

# 5 KEY REASONS WHY YOU CAN'T FIND LOVE

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## IT IS COMPLICATED

Dating and finding a romantic partner is becoming a more and more complicated and confusing. There seems to be no rules that you can follow to make sure you'll get it right, and it's no wonder people are becoming so insecure about what they're supposed to do and how to go about it when it comes to dating, love and relationships.

If you are very attractive, it doesn't mean you will be happier in love than someone not-so-good-looking. You can have all the riches in the world, but that won't help you get the best love has to offer. And you can be the nicest person, and still a nice partner may refuse to appear in your life. You can be very sociable and go out a lot, but it doesn't mean it will be easier for you to find love than for someone who's totally introverted and mostly stays at home.

## LET'S UNTANGLE IT

Over the years, observing my own and other people's experiences, I've come to realise that most dating advice is completely useless when it comes to finding a great match. It tells you where to go out and how to behave, how to flirt and attract people, but what it doesn't tell you is: ***no matter how many people you attract, it still doesn't mean you'll be successful in finding the right partner and a happy relationship.***

I believe there is a different set of rules that apply to finding *the real thing* – and it goes much deeper than your actions, words and body language. It's not just how you behave – it's who you are: your strong beliefs, thoughts and feelings you most hold on to determine what type of person you'll attract and what kind of relationships you'll end up in (or not – meaning how long your single days will last).

The most important thing to understand about romantic love is: ***you are the one creating your love life, not other people/environment/circumstances. You are the most important factor who attracts (potential) partners to come into your life, they don't just randomly appear.***

What this effectively means is: you are in control! You and you only can make all the difference between being single or in unsatisfying relationships – and finding someone you can truly connect to. I hope you'll agree with me that is far better than waiting for your luck to turn around and hoping you'll find someone by flirting the right way.

So, let's see: what are the most common obstacles to finding love and being in a happy relationship. Once you realise which ones you hold on to, you can start changing your love life for the better. This list is not comprehensive, but if you successfully deal with these 5 you will absolutely be on the fast track to find the person that's right for you.

So, let's get on with it! Here is reason number one:

## 1 – DON'T BELIEVE REAL LOVE EXISTS

I know your first thought is that you don't think this way. How can you not believe in love when you are so keen to have it in your life? This is a very big issue for many people, and even if you don't think so, you still might be one of them – so please take a minute to consider this:

If you've been disappointed in love way too many times, your heart broken and your expectations not met, if you see the same thing happening to your friends and family, you might have become disillusioned about love.

Even though you do want to be in a loving relationship, you start doubting that real love and true connection really exists. You've never experienced it, and you can't see it around you either. Most couples you know are fighting or resenting each other, or they live in some sort of passionless friendly union.

It seems that "real" love only exists in movies and fiction, so it makes sense to conclude it's all just one big lie that you believed in because you read too many fairy tales and watched too many romantic movies.

You don't want to be hurt any more: so you've chosen to stop believing in this illusion – it's easier that way, and at least there is no disappointment. There is also no real feelings either, if you put your guard up and don't let anyone come close.

This type of thinking is very common, and often we're not even aware of having it. So even though you're not too sure this is you, just give it a bit of thought – and examine your beliefs about love. You might be surprised to find out what you really think of it.

### **HOW THIS AFFECTS YOUR CHANCES TO FIND A PARTNER:**

Your beliefs are shaping your reality: **if you don't believe in love, it will be much, much harder to find it.** A great match won't come into your life if you think he/she doesn't exist. You might find someone to be in a relationship with, but it won't be the real thing. Deep emotions and real connection can't develop if you don't allow yourself to believe in them and let them into your life.

I know it's not easy to believe in something when your experience tells you it's not true – but you have to try. Look around you and try to spot examples of happy relationships. Even if you find just one, that means they do exist. Then look for another one.

Gradually change your thinking into a more positive one: just because it didn't happen yet, it doesn't mean it won't. And just because it doesn't happen to most – it doesn't mean you have to be among them. You can find love, and the more you believe it's possible, the faster it will come into your life.

## 2 – LOW OPINION OF YOURSELF

If you have low self-esteem you will also have great difficulty finding people who will love, respect and appreciate you the right way. If you think you are not good enough, attractive enough, smart enough or interesting enough to make someone love you – that image you have of yourself will reflect in your dating/relationship experiences.

If you had a string of bad experiences – your partners always break up with you or you're unable to attract those you want, it's very likely you'll have lack of confidence in this area of life (even if you're confident in others, like career or friendships). Also, if you haven't had a relationship for a long time – you might conclude that “nobody wants you”.

You probably believe in love, but you think it's something that happens to other people, not you. You are not ready for love and nobody can love you like this: something in your life, looks or personality needs to change if you want to be able to attract the right person: you need to lose weight, get a better job, be more emotionally stable, stop being so complicated, less busy and engaged with other things in life.

These are all excuses, not real reasons – you surely have more than enough to offer to another person already. You may not be happy with some parts of your body or personality, and that's fine, but it doesn't mean someone could not love you just the way you are, right now!

### HOW THIS AFFECTS YOUR CHANCES TO FIND A PARTNER:

You attract people, but either not the ones you want, or not the ones that are a good match to you. They reflect your opinion of yourself, so if you don't appreciate yourself enough, neither do they. If you think you have many faults, they will think you have them too. You end up hurt and resent them for not loving and respecting you.

But that's not all: your partners also appear to be full of faults and insecure, confused, lost, immature. They are not be able to live their best sides, so in a way – you are a match to each other.

Try seeing yourself more realistically – and emphasise your good sides and qualities. You should be aware and proud of them – proud of being a wonderful individual who has a lot to give to someone.

Of course it's good to be aware of your weaker sides too, and work on improving them, but if you only see yourself through your shortcomings – other people will see you through them too.

### 3 – TOO BIG WISHLIST

If you have a very long and/or very detailed list of desired partner qualities, it's only logical that it will be hard to find someone who matches it. But if your list of demands is realistic and matches things you are also **willing and able to give in a relationship** (e.g. emotional maturity, patience, warmth, kindness, honesty, ambition etc.) you have every reason to have it. You don't need to settle for anyone who doesn't satisfy you.

But, the problem with the list happens when you are demanding too much (a lot more than you are willing and able to give), and if you want things that simply don't exist together in a given person (e.g. very adventurous and spontaneous person might not be so well organised, hard-working and ambitious one won't necessarily be able to spend a lot of time with you etc.)

There is another issue with the list, any list: no matter how much you try, you'll never get it right. It will always differ from the ideal person for you, because we are rarely fully aware what is it and who is it who can make us happy. We simply don't know.

#### **HOW THIS AFFECTS YOUR CHANCES TO FIND A PARTNER:**

If you ask for more than you can give, you simply won't get it. An emotionally stable person won't be interested in someone who is a total mess. A confident person won't find an insecure one very appealing. The healthiest relationships are the ones where

partners are equally self-realised, otherwise it's not a partnership: it's more like a mother/child or therapist/patient dynamic.

If you ask for conflicting things – again – you won't find them in the same person, so you'll have to decide what is more important to you: adventure or security? Organisation skills or creative spirit?

The most accurate list you could put together would be to desire just one thing: the person who will love you just the way you are, and match you in such a way that you are truly happy together. And be open to possibilities.

With that one simple wish you will more likely get the person who will be a closer match to you than any other list, no matter how precise you make it.

## 4 – NOT KNOWING YOURSELF (ENOUGH)

If you don't understand what makes you happy or unhappy as you are, you won't be able to understand how you can be happy with another person either. That's why I actually think most people should spend some time being single (as adults) before making a life-long commitment, settling down and especially before deciding to have children with someone.

Being on your own is the best way to get to know yourself better: your desires, needs, what makes you tick, how you like to spend your time, what you like and dislike in other people. Which of course then helps you choose your partner better.

It's also much harder to be on your own – you have to deal with all your issues without the support of a partner, but in turn you get the benefit of becoming more independent, resilient and mature: you know how to deal with life's issues on your own.

And the more you know yourself you will be more able to create a life you love, with or without a partner. But guess what also: there is no bigger magnet for love, success and happiness than a person who is totally happy and content in their own skin.

## HOW THIS AFFECTS YOUR CHANCES TO FIND A PARTNER:

You choose partners randomly, or based on a vague idea of what an “ideal” partner is. This has nothing to do with reality so you often end up disappointed when the initial chemistry fades – you suddenly see your partner as they are, and you don’t like what you see. This of course often happens to them too.

You might be successful in finding partners – probably even more successful than most, because if you don’t know who you are you are less picky: but relationships with those people are not very happy.

So just give yourself time and explore what really makes you happy as an individual – it will definitely lead to more substantial relationships with others. Don’t think of being single as a curse, it is actually an opportunity to lead a very interesting and fulfilled life. Enjoy it while it lasts, you might miss it someday 😊

As you learn more about yourself and learn to enjoy your life in every aspect, you will grow as a person – and that means your future relationships can only get better.

## 5 – STUCK WITH ‘THE ONE THAT GOT AWAY’

When you’re single – sometimes you’re not truly single: your heart belongs to someone, someone who doesn’t want or can’t be with you. It can be your ex-partner, someone in a relationship with another, or just a crush that you once had and never let go.

You are convinced that this person is the one and only right partner for you, and you can’t imagine anybody else ever being as good as them. You are single – but you’re not really single: you’re in a virtual relationship, and as long as it stays that way – no serious contender will enter your life.

That’s why all your dates are so bland and can’t compare – you’re not really giving them a chance. And the ones who would make a bigger impression somehow stay out of your life – you’re not really looking for them either.

Most people in this situation don't realise they have a problem: they think of themselves as single and don't understand why it takes so long for someone new to enter their life. So if you are in love with someone you can't have, and keep comparing every new person you meet with them and concluding the unavailable one is better, you do have an issue.

## **HOW THIS AFFECTS YOUR CHANCES TO FIND A PARTNER:**

You are never really out there, and never really interested in new partners – your heart is taken. That's why all your dating experiences are disappointing, or you have long periods of time when you don't meet anyone at all.

When you start a new relationship – you are not really in it – you keep thinking and dreaming of your "One", even in the most intimate situations. As a consequence, even if you have a chance to develop a true connection with this new person, it usually doesn't happen, and there is no real closeness.

If this lasts for years – it is actually a form of self-torture. Being deprived of the one you love so long is of course frustrating, hurting, disappointing – and since you can't do anything to make this person be with you, you feel helpless and paralysed.

What to do to get out of it – try to be more realistic about your supposed "One" and analyse what is it that they have that nobody else has? What makes them so special that you couldn't be as happy with anyone but them? Your idea of them is most likely just an idealised version of their personality – and hopefully you will conclude that there might be other people that you could love and be happy with.

And then finally be able to move on emotionally, which will open the door for a new, and most likely a much better match to enter your life!