



Venessa:

Welcome back to The LoveWrite Unplugged podcast with your host, Dr. Venessa Marie Perry. Today, I want to talk about how to make wise choices. What messages did you send yourself and others after your last break up? Because the reality is that we attract what we feel. I know I've talked about this on the show before, but ultimately, energy is everything. When we feel good we attract happy, confident love. But if we're fearful, we're going to attract frustration, doubt, uncertainty, detached, insecure men and women.

One of the things that we have to remember is that men in particular choose women based on the way a woman makes him feel. It's all based on your energy ladies. When you are kind, when you are thoughtful and not mean, and not controlling and not emasculating, you will find that more men will be attracted to you. It's that old saying that you can attract more with honey than vinegar, so when you're kind and loving and confident, men are going to choose you ladies. They're going to choose you.

The interesting thing is that whereas men, they make the connection based on how you make them feel; women choose men based on what men show them. As women, we create connection by action. A man who is chivalrous, who is supportive, who makes you feel safe, who shows that he really cares for you is the one that the woman will choose. I'm not talking about looking for a man who can care for you financially. I'm talking about showing a woman that she is safe, being consistent, and cared for. The more you show her that, the more she's going to reciprocate.

But the problem is we make bad choices when it comes to mates. We choose mates based on the wrong things. We select mates based on superficial criteria. This seldom lasts. It doesn't matter how tall or beautiful she is. It doesn't matter how attracted you are to the individual. It doesn't matter how great the sex is. A lot of times we get caught up on these superficial things. How much money does she make? How much money does he make? How many degrees does he have? What does he drive? Where does he live? These are not things that matter. These are not value based things that matter.

Here's the deal. When you talk about making wise choices, the number one thing that you can do to attract the right mate is to change how you relate to yourself. Change how you see yourself. We attract what we are. Become a better man or a better woman and you're going to attract and choose better partners. You're a king or you are a queen. You know when a man or a woman is not the right person for you. I mean, you just know that. That's all I've got for you today. Make the right choices. Really think about the energy that you're putting out there. Be happy. Be confident. Enjoy the time. You will find that you will attract so many more of the right type of mate to you.

As always, I am your host, Dr. Venessa Marie Perry. This is The LoveWrite

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