



The Truth about Relationships

Believing In Your Love Worthiness

By: Nancy Pina; Relationship Expert, Author & TV Host Right Relationships with Nancy Pina

All of us attract relationships that reflect the fundamental beliefs we have developed from childhood concerning our self image, perceptions towards relationships and our worthiness to receive love. If you consistently attract emotionally unhealthy people, there is a pattern that you must break first in order to recognize and be comfortable in a balanced, loving relationship. The challenges you face in love are always about past fears that must be confronted and brought out into the light. Usually, our human nature dictates that the other person in the relationship is the one with the “problem.” Once you realize the obstacle blocking love is looking back at you in the mirror, a huge step towards awareness – and attaining the love you seek will be met.

During my twenty-plus years of working with men and women as a matchmaker and relationship coach, I have discovered the truth about relationships is revealed in the healing power of breaking free of destructive, counterproductive beliefs that sabotage relationship goals and committing to a life built on a solid spiritual foundation. Faced with the challenge of transformation, even to conquer self-defeating behavior, we initially find numerous ways to resist that change and sabotage those efforts. That is why one must work in unison with spirituality as the foundation to build on so those bonds can be broken. You alone have power over your thoughts and can stop allowing negativity to command your emotions. Your relationship problems are a spiritual war as much as a psychological fight.

Until you work through these negative core beliefs, you will have the strongest chemistry with those who press the buttons of any unresolved issues. It is your soul’s way of helping you face your fears. Many times the emotions we associate with love are not truly love but the familiarity of reactions formed in childhood. It is these generational relationship cycles that directly affect who you attract and why. They hinder you from the true love you seek.

When children are exposed to dysfunctional behaviors, they develop ways to protect themselves emotionally in relationships, and that learned behavior carries over to adulthood. As a result of your circumstances, you instinctively set the stage through your relationships for the exact experience you had in childhood in order to work through your past. Each individual you attract may be completely different on the surface, but the feelings and emotions from each relationship are the same.

The key factor to breaking generational cycles is allowing light to shine in the dark places and hidden corners of your life. That means your secrets are exposed and no longer concealed behind the façades you have constructed in order to seemingly protect yourself from possible heartache and pain. Because the people we attract reflect who we think we are, it is important to

build your self-esteem and concentrate on believing you are deserving of a loving, stable, emotionally and spiritually fulfilling relationship.

The truth about relationships is recognizing the importance of your amazing individuality and realizing the gift of your love is precious. Your love is intended for the man who will treat you with the loving kindness you deserve. Your life has special meaning and uniqueness. You will attract a wonderful man once you honestly believe you are worthy of love.