



Venessa: Welcome to the Love Right Unplugged Podcast. I'm your host, Dr. Venessa Marie Perry. Today I want to talk about loving right and the three reasons why you may still be single. I think the reality is that no one tells us how to love right. Most of us go about it by trial and error with a lot of collateral damage along the way. Even if we saw a healthy relationship at home, we still don't know or understand the sacrifices and struggles that go into making a relationship work. Most people that want to be in a relationship think dating is hard. They think it's difficult because there are so many choices these days.

We have an explosion of online dating sites, apps, matchmakers, dating coaches, etc. Then, it's also just difficult to connect with people in general because we often don't have time. But here's the deal, if you want to be in a healthy, loving relationship, I believe that you have to put in the work. You have to be willing to take a risk and make the sacrifices to get the love that you deserve. If you're still single, I believe that there are three reasons why. The first one is that you're in pain. You were in a relationship and it didn't work out and that man or that woman broke your heart, and they're still holding you hostage. You feel insecure. You feel broken, and you're just not ready to put yourself out there again.

The second reason why you're still single is because you're stuck. You're stuck in this pattern of making the same mistakes over and over again. You choose the wrong person, and then you end up staying with them way too long. Even when you start to see the red flags, you stay and you hope and you pray that the person is going to change, and before you know it, you've wasted months, maybe years in a relationship that was going nowhere and was unfulfilling.

The third reason why you may still be single is because you're just frustrated. I mean, modern dating can be so frustrating and confusing. Maybe you don't know where to meet people. You don't know where to meet men. You don't know where to meet the women. Or, you know where to meet them, but they don't quite measure up to your standards. Then, once you meet someone, they text you instead of calling. They lie about wanting to be in relationship or they just ghost on you. They disappear just when you thought that things were going well.

I bet that each of these things leads to a bunch of anxiety, confusion, fear, insecurity, and a lot of other issues. What ends up happening is that you end up internalizing all of these toxic thoughts about why you're not in a relationship and why you're still single. Then you say crazy things when you're on a date, or you fall apart in the presence of an incredibly attractive man, or you push the new man away because he did something that reminded you of your ex or somebody else that you dated.

Why Are You Still Single?



Here's the deal. When you're not burdened down with these negative feelings about yourself, about relationships, about men, about women, and dating, you are free to be yourself, to be open, and most importantly, to trust. I'm a firm believer that you attract what you are. You're going to attract men who want to be in committed relationships, who meet your standards, and you're going to have confidence to connect with him each and every time you're out. You can tell him your standards and your relationship requirements without being fearful that he's going to run away, because he's the right person. If he does leave, then you can still walk with your head held up high because you know that the right man is going to do all the things that the wrong man never could.

That's the same thing for the men out there. When you meet the right woman, she's going to say and she's going to do all the things that the wrong woman would never do because the reality is, men and women are attracted to happy, confident, open, warm, trusting people who are just easy to be with. They don't have any drama with them. They're just good. They're just fun, and it's easy. It's not hard. There's no frustration there. Imagine never feeling the pain, the disappointment, and the frustration that seems to be around the corner whenever you meet, date, or start a new relationship.

Imagine never again feeling the stress and anxiety, wondering if the person is not being truthful and if you're able to open up and trust that person. I want you to think about that. I want you to think about how you are showing up in your dating life. Are those the reasons that you're still single? Would you date you? Are you walking around angry with a scowl on your face, or are you happy with a bright smile and confident? Are you walking around waiting for the shoe to drop because that's what you're accustomed to? Because your last boyfriend, your last girlfriend hurt your feelings and now you can't trust anymore?

These are the things that I want you to think about. In my next podcast, I'm going to come back and I'm going to talk about how to make wise choices so that you ultimately don't attract men or women who aren't ready to be in a relationship with you. That's all I've got for now. Again, I'm your host, Dr. Venessa Marie Perry. This is the LoveWrite Unplugged Podcast, and I look forward to talking to you next week. Ciao!