

7 LOVE MISTAKES **DON'T MAKE**

AND WHAT TO DO INSTEAD ...

MISTAKE #1

BEING CARELESS ABOUT YOUR IMAGE



- You are constantly presenting an image of yourself to the world. From the moment someone meets you, their conscious and unconscious mind notices everything about you. Your physical appearance, your attitude, your body language and your mannerisms may linger in their minds even if everything about you changes in the future.

- To avoid this problem, honestly evaluate the image you are currently presenting. Make sure the image you are presenting accurately represents who you are and how you want others to perceive you. Presenting an image that is congruent with your highest self will help you to more easily create the intimate connections you desire.
- Instead of struggling with this problem, ask a few trusted friends to help you evaluate this important aspect of your life. Then, find the people, resources, counseling, training, mentors and role models that can help you to develop a new and more accurate and self-affirming image.
- **Develop a working plan** to determine what changes you can make immediately and what changes can be delayed until some future date. Decide what type of assistance you may need such as counseling, mentoring, or skills training. And then, allow yourself a specific amount of time to develop the desired skills, make the changes, and be ready to evaluate your progress.

MISTAKE #2

FOCUSING ON WHAT YOU WANT RATHER THAN WHAT YOU SEE



- Don't fall into this common trap – trying to get another person to change. Don't believe for a moment that it is in the other person's best interest to change in ways that please you. Nobody wants to be told they need to change.
- Everybody wants to be liked and accepted for who they are. When you focus on what YOU want rather than looking at what is right in front of you, you are not actually observing and seeing the real human being. You are seeing what you want and what you hope that person is and will become.

- **Result:** The person does not feel good and you may lose out on connecting with someone wonderful because you did not see that person clearly – or – you may overlook some extremely negative qualities hoping the person will change just for you (even though nobody before you was able to cause that change to happen).
- Instead, focus your intention upon getting to know the other person, understanding, acknowledging and **accepting others as they are**. Listen, observe, pay attention, and learn as much as you can about the other person – their likes and dislikes, their personal interests, their previous and current relationships, their family background, their career and finances, their hopes, dream, aspirations and most deep seated beliefs.
- Don't jump into a relationship because you both feel intense physical attraction at the beginning. Give yourself some time before getting intimately and emotionally involved. Step back, even in the throes of passion, and observe. Be patient. Get to know who this person is and whether this is really a good fit for your nature, lifestyle, goals and dreams.
- **Use the 90 day rule.** Reserve judgment for a full 90 days. Notice your intense feeling and emotions, enjoy the wonderful sensations, pay attention to the frustrations and minor hurts, and do not let yourself become attached until at least 90 days have passed. Take your blinders off, pay attention and observe what is right in front of you. Give the other person a chance to show you who they really are, how they typically behave when things go right and when problems arise. Notice how they treat you and other people and listen to how they interact and talk about their family, friends and previous relationships.

MISTAKE #3

CHOOSING SOMEONE WHO DOES NOT FIT WITH YOUR LIFESTYLE, GOALS AND DREAMS



- Unless you know a lot about another person, your own imagination takes over and you may attribute to them many traits, qualities, desires and emotions they do not possess. You can imagine they are kind and loving and appreciate you when they do not really care.

- Do your research. Learn as much as you can about the other person in your first few meetings. Before sensing real relationship involvement, many people will talk quite openly about their personal life, their goals, their dreams and even their not so wonderful habits and behaviors. But once the feelings grow or physical intimacy is involved, they may become more cautious about what they share with you. Catch that vital information as soon as possible. The more you know from the very start, the better chance you have to make wise relationship decisions.
- **Take the rose colored blinders off your eyes.** Watch, look and listen. Pay attention to what you see and what you hear and most importantly, how you feel. Study the other person and evaluate the situation. Look carefully before leaping into an intimate relationship.
- **Know what you really believe** about the way the world is, the way people are, how to get what you want, and how you and the other person “should” be. Then discover how the world really works, what is really true about the way people are, what you really want, and how YOU really want your life and your relationships to be.

MISTAKE #4

IGNORING WHAT THE OTHER PERSON WANTS, NEEDS AND DESIRES



- You may have asked all the right questions and learned as much as you could about the other person. However, if you do not BELIEVE what you are seeing, hearing and feeling, you may convince yourself that YOU are going to be THE ONE to change the other person's mind.

- **Believing IS Receiving.** If the other person makes a personal claim about himself or herself, accept it – even if you know it is not true – because it may be what that person believes. Don't resist and spend the next 6 months to 10 years trying to win this person over to your point of view. Yes, sometimes after years or decades of emotional pain and suffering, you may actually finally get what you have been seeking. But by that time, you may wonder whether it was all worth it and you may no longer care. Sometimes it is really the pursuing and chasing that you enjoy, rather than the qualities of the real live person.
- **Be strong and clear from the beginning.** Pay attention to words, actions and behaviors. If it seems too good to be true, it most probably is. Continue to pay attention. Do not take everything personally. Time and patience will reveal the truth to you. Pay attention and do not ignore the messages you receive.
- **Enjoy those early days of fun and excitement,** but continually remain vigilant. Observe, de-personalize, be truthful with yourself and share openly what you want, need and believe. State your needs clearly and then adapt a wait and see attitude – no demands or ultimatums – just wait and see if your needs are being met and your desires are being fulfilled.

MISTAKE #5

IGNORING WARNING SIGNS, RED FLAGS AND BODY SYMPTOMS



- When you're looking for love or feeling passion and desire, it is so easy to overlook the pink elephant in the room. You will tend to make excuses for rudeness, criticisms and putdowns, dishonesty, flirtations with others, signs of addictions, mental health issues or negative behavior patterns. Although your conscious mind may choose to ignore the external signals you see, your body will not lie. Your body will react with specific body sensations and symptoms.

- Pay attention to what you are feeling in your body. Do you feel a twinge in your neck, a knot in your stomach, a tightening in your lower back? Do you find yourself speechless or confused about some unexpected comment or behavior? Are you smiling more or feeling insecure around this person? **Do not overlook your gut response.** Pay attention to the message from your subconscious.
- Instead of overlooking words, behaviors and attitudes that bother you in some way, take the time to notice what is happening and how you feel. Pay attention to the sensations in your body. What is your body telling you? Sometimes it is your own fears, insecurities or inadequacies that are stirring up your body. Sometimes it is the other person's attitude, words, body language or behavior that is affecting you physically. Seek to discover what is true for you.
- In my work I explore with you the deeper meaning of your current and past body symptoms. Through gentle touch and soothing words, your body begins to relax and this allows your mind to focus more clearly on your current situations. Thoughts, emotions, memories and new perspectives emerge as you learn to pay attention to the wisdom of your own body.

MISTAKE #6

READING INCORRECTLY WHAT THE OTHER PERSON FEELS



- When you are looking for love, you may have a tendency to get attached very quickly to a person who appears to be a potential partner. Without knowing how the other person feels, you may start demanding certain behaviors because you want a deeper relationship. But the other person may not feel toward you as strongly as you feel toward him or her. In fact, that person might have started by showing lots of attention and may have slowly tapered off leaving you feeling confused. As you let yourself become increasingly attached to another person, you may not notice that the change in the other person's behavior may indicate that their feelings are changing. The more you expect and demand and try to change the other, the more they may back away from you.

- **Look before you leap.** Keep repeating that in your mind if you have a tendency to become attached too quickly and too deeply. Right from the very start, take a step back, pay attention to what the other person is actually saying and doing – especially if their behavior has changed and they are withdrawing their attention, affection and interest.
- **Don't put all your eggs in one basket.** Such a familiar statement and so true. If you know you have a tendency to become overly attached and you have a pattern of finding partners who gradually distance themselves from you, then become very cautious at first. Don't trust those early romantic attentions as if they will continue indefinitely. In fact, your initial distrust could prompt the other person to shower you with early affection. That first phase of hormonal rush and intense attraction WILL diminish, and sometimes within a few weeks. Be prepared by having other men and women and social activities available from the start.
- **Take all of your relationships seriously, not just your latest romantic partner.** Consciously study the way the world works and the dance that happens in all relationships. Read novels and self-help books, watch romantic movies, biographies, and TV stories with a mind toward observing, understanding and learning how relationships develop. Observe the way other people handle relationships, what seems to work and what does not work. Imitate, model and practice the relationship styles that fit with your personality.

MISTAKE #7

TRYING TO WIN YOUR EX BACK



- When you decide to end a relationship with an intimate partner or if the other person leaves you, it is so easy to later regret the breakup. Even if the choice was yours because you felt you were being mistreated, misunderstood or not loved the way you wanted, once your relationship has ended you may begin to reminisce about the good times shared. **Memory has a funny way of clouding over the negativity** and you may find yourself beginning to glorify what was really an unsatisfying relationship.

- **Stop blaming yourself or the other person** for all the problems in the relationship. Stop excusing your own or your partner's words or actions. Think about some of the ways your own words and actions may have influenced the other person to act in certain ways. Know that he or she has a choice of how to respond and so do you have a choice of how to respond.
- **Give yourself a Time Out.** Instead of pleasing to rekindle a dying and difficult relationship, take the time by yourself to re-evaluate your life – your desires, dreams and goals. Honestly think about what you truly want in an intimate relationship. Truthfully, even if painful to think about it, remind yourself about what really happened in that past relationship, how you felt when spending time together, how you treated each other, and whether you truly believe you are a good fit as a couple.
- In any relationship, there are times when you will feel upset, hurt, rejected, angry, jealous, insecure, unloved or any other negative emotion. And you will also feel some wonderfully joyful sensations and emotions. Don't let the good moments cloud the picture. Observe the relationship as if you were a totally neutral, uninvolved spectator. This can be quite painful. However, in order to find love and create a loving relationship that endures over time, you need to be brutally honest, yet tenderly loving, with yourself.

YOU HAVE ONE PRECIOUS LIFE

HOW DO YOU WANT

YOUR LIFE TO BE?

HOW DO YOU WANT

YOUR RELATIONSHIPS TO FEEL?

Each of us has our own unique personality and preferred lifestyle, individual goals, desires, dreams, needs and wants. Sometimes the life we dream about seems out of our reach. We cannot see what is truly possible because of our prior life experience and our limited perspective.

You don't have to figure it out all by yourself. There is an easier way to create the life of your dreams. There really is valuable help available.

AVOID THESE 7 LOVE MISTAKES

DISCOVER HOW YOU CAN
CREATE YOUR DREAM LIFE
FILLED WITH LOVE

READ *LOVING AND HEALING EBOOKS*

<http://budurl.com/LoveTouchHealEbooks>

READ *BOOKS, NOVEL AND KINDLE BOOKS*

<http://budurl.com/MyKindleBooks>

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