

## **Giving up on perfection? Here's a recipe for creating what you want**

**By Olga Sheean**

If you haven't found the love of your life, there's probably a good reason for that—but there's also a lot you can do about it. In your ideal relationship, you would probably want to have your independence, your career, your alone time and at least three feet of bed space. You would probably also want companionship, laughter, sensual touch, support, respect and, of course, an abundance of love and passion. If you don't believe, deep down, that you can find that perfect partner and have the complete super-deluxe relationship package, that's probably the reason you don't have it.

Our negative subconscious beliefs run—and often ruin—our lives. It's not just that thinking negatively about ourselves inhibits us or makes us slow to connect with others. It's much more serious than that. The subconscious beliefs that we take on as children cause us to literally attract very specific situations, dynamics and partners. In other words, our subconscious programming creates our circumstances and determines the nature of our relationships. Changing that programming changes everything.

So how can you change your negative beliefs about your wonderful self? Here's how it works. Your subconscious (working with the forces of the universe) is extremely powerful in bringing you what you need. It's like your own personal radar system, always on the look-out for situations and relationships that provide opportunities for growth. It does this very effectively with what I call our 'missing pieces'—essential formative qualities, such as acceptance, trust, support and respect, that we needed as children in order to be complete, but didn't get. These 'missing pieces' lead us to make certain subconscious assumptions about our worthiness or 'lovability', which have a huge impact on the quality of our relationships—and on how much love, money or recognition we attract.

Frustratingly, our missing pieces cause us to attract partners with the same missing pieces as us—but only so that they can mirror our subconscious negative beliefs about ourselves. Once you understand how this works, you realize that each relationship is perfectly designed to help you heal and grow.

This is why we often see recurring patterns in our relationships. We may keep attracting abusive partners, for example, or needy individuals who leave us emotionally drained. Our subconscious is just doing its job—attracting the partner who will perfectly trigger our deepest issues so that we can (with sufficient self-awareness) address them, resolve them and move on to what we ultimately want. It is only by filling in our missing pieces that we can make ourselves complete. Once we do that, we automatically attract a similarly complete partner.

### **Filling in your missing pieces**

Think of your current or last relationship and ask yourself what emotional qualities you would have liked to get from your partner but didn't. Your answer may be acceptance, respect, honesty, support, acknowledgement, trust, commitment, intimacy or any other expression of love. These are *your* missing pieces (since your partner will always reflect what is missing in you and vice versa). Being aware of your missing pieces will help you make sense of your relationships; filling them in will bring you the love and fulfillment you've been missing all along.

If acceptance is missing, start putting yourself first and living life on *your* terms; express your opinions and say what you feel; take care of your body and set aside time for meals, relaxation, exercise, meditation and friends; have strong, healthy boundaries with anyone who tries to push you around; and, most importantly, say no to whatever doesn't work for you. Only by rejecting compromises and neediness can you have the kind of relationship you want. By saying no to whatever is not good enough, you automatically open the door for something better to come in. (And remember: it doesn't matter whether you meet your partner via a dating agency, online or in a café; your subconscious programming

will STILL determine who you connect with—and it will always be the perfect person with whom to practise filling in your missing pieces so you ultimately get the love you want.)

Fill in what's missing in you and you will start to attract partners who are equally complete. The 'upgrade' comes from inside. Whatever you subconsciously consider yourself to be worthy of receiving is what you will get. Boost your self-worth by filling in your missing pieces and you'll automatically boost your love life.

Olga Sheean is a relationship coach and author of *Fit for Love—find your self and your perfect mate* (available via her website, [www.olgasheean.com](http://www.olgasheean.com)).