



IT'S NOT YOU,  
IT'S ME

THE  
RELATIONSHIP  
BOOK THAT DEALS  
WITH YOU FIRST

SIGNS YOU'RE SETTLING, HABITS  
LET GO AND MORE!

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# IF YOU WANT LOVE, FIND COMFORT IN WHO YOU ARE



"I'm a woman  
Phenomenally,  
Phenomenal  
woman, that's me"  
-Maya Angelou

Everyone in search of love questions themselves and their tactics and if THEY are at fault for not finding it. At times we are at fault, but it may not be attributed to shallow reasons such as physical appearance. In fact, it's often deeper than that- like the fact that we don't love ourselves.

If we want to be loved we have to set the example of we should be loved. We must know our self-worth and what we bring to the relationship before anyone else can value us. If you don't know your worth then you cannot expect anyone else to. The outside assets that you possess like money, clothes, and looks are irrelevant if self-love is inadequate.

# STEPS TO GROW YOUR SELF WORTH

One rarely falls in love without being as much attracted to what is interestingly wrong with someone as what is objectively healthy, says philosopher Alain de Botton

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## 1 SEEING YOUR SELF-WORTH THROUGH OTHERS

To some extent, all of us care about what others think and that is natural. However, if concerns for what others think is a constant theme with you, then you need to step up your self-love.

You are confident in yourself and happy with the pursuit of perfection when self-love exists. You are able to face your imperfections with security and confidence because you are a work in progress.

## 2 ALWAYS NEEDING SOMEONE

Dependency issues exist among those that can never be satisfied with being single for long. These situations are comparable to those people that can never be tied down. This is because if they are alone then they are left to confront the parts of who they are that they are dissatisfied with.

Solitude leads to reflection, which leads to perspective. Once a person's self-image comes into perspective, they are forced to confront the need for change, which for all of us can be difficult. You must be flexible and be able to adapt and move on. Let go of the past. Be brave and be comfortable with standing alone.



## 3 HOLDING BACK THE TRUE YOU IN RELATIONSHIPS

Everyone should be who he or she is at all times and those around you should feel privileged to experience that true you. Relationships do not need to be a prison sentence where you are forced to scale back your personality but an opportunity to free yourself in a safe environment. If you are with the right person, they will accept you.

## 4 SACRIFICING YOUR HAPPINESS FOR SOMEONE ELSE'S

It is possible to make you AND your mate happy. Self-love goes hand in hand with understanding that you cannot be happy living for someone else. If you are happy first, others around you will automatically be happy with you as well.

# Does He Have Ambition but NO Follow Through?

It's not as simple as one might think to identify this early on in a relationship, as differentiating between the two can be difficult. In the early stages of a growing relationship it can be relatively easy to be the encourager and cheerleader your partner needs on their road to accomplishment. The downside to this is, if you never see the follow through and the fruits of your support come together, you often will begin to feel overwhelmed with disappointment.

Too many times of having to grab the check on dates, and too many days of wondering when your partner is going to finally accomplish what they set out for can be more than just taxing on any relationship; it simply just gets old.

A lot of women take pride in being the supportive girlfriend or wife of their significant other, and although it can be a gamble, some would argue that there can be a big payoff. A great example of this is former President of the United States Barack Obama. Though he attended Harvard, his job as a city organizer wasn't likely bringing home the big bucks. Michelle still took a chance on him, as he was a big dreamer with huge goals. President Obama is also a perfect example of a man who dreamed big and put just as much ambition behind those goals.

Another growing issue with women who decide to date men on their rise to the top is the number of men who allow their pride to get in the way of their relationship. Many men can be intimidated by a successful woman. Recently, it was reported that in some cities, namely Atlanta and Memphis, women are making 20 percent more than their male counterparts.

Now that we've taken care of the self-love part, let's talk about our men. Ambition and goals are two separate things, and both are necessary to be successful and to accomplish anything. Having dreams, goals and aspirations is great, but without the follow through driven by your ambition most of what you are aiming for will likely never become reality. This is a difficult thing to work through when the person who is lacking ambition or goals is your significant other.



Helen Fisher, an anthropologist and expert on gender roles said after studying 40,000 people, “A woman often wants a high-testosterone man, but high-testosterone men are not always attracted to people who are like themselves. It’s a biological problem on top of a social problem.” Basically, men that are highly driven often don’t want a woman who is equally as driven.

So how do you avoid finding yourself in a relationship with someone lacking the amount of ambition and goals needed for you to feel good about where they are headed?

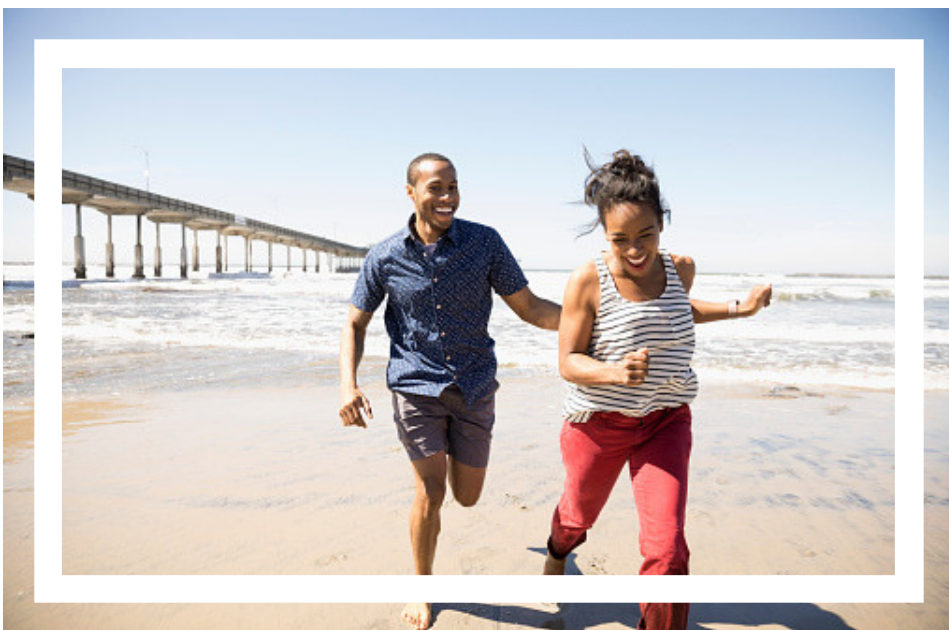
It’s important to have transparent conversations early on. This will help to mitigate any unwanted disappointment down the road. Ask the important questions right out of the gate. What are his goals specifically?

Find out if they are long term or short term. What is he currently doing to align those goals with outcomes? Does he have alternative plans if what he is working on doesn’t pan out when or how he would like? How does he feel about you being focused on your current goals and aspirations?

Will he have time, energy, and the desire to be just as involved in what you have going on, as he is in his own endeavors?

Most importantly, be honest with yourself. If you must be a support system from the very beginning whether it be financially or emotionally, how long are you willing to be that person? Are you able to put your goals and dreams on the back burner for his?

How would that make you feel? Being honest and transparent upfront are likely the best way to go into these types of relationships. It will result in a lot less heartache down the road.



# 15 SIGNS YOU MIGHT BE SETTLING

When it comes to relationships, you should want to spend your life with someone you are head over heels for, and not just in a passionate/lustful way, but in meaningful one. Unfortunately, many people haven't experienced love like that, and what's worse many doubt it even exists.

Consequently, what ends up happening is many people settle. Several factors can drive one to settle such as fear of being alone, satisfying a relative like worrisome parents hoping for grandchildren, and financial stability. Whatever the reason, in order to truly find real love, it has to be based upon organic and mutual desire to be together. If you have ever questioned if you need to reconsider your current relationship, be on the lookout for these signs.

1 Sex with your partner is nonexistent or at least NOT enjoyable, so you handle that part yourself...and look forward to it.

2 You entertain the idea of having a long distance marriage. You have envisioned your spouse living in one city and yourself in another....and you are totally fine with it because they are not someone that you want to spend time with on a daily basis.



3 Sleeping in separate rooms frequently is a sign. Health reasons aside, if you are with the right person, you would rather put up with their midnight judo kicks in the back than sleep in a different room.

**4** Opportunities to spend time together are missed due to lack of planning. If you are with someone you love being with, it is exciting to think of activities that you both will enjoy together. Planning will not be a task because you look forward to it, and making it a priority will not be hard.

**5** You think that passion and love is purely fictional. Nope. It can exist. You just have not found it.

**6** Your friends can pick up on your “settling vibes” and question you about your happiness. They’re your friends. That’s their job

**7** You dream about other men/women. No explanation needed.

**8**

Little mistakes make you spaz out. If your boyfriend or spouse forgets to take the dog out or laughs at a joke you think is stupid, you see red. Because he already irks you to begin with. In an interview with The Daily Mail, relationship expert Andrew G. Marshall said, “most of us assume the big issues are what drive a couple apart, when sometimes it really is those minor irritations that add up.” Well when these little issues are micro nuclear small it’s time to re-evaluate.

**9**

Your drinking goes up a notch. The natural high that your partner should bring you to is absent so you create it with the help of liquid spirits.



**10** You eat a lot. Again, you are filling a void that your partner doesn't fulfill.

**11** Conversations are routine, monotonous and boring. "How was work"? "Fine". No sparks there.

**12** Settling in the relationship leads to settling in other areas of your life such as career goals, pastimes, and friends. Definitely a slippery slope.

**13** You are never in a rush to get home.

**14** You are jealous of other couples and inquire a lot about what makes them tick.

**15** You defend your own relationship to yourself and try to rationalize why you are still with him.

If you see yourself qualifying for two or more of these signs it might be time to let that baggage go. There are 5 billion people in this world. No reason to tie yourself down to the wrong one.

# RELATIONSHIP HABITS TO LET GO

Growth is necessary to evolve, and that holds especially true for relationships. Here are 8 things you should vow to stop doing in order to ensure your love life continues to be healthy. Whether you are single or in a relationship,

**BAD**



**HABITS**



if your objective is to have or find true love taking the time to make some better habits is necessary. Breaking these habits does not mean overwhelming yourself with requirements that are beyond the realm of pragmatism. Just take your time to do some reflection and find the areas you can truly commit to work on.



## Demanding a Label

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**Breaking these habits does not mean overwhelming yourself with requirements that are beyond the realm of pragmatism. Just take your time to do some reflection and find the areas you can truly commit to work on.**

*"Know yourself,  
know your worth"*



## Conversations Only Via Text

Several years ago, an article was written during the Blackberry Messenger craze chronicling how a greater number of people were meeting each other face to face for first dates without ever speaking to each other over the phone prior to. Today, this is often standard. The main issue with this is that “e-chemistry” is not enough to make a relationship last.

A relationship and infatuation developed strictly through electronic means but not in real life is not often sustainable. The vast majority of us imagine what a person’s voice may sound like in our minds while communicating with them electronically, which can turn out to be completely false. Their idiosyncratic movements and nuances and subtle things that we may find attractive can turn out to be totally false.



**“Hi! How ya been?” aka “Hey, big head.”**

**Don't reply. Plain and simple. When a person from our past tries to make a reappearance in our lives, we tend to forget why we let them go to begin with. Make it a point to remind yourself of this when it happens.**

**Relationship expert Lucy Jones says, “It's important to concentrate on breaking off your feelings for your past relationships before ever starting a new one. Break-ups are between two people, don't endanger something special by starting a relationship before you're totally unconnected’.**



## **Disappearing Acts-- Ghosting**

**If you are casually dating someone and then they all of a sudden drop off the face of the earth, leave them alone. They are showing you early on that they don't take you or a romantic relationship with you seriously. It is not your job to chase them down.**

## **Labeling People "Desperate"**

**Nowadays it is considered cool to call out a potential admirer as "corny" and "thirsty" just for showing a genuine interest in you. Learn to separate the shallow thirst junkies from the authentic admirers.**



## Catcalling

Yelling to a woman...or even a man, “You want some fries with that shake!?” is never acceptable and just plain disrespectful. If you do or have ever done this, repent and vow to never repeat this same behavior. It not only makes you look bad, it’s likely not going to attract the type of individual you truly need.

## Clock Watching

This is not a race. There is no time limit on finding someone that you care about. Do not rush. Enjoy the journey.

## Third Chance

If you are experiencing the same situation and the same result over and over again, that situation should be vacated and avoided like the plague going forward. Learn when a second and third chance isn’t warranted. It will help you avoid a lot of wasted time and hurt feelings in the long run.