounds of not getting your needs met in childhood and learning to take care of them yourself. However, traditional therapeutic methods can take months to years to do so and can be very challenging in the process or not really work.

The fastest, gentlest and most effective methods that I know of are from the field of Energy Psychology called the Emotional Freedom Technique (EFT) and Tapas Acupressure Technique (TAT). These powerful methods can typically heal these types of wounds in just two to five sessions for each negative trait related wound. The relief can be dramatic and lasts permanently.

The pattern of being attracted to the wrong people who share your parents' negative traits will be broken, so the way will be cleared to being with the right people and having a happy and healthy relationship.

EFT is an easy to learn, self-healing technique, but there isn't space in this ebook to describe it here. If you don't already know about EFT, please go to my web site and read about it there. My site includes a tutorial and some interesting, short EFT video clips as well:

<http://www.eft-alive.com>

Once you have healed the wound from your parent's negative trait, you will have broken free from the doomed pattern of being attracted to the wrong people. You will finally be attracted to healthy, loving, wonderful partners! Unfortunately, you may still not be able to successfully approach or maintain a good relationship with the right people. Next, we will talk about your internal obstacles to being with the right kinds of people.

How internal obstacles hold you back from finding healthy love

Before describing your internal obstacles to love, I would like to start by describing two very different romantic scenarios.

A Tale of Two Romantic Scenarios

In this first romantic scenario, you feel confident and comfortable with who you are. You are relaxed talking with new attractive people that you meet. When you are on a first date with a new person, you are able to be your natural self. You feel relaxed and yet have a sense of excitement. You are not worrying about whether the other person likes you. Instead, you are noticing how **you** feel being with the other person. You're noticing if you enjoy being with the person, whether or not you're having fun, how the conversation flows, and so on. You're noticing your overall sense of being with the person. At the same time, you're not thinking about things too much. You're mainly in the flow of the moment.

Over the coming weeks, after sharing a variety of experiences together and seeing how things feel, you come to a clear conclusion about your level of compatibility and whether things feel right. If you conclude that there isn't sufficient compatibility to get involved, you move on knowing that there is more love out in the world for you. You are comfortable not settling for someone who doesn't feel right. If things do feel good and right, you decide to start a relationship with the person with your eyes wide open, seeing the person clearly. You continue the relationship, able to express yourself and your feelings fully and be your natural self. If things continue to feel sufficiently wonderful over time, you make decisions to take things to higher and higher levels, as far as you want to go. This is a lovely scenario.

A Less Happy Romantic Scenario

Now, let's look at another romantic scenario. In this second scenario, there are many possible branch points. You might notice an interesting person looking at you, but you quickly shy away avoiding eye contact and an opportunity is missed (even though this happened in a safe setting). On another occasion an interesting person starts talking to you, but you feel very uncomfortable and stammer and do not know what to say. The encounter comes to an end quickly and disappointingly.

On a first date with a new person, you feel anxious and worry about whether the other person is going to like you. You want very much to be liked and try to do or say things to "get" the other person to like you and win his or her approval. It's very hard to relax and be your natural self. In fact, you are so busy trying to get the other person to like you, you're not noticing how much you like him or her. Sometimes, your awkwardness in this situation is strong enough to

cause you to sabotage yourself by coming across as insecure and/or doing or saying inappropriate things (or not doing or saying much at all) leading to the loss of the other person's interest.

Assuming that you do go on multiple dates with the person, you continue to have parts of yourself that you hold back and don't feel comfortable revealing. Over the coming weeks, after sharing a variety of experiences together, a part of you notices some "red flags," behaviors that seem questionable, but you overlook them and get involved anyway. During the relationship, you have a hard time expressing all of your true feelings and can't be your full, truest self. The relationship ends up being a very mixed bag and you are not a happy camper, but it's very hard to leave. You're afraid to give up what you have. Finally, you get out after staying in the relationship way too long and hope that the next relationship will be better.

Whew! Can you relate to any parts of the second scenario? The first scenario obviously seems much healthier, so what causes the differences between the two? The short answer is...fears, limiting beliefs, and other emotional blocks.

Fears and limiting beliefs make it hard to act naturally and be ourselves, embrace opportunities, see things clearly, have the courage to let go of relationships that don't serve us, and cause us to sabotage ourselves.

Next, we will discuss the kinds of fears and limiting beliefs that people have around love, get a better idea of how these fears and limiting beliefs interfere with getting the love we want, and what to do about them.

Understanding how your fears hold you back from the love you want

Earlier I described two very different romantic scenarios. One was happy, healthy, and progressing beautifully. The other was full of fear and trouble. Which feels more like your experience?

We are now going to look at common fears and limiting beliefs around love and how they cause us to sabotage ourselves when meeting new people and when developing a new relationship.

The first thing to realize is that even though there is a part of you that greatly longs for finding and being with the love of your life, there is another part of you that is scared of it as well. In fact, *you are probably not even aware of all the fears that you have around love that are getting in your way!*

This is true for most people. These fears create a push/pull experience where one part of you is moving in the direction of healthy love and the other part is putting on the brakes and holding

you back.

Before we go into detail about fears and limiting beliefs, let's start by looking at what is necessary for healthy dating and love.

Healthy dating and relationships

In order to have good, successful dating and relationship experiences, you need to be comfortable truly being yourself, be open and friendly, and have a heart fully open to love. If both people are being this way, then you will be able to really know the other person and how it feels to be together. There won't be anything in the way of connecting with each other, and there won't be any hindrances to coming up with a clear conclusion of your compatibility.

In truth, you really only want to get involved with someone who feels like a good fit with you, don't you? The only way to tell is if both people are being themselves. Unfortunately, if you have had a hard time finding your partner, chances are that there are a number of hindrances to being yourself.

Fears around love

So, what kinds of fears might you have around love? Here are some of the common ones:

- Afraid of being rejected
- Afraid of getting hurt
- Afraid of losing yourself
- Afraid of being controlled
- Afraid of losing control
- Afraid of being alone
- Afraid of being abandoned
- Afraid of being engulfed or invaded
- Afraid of not being loveable
- Afraid of failing at love

Do you identify with any of the fears on this list? There are many other potential fears around love in addition these, but this list serves as a good starting point.

Finding Love Exercise – Fears Around Love

It's very helpful to make a list of all of the fears that you have around love. Write down in your journal or notebook all of the fears from this list that you feel apply to you and any other fears that came up while thinking about love. You will be adding to this list as you get in touch with additional fears down the road. These fears around love will need to be addressed in order have the ultimate love that you want.

Limiting beliefs around love

In addition to fears, limiting beliefs about what is possible can be a significant obstacle. Here are some of the more common ones:

- All the good ones are taken
- I'm not worthy of love
- I'm not good enough to be loved by someone I really want
- I'm too old
- There are not enough (wo)men to go around
- I'm not good at relationships
- I'm not attractive enough to find a good partner
- Men aren't interested in committing
- Men are only interested in sex
- Women are more interested in my money than in me
- There are not enough people in my area.

These kinds of limiting beliefs can be very discouraging and cause you to feel constricted and hold back or even be avoidant around dating or trying to start a relationship. It can give you a pessimistic air, which is not very attractive when dating.

Finding Love Exercise – Negative Beliefs Around Love

Write down any negative beliefs that you have around dating and love. Again, these will need to be addressed in order to have the love you want.

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

