



Finding
the **Love**
You Want

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

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“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.

How Fears and Limiting Beliefs Affect Dating and Relationships

Let's look specifically at how fears and limiting beliefs can interfere with connecting with desirable people and develop healthy relationships with them. We'll re-examine the difficult romantic scenario from this perspective.

First of all, limiting beliefs like "all of the good ones are taken" or "I'm not attractive enough to get a good partner" could potentially stop you at the earliest possible point in the process of finding your love--putting yourself out there. If you stay home most of the time and/or avoid contact with people in public, nothing will be able to happen.

If you have an underlying fear of getting hurt, you may get anxious when an attractive person talks to you. You can also get anxious if you have an underlying belief that you are not worthy of love. Being anxious makes it very hard to be relaxed and be yourself. Not feeling worthy of love or feeling unlovable will cause you to try and "be lovable" to the other person. This means trying to do things that you think the other person may like. Needless to say, you are not being yourself in this situation. This also makes you come across as needy and/or insecure, which may be a turn-off to the other person. What you really want is for the other person to just like *you*, not to have to do things to "try to be likable."

Please note that many good people suffer from the limiting belief that they are not lovable deep down. There's this sense that if you *really* knew me, you wouldn't love me. If you identify with this at all, you are not alone. The thing is, *it is not the truth of who you are!* The belief comes from childhood wounds, which can be healed with EFT and TAT. You would then be in touch with the goodness that all of your friends see in you.

Let's look a little further at the unhappy romantic scenario. If you have a fear of being alone, you might tend to overlook "red flag" questionable behaviors in order to have someone to be with. This could result in getting into an unhealthy relationship and make it hard to leave it later.

Protecting Yourself By Avoiding Getting Emotionally Invested

There is another way that your fears can affect your love life. Your fears may cause you to get together with people that you are not very excited about. They may be nice, good people that you can enjoy being with, but you know that they are not the one for you. You do this subconsciously as a way of protecting yourself from getting hurt, but you'll never be satisfied. You'll stay safe but uninspired.

It is also possible to find someone great but keep your heart protected by staying reserved and

not letting yourself get emotionally invested. Clearly, this will sabotage the relationship in the long run.

Finding Love Exercise – Your Romantic Scenario

Read over the original unhappy romantic scenario with your own list of fears and limiting beliefs and see how some of them could have an impact on your dating and being in a relationship.

Now, thinking about how all your fears and limiting beliefs can affect your dating and relationship life can seem a bit overwhelming at first. However, knowledge is power! Without knowing all of things holding you back, you would never be in a position to do anything about them.

The great news is that every single fear and limiting belief that you may have can be addressed with the Energy Psychology techniques EFT and TAT. Each fear and limiting belief can be released one by one until you are free of all of them.

This process doesn't have to take too long either. Yes, it will take some work, but it will be a LOT less work than a series of unsuccessful dating and relationship experiences. You will then be able to have the relationship of your dreams.

There is a wonderful side benefit to working through your fears and limiting beliefs as well. You see, these fears and limiting beliefs have been affecting more than just your dating and relationship life. After working through them you will be a much happier, self-loving, and freer person in general.

Next, we will look at how the Law of Attraction impacts your love life and how to make it work for you instead of against you.

Aligning Your Life to Attract Your Soulmate

Let's talk about a powerful concept called the *Law of Attraction* (described in the book and movie called *The Secret*) and how it affects attracting love into your life.

The Law of Attraction states that we will attract into our lives things that match our "vibration." In other words, things in the outside world that have a similar vibration to our own will naturally be drawn to us. So, what is meant by "vibration"?

All of your thoughts, feelings, desires and intentions have a vibration associated with them. This is the vibration that is being matched in the outside world. So, how does this work in practice?

What this means in practice is that whatever is consistently and predominantly in your conscious *and subconscious* mind will be drawn into your life.

You may be thinking...So Stefan, are you saying that if I think about and put my intention on finding the love of my life, that "vibration" will attract my love to me? Because if you are, I can tell you that it's not working. I have been thinking about being with the love of my life all the time, but that special person has not appeared...

The Secret to The Secret

I can understand why you might think that the Law of Attraction is not working for you since you are not with the love of your life. However, the Law of Attraction is in effect all of the time, but, sadly, you may not be fully aware of where your attention really lies.

You see, when you think about something that you want, your attention can either mostly be on the pleasures of having what you want or the *unhappiness of not having what you want*. The Law of Attraction will then bring more of what you are *predominantly focused on* into your life.

Finding Love Exercise - Your Emotional Guidance System

So, how can you tell if you are focusing more on the positive than the negative regarding your expectations of finding your soulmate? I invite you to do the following quick exercise right now. Imagine meeting the love of your life and

getting in a relationship with that person. As you imagine this scenario, notice how you feel emotionally. Write down the feelings that come up for you before you read further.

When you imagined having your soulmate in your life, were you feeling happy, excited, warm, contented or other positive feelings? Or were your feelings ones of fear, discouragement, sadness, or were you even having a hard time imagining fulfilling that goal? Or you may have been having a mix of both positive and negative feelings.

Your emotional reaction to imagining having your desired goal serves as your "Emotional Guidance System" letting you know where your vibration is regarding that goal. If your feelings are predominantly positive, then you *are* in alignment with attracting the fulfillment of your goal into your life according to the Law of Attraction. If your feelings are mixed or negative, then you'll get mixed or negative results. It's very helpful to know where you stand in this area so that you can do something about it.

A Living Example of the Law of Attraction in Action

Let me give you an example so that you can see how the Law of Attraction can work. A client of mine, "John," was using dating sites with zero results for a couple of months. He had a very nicely worded profile and good pictures, but no women were contacting him and none were responding to his emails. It turned out that he still felt romantically attached to his last girlfriend. We did one session on releasing that attachment.

The very next day, he sent out two emails and both women responded! That same day he was also contacted by a woman that he had been planning on writing to but hadn't gotten to yet! This was a powerful example of the Law of Attraction in action. The Law of Attraction doesn't always happen quite that fast, but this gives you a clear idea of how it can work.

Next, we will look at what to do when your feelings are mixed or negative and/or not sufficiently positive when thinking about having your love in your life.

Making the Law of Attraction Work for You

We will now talk about how to make the Law of Attraction work more to your benefit to attract the love of your life.

Remember that the Law of Attraction states that we will attract into our lives things that match

our "vibration." The question then becomes how do you move your vibration in a positive direction? The short answer is to reduce the negative feelings and increase the positive feelings.

Reducing Your Negative Vibration

In the last lesson you did the exercise of imagining being with the love of your life and noticing what feelings came up. Any negative feelings that came up represent a negative vibration around love, which will attract more of the same.

These negative feelings can be addressed with EFT and TAT. Unfortunately, it is beyond the scope of this mini e-course to get into the details of how to do that, but the good news is that it can be accomplished quite readily with EFT and TAT. You are welcome to read about how to reduce negative feelings with EFT on my web site:

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

Check out the "How to Do EFT" page and read my article *How to pick effective EFT tapping phrases*. This will get you started. I would also be very happy to help you with that.

Increasing Your Positive Vibration for Attracting Love

There are a number of different ways to increase your positive vibration to help attract love into your life. There are methods that make good use of EFT as well as non-EFT methods. I will share one non-EFT method with you here.

One way to increase your positive vibration for attracting love into your life is to make your positive vibration clearer and stronger. You can do this by creating a "vision" of your partner. You do this by imagining the characteristics of your partner and how it would feel to be with that person. You are not thinking of a specific person here. You are imagining the qualities of the love of your life.

You then need to make this vision more concrete. One way to do this is to write your vision down on a piece of paper. Another way to do this is to create a "vision board," which is collage of pictures and words that represent your life partner vision.

Once you have made your vision concrete in one of those ways, you will want to strengthen or "refresh" it every day. Take a moment each day to reread your written vision or look at your vision board and reinforce the good feelings that go along with it. Focus on the good feelings associated with the vision. Once a day for 30 seconds will be sufficient, and it's helpful to do it

at the same time to make a habit out of it. This will strengthen your positive vibration and attract your partner into your life sooner.

Note: If you have negative feelings start to come up while doing this daily practice, then they will need to be addressed as described above.

There are EFT-based ways to enhance this process as well as other Law of Attraction methods to bring your special person to you quicker.

Where do you go from here?

This mini e-course has given you a much deeper understanding of the things that may be interfering with your search for love. If you've done the exercises, you now have a good start on identifying your own personal obstacles to finding love. The great news is that you can remove your obstacles using the power of EFT and have the love and life of your dreams!

I hope that you found this e-course helpful. For more resources to help you find the love of your life, check out:

<http://www.eft-alive.com/finding-the-love-you-want-with-eft.html>

Warm regards,
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Stefan Gonick has been helping individuals and couples with their emotional breakthroughs for 15 years and has been specializing in EFT for 7 years.

Stefan runs a highly effective 6-week Finding the Love You Want teleclass series. He also has a home-healing program consisting of an extensive workshop and audio and video processes for clearing out your obstacles to finding love. Please see web site for details.