



How to Look for a Man – without Looking Desperate

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In order to attract the right man, it is vital to acknowledge and accept your authentic self and project that positive image. You've probably heard it thousands of times but the truth in the statement that you cannot attract love without loving yourself is the key to finding a man without looking like you *need* a man. If you have the thought in the back of your mind that you have to find someone – right now – I guarantee that the men you date will pick up on that air of desperation, even if you believe you are doing your best to hide that fear. One of the most attractive qualities you can offer in a relationship is the care, respect, and yes, healthy love you have for yourself. If you do not love and value yourself, no one in your life will ever provide the love you are seeking. Regarding your life as valuable and important is the definition of a personal belief in self-love.

When you feel worthwhile in your personal, social, and work life, you have a healthy self-love. As a child, your parents either instilled a sense of safety through specific boundaries or a sense of fear in which you never knew where the lines were drawn. In order to develop in an emotionally healthy manner, a strong belief of being loved and respected and comfortable in your environment is necessary. If you were not raised in such a loving household and were criticized excessively, you may have formed a core belief of being unlovable. Once you accept this false belief as true, it can easily “grow” with you, meaning it will become more ingrained as you mature through various life experiences. You will end up attracting people and situations that prove this negative belief as true, which keeps you from your goal of attracting a great guy.

So how does this work? On a rational level, it certainly doesn't make sense that one would somehow look for love from a man who would only bring old pain and hurt to the surface. The mystery starts in childhood. When we are growing up, our minds create tapes of the impressions others have of us. For example, I am the oldest of three children. As with many firstborn children, my parents expected certain leadership behavior from me. As a result, I created a tape of being a responsible person. Because my parents encouraged my intellectual growth through praise, my self-image developed positively and my academic life was a reflection of that belief.

Each time an incident reminds us of one of these positive or negative tapes, we react to the present event from our memories of the first time we experienced that feeling. Sometimes, these disparagements evolve into self-criticism and drag us down until we lose our self-love.

The sooner you uncover those potential land mines hidden under false negative core beliefs – and start working through and renewing your thoughts with positive images, the sooner you will attract an emotionally healthy relationship.

The best news of all: he will find you!