THE INVISIBLE PATTERNS RUNNING YOUR LOVE LIFE



7 Steps to Start Understanding Why You Keep Attracting the Same Person Over and Over

Welcome, Beautiful Soul

You're About to Discover Why You Keep Attracting the Same Energy in Different People

"Why do I keep attracting the same person over and over?" "How did I get here... again?" "Why can others be so happy while I keep struggling?"

You're asking these questions because your nervous system has been programmed to recognize emotional unavailability as "home" and mistake familiar chaos for chemistry. This isn't a character flaw. It's neurochemistry.

Your unconscious mind is following an invisible script written by your earliest experiences of love. When you meet someone emotionally unavailable, your nervous system floods with dopamine, norepinephrine, and stress hormones - creating what you interpret as "connection." Meanwhile, genuinely available people trigger no familiar activation, so your brain dismisses them as "boring."

You've been confusing trauma bonding with true intimacy. Your worthiness wound has been magnetically attracting people who confirm your deepest fear: that love must be earned through service, not simply received through being.

But here's what changes everything: Your nervous system can be reprogrammed. Your unconscious attraction patterns can be rewired. The woman who naturally attracts secure love isn't a fantasy - she's who you become when you heal what's been hidden.

Over the next 7 days, you'll discover exactly why these patterns exist and what needs to transform at the deepest level for you to attract completely different energy.

Ready to see the invisible programming that's been running your love life? Your transformation begins now.

Georgie 💛



Created by Georgie Jhet - Transformational Coach & Founder of The Liberated Narrative

7 Steps to Start Understanding Why You Keep Attracting the Same Person

1

Decode Your Invisible Operating System

Discover the unconscious programming that's been choosing your partners for you without your awareness

2

Understand The Familiarity Trap

Learn why your body confuses familiar chaos with "chemistry" and safety with "boring"

3

Uncover Your Childhood Wiring

See how your earliest experiences created magnetic attraction to emotionally unavailable people

4

Transform Your Strength From Traps to Gifts

Recognize how your greatest qualities became the very patterns that keep you stuck in unfulfilling relationships

5

Break Your Addiction to Proving Your Worth

Understand why your nervous system seeks validation instead of simply receiving love

6

Release the Crumbs Acceptance Pattern

Identify the somatic patterns that keep you settling for scraps and calling it love

7

Map Your Complete Transformation

Discover what needs to heal at the deepest level for you to naturally attract different energy

IS THIS GUIDE FOR YOU?

This 7 day transformation is perfect if you:

- Keep asking yourself "Why do I keep attracting the same person over and over?"
- Feel like you're invisible in relationships - always giving, rarely receiving
- Wonder "How did I get here again?" after another familiar disappointment
- Feel exhausted from relationships that drain you instead of nourish you
- Ask "Why can others be so happy while I struggle with the same patterns?"
- Are intelligent and successful but can't figure out why you settle for crumbs
- Know you deserve better but keep accepting less than you're worth



WHAT YOU'LL DISCOVER:

The hidden nervous system programming that's been choosing your partners for you

Why your body confuses familiar chaos with "chemistry" and safety with "boring"

The childhood wiring that makes you magnetic to emotionally unavailable people

How your greatest strengths become the very traps that keep you stuck

Why your nervous system is addicted to proving your worth instead of receiving love

The somatic patterns that keep you accepting crumbs and calling it love

What needs to heal at the deepest level for you to attract different energy

INTRODUCTION: THE AWAKENING YOU'VE BEEN WAITING FOR

Dear Beautiful Soul,

What if I told you that every relationship disappointment, every moment of wondering "Why me again?", every time you've felt invisible in love - it's all been preparing you for this moment of awakening?

You're here because your soul knows there's something deeper happening. Something your mind hasn't been able to figure out, no matter how much you analyze, strategize, or promise yourself "never again."

Why the Dandelion?

People see dandelions as weeds - something that shows up where it doesn't belong. But dandelions are actually one of nature's most resilient flowers. They grow through concrete, survive any conditions, and their roots run so deep they're nearly impossible to destroy.

When a dandelion is ready, it transforms into something magical - those delicate seeds that carry new life wherever the wind takes them.

You're not broken for having these patterns. You're a dandelion - resilient, powerful, and ready to transform. Your patterns aren't proof that you don't belong in love. They're proof of how strong you've had to become to survive what you experienced. And like the dandelion, you're ready to rise.



Your 7-Day Deep Dive

Each day will take you deeper into understanding the sophisticated nervous system patterns that have been running your love life:

1

Day 1: The Invisible Operating System

Discover the unconscious programming choosing your partners

2

Day 2: The Familiarity Trap

Why chaos feels like home and safety feels foreign

3

Day 3: The Giver's Prison

How your beautiful heart became your relationship trap

4

Day 4: The Worthiness Wound

The core belief that's been driving every choice

5

Day 5: The Chemistry Confusion

Why your nervous system mistakes struggle for love

6

Day 6: The Future Self Vision

Meeting the woman who attracts secure love

7

Day 7: The Healing Map

What needs to transform for everything to change

This isn't surface-level advice. This is deep nervous system insight that will show you exactly why these patterns exist and what needs to heal for you to attract completely different energy.

You're about to understand yourself in a way that changes everything. Let's begin.

Georgie 💛

DAY 1: THE INVISIBLE OPERATING SYSTEM

Discovering the Unconscious Programming That's Been Choosing Your Partners

There's an invisible operating system running in your unconscious mind that has been selecting your romantic partners since you were old enough to feel attraction. You've never seen this system, but it's been making split-second decisions about who feels "right" and who feels "wrong" - often choosing people who can't love you the way you deserve.

This system wasn't created by your adult mind. It was programmed by your earliest experiences of love, safety, and connection. And it's been quietly running your love life ever since, attracting people who match your original template of what "love" feels like.

How the Invisible Operating System Works:

Your nervous system learned what to expect from love based on your first relationships. If love felt conditional, unpredictable, or required you to be someone other than yourself, your system learned to recognize these patterns as "normal."

Now, when you meet someone new, your nervous system scans them against this original template:

Familiar = Attractive	Familiar = Chemistry	Familiar = "The One"	Familiar = Deep Connection
Does this person make me work for their attention? ✓	Do I feel like I need to prove my worth to them? ✓	Do they seem emotionally unavailable or inconsistent? ✓	Do they need fixing or saving? ✓

Meanwhile, people who are genuinely available, consistent, and kind might register as:

- Boring (no familiar activation)
- Too easy (no chase or struggle)
- Not my type (don't match your unconscious template)

The Invisible Operating System tells you:

- "Love is something you earn through service"
- "If they need you, they won't leave you"
- "Chemistry means feeling activated and uncertain"
- "You have to work for love – it's not freely given"

TODAY'S DEEP DIVE: Mapping Your Invisible Operating System

These questions will help you see the programming that's been making your choices:

1. Think of your last 3 romantic attractions. What did they all have in common that initially drew you to them?
2. Complete this sentence without thinking: "I feel most attracted to people when they..."
3. What did you have to do as a child to get love, attention, or approval from the people who mattered most?
4. When you think of someone who was genuinely kind and available to you, how did that feel in your body? What story did your mind tell you about why they weren't "right"?
5. What role do you find yourself playing in relationships over and over? (The giver, fixer, cheerleader, therapist, etc.)
6. If your unconscious mind could speak, what would it say love requires from you?
7. What type of treatment or behavior from a partner makes you feel most "alive" or "connected" – even if you know it's not healthy?

> Today's Awakening: "My attractions aren't random personal preferences. They're my nervous system following an invisible script written by my earliest experiences of love. Seeing this script is the first step to rewriting it."

DAY 2: THE FAMILIARITY TRAP

Why Chaos Feels Like Home and Safety Feels Foreign

Your nervous system has been programmed to experience chaos as love and safety as rejection. This isn't your fault - it means your system learned to associate love with specific feelings that probably included uncertainty, activation, and working hard to maintain connection.

This is why genuinely healthy, available people often feel "boring" or "wrong" to you. Your nervous system is looking for familiar sensations to confirm that love is happening.

How the Familiarity Trap Works:

Your nervous system creates a template for what love "feels like" based on your early experiences. If love came with:

- Drama and intensity ↠ Calm relationships feel flat
- Uncertainty and anxiety ↠ Secure relationships feel boring
- Working to earn attention ↠ Freely given love feels suspicious
- Emotional chaos ↠ Stability feels like indifference



The Familiarity Trap in Action:

1

When you meet someone emotionally unavailable:

- Your nervous system recognizes the familiar pattern
- Stress hormones flood your system (cortisol, adrenaline)
- Your brain interprets this activation as "chemistry"
- You feel "alive," obsessed, like you "need" them

2

When you meet someone emotionally available:

- Your nervous system doesn't recognize the pattern
- No familiar stress response is triggered
- Your brain interprets the calm as "no spark"
- You feel nothing, bored, like "something's missing"

Your system has learned to mistake:



Anxiety

for excitement



Uncertainty

for mystery



Struggle

for passion



Chaos

for chemistry

TODAY'S DEEP DIVE: Understanding Your Familiarity Trap

1. Describe the last time you felt intense "chemistry." What specifically was happening that created that feeling?
2. Complete this: "I feel most 'in love' when someone..."
3. What emotions do you mistake for passion? (Anxiety, need to prove yourself, uncertainty, etc.)
4. Think of a time when someone was consistently kind and available. How did that feel in your body?
5. What would "boring" love look like to you? Be specific.
6. If you're honest, what part of the chase, struggle, or uncertainty feels addictive?
7. Complete this: "If I only dated people who made me feel calm and safe, I would have to give up..."

> Today's Awakening: "My nervous system has been trained to recognize struggle as love and safety as boredom. Real love would feel completely different - calmer, easier, more like coming home to myself."

DAY 3: THE GIVER'S PRISON

How Your Beautiful Heart Became Your Relationship Trap

You didn't end up in unfulfilling relationships because you're weak or have low self-esteem. You ended up here because you have a beautiful, generous heart and you learned to find your worth through giving. Your empathy, loyalty, and desire to help others are gifts - but they've been misdirected into relationships where they're taken for granted instead of treasured.

How Your Gifts Became Traps:



Your empathy

You feel their pain more than your own needs



Your optimism

You see their potential instead of their current reality



Your loyalty

You stay committed to who they could become



Your nurturing nature

You give endlessly hoping they'll eventually reciprocate



Your problem-solving skills

You believe love means fixing what's broken



Your independence

You carry the emotional load of two people

The Giver's Prison looks like:

- Being drawn to people with "potential" who need your help
- Feeling special because you can see their hidden depth
- Believing you can love them into wholeness
- Taking responsibility for their emotions, growth, and healing
- Feeling more valuable when you're needed than when you're wanted

⚠ The Hidden Cost:

You become so focused on saving them that you abandon yourself. Your needs become secondary. Your worth becomes tied to your usefulness. You mistake being needed for being loved.

TODAY'S DEEP DIVE: Understanding Your Giver's Prison

1. List your top 5 strengths in relationships. Now write how each one has caused you problems.
2. Complete this: "I feel most valuable in relationships when I'm..."
3. What do you typically see in people that others miss? How does this get you into trouble?
4. What type of person consistently triggers your desire to help, fix, or save them?
5. When was the first time you felt valued for being helpful or solving someone's problems?
6. What would it mean about your worth if you stopped rescuing people?
7. Complete this: "If I used my gifts to build a relationship instead of fix a person, it would look like..."

> Today's Awakening: "My giver tendencies aren't weakness - they're misdirected strength. I can redirect these beautiful qualities toward people who treasure them instead of exploit them."

DAY 4: THE WORTHINESS WOUND

The Core Belief That's Been Driving Every Relationship Choice

Underneath every relationship pattern, every moment of settling for less, every time you've accepted crumbs and called it love, lies one core wound: the unconscious belief that you must earn your worthiness of love.

This isn't a conscious thought. It's a cellular knowing that was encoded in your nervous system before you had words. And it's the reason you keep attracting people who make love conditional instead of people who offer it freely.

The Worthiness Wound whispers:

- "You're too much as you are"
- "Love must be earned through perfect behavior"
- "Your needs are inconvenient to others"
- "You must be useful to be wanted"
- "If they really knew you, they'd leave"
- "You have to work for love - it's not your birthright"



How the Worthiness Wound Shows Up:

Over-giving
Trying to earn your place in someone's life

Under-receiving
Feeling guilty when someone gives freely

People-pleasing
Believing your authentic self isn't loveable enough

Perfectionism
Thinking if you're flawless enough, they'll stay

Settling
Believing this is the best you deserve

Rescuing
Proving your value through your usefulness to others

The Worthiness Wound Creates a Painful Paradox:

You desperately want unconditional love, but you only feel safe with people who make love conditional. Because conditional love feels familiar, predictable - something you can influence through your actions.

TODAY'S DEEP DIVE: Excavating Your Worthiness Wound

1. Complete this sentence without thinking: "If someone really knew me, they would..."
2. What do you believe you have to DO to be worthy of love?
3. When was the first time you learned that love was conditional?
4. How do you feel when someone loves you without you having to earn it?
5. What parts of yourself do you hide because you believe they're "too much"?
6. Complete this: "If I stopped working for love and just received it freely, I would have to believe that I am..."
7. What scares you most about being in a relationship where you never have to prove your worth?

> Today's Awakening: "My relationship patterns aren't about attraction - they're about worthiness. I keep choosing people who confirm what I secretly believe about my value. Healing this core wound would change everything."

DAY 5: THE CRUMBS ADDICTION

Why You Keep Accepting Less Than You Deserve

Here's a painful truth: your nervous system has become addicted to crumbs. Not because you have low self-worth, but because intermittent reinforcement - receiving sporadic attention, affection, or kindness after periods of deprivation - creates the most powerful addiction pattern known to psychology.

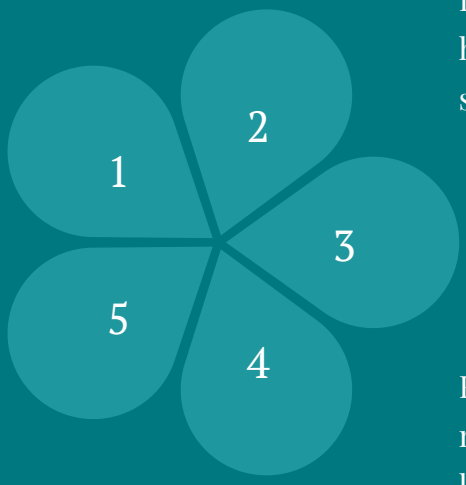
This is why you stay in relationships that give you 20% hoping for more. This is why inconsistent love feels more valuable than steady love. This is why you accept treatment you'd never advise a friend to accept.

How the Crumbs Addiction Works:

Your brain is wired to find inconsistent rewards more compelling than consistent ones. When someone gives you attention sporadically - love bombing followed by withdrawal, kindness followed by coldness, promises followed by disappointment - your brain releases more dopamine than it would for steady, reliable love.

The Crumbs Addiction looks like:

Feeling more "alive" when you finally get their attention after being ignored



Interpreting small gestures as huge victories because you're so starved

Making excuses for poor treatment because they occasionally show up

Staying loyal to people who give you scraps while dismissing those who offer meals

Feeling grateful for the bare minimum because you've learned to expect so little

Why Crumbs Feel More Valuable Than Consistent Love:

Scarcity creates value

Rare attention feels more precious than regular attention

Relief feels like love

The end of emotional pain gets confused with receiving love

Familiar hunger

Your system recognizes the ache of wanting more as "normal"

Small wins feel huge

When you expect nothing, anything feels like everything

The Hidden Cost:

You become so grateful for crumbs that you forget what a full meal tastes like. You mistake being occasionally fed for being well-nourished. You develop Stockholm syndrome with your own starvation.

Why Available People Feel "Too Much":

When someone offers you consistent love, kindness, and attention, your crumb-addicted nervous system doesn't know how to process it. It feels overwhelming, suspicious, or "too good to be true" because your system is calibrated for scarcity, not abundance.

TODAY'S DEEP DIVE: Understanding Your Crumbs Addiction

Examine how intermittent reinforcement has programmed your expectations:

1. Think of your last difficult relationship. What "crumbs" did they give you that kept you hoping for more?
2. Complete this: "I feel most grateful in relationships when someone..."
3. What small gestures from emotionally unavailable people have felt like huge victories to you?
4. How do you typically feel when someone gives you consistent attention vs. sporadic attention?
5. What story do you tell yourself when someone treats you poorly but then does something nice?
6. Complete this: "I stay in unfulfilling relationships because the occasional moments when they..."
7. How does it feel in your body when someone offers you steady, reliable love? Comfortable or uncomfortable?

> Today's Awakening: "I've been addicted to the neurochemical high of intermittent reinforcement, mistaking crumbs for love and scarcity for value. Real love would feel abundant, not scarce."

DAY 6: THE FUTURE SELF VISION

Meeting the Woman Who Naturally Attracts Secure Love

Today you're going to meet your Future Self - the version of you who has completely healed these patterns and naturally attracts secure, nourishing love. She's not a fantasy; she's who you become when you transform the unconscious programming that's been running your love life.

This woman doesn't have to work for love, chase anyone, or prove her worth. She doesn't mistake chaos for chemistry or struggle for passion. She's healed the worthiness wound, escaped the giver's prison, and reprogrammed her nervous system to recognize healthy love as home.

Your Future Self believes:

"I am worthy of love exactly as I am"	"Healthy relationships feel safe and nourishing, not chaotic"	"I trust my instincts completely about people and situations"
"My authentic self is magnetic to the right people"	"I can receive love without having to earn it"	"Emotional availability feels like coming home, not settling"

How Your Future Self Shows Up:

In Dating:

- She's naturally attracted to emotional availability and consistency
- She feels calm excitement rather than anxious obsession
- She trusts her body's signals about who feels safe
- She walks away from anyone who requires her to be smaller

In Relationships:

- She receives love gracefully without guilt or suspicion
- She expresses her needs directly without fear of abandonment
- She maintains her sense of self while being deeply connected
- She creates space for her own joy, dreams, and desires

The Energy She Radiates:

Your Future Self has an unshakeable knowing of her worth. She doesn't chase, convince, or work for love. She simply exists in her authentic power, and the right people are naturally drawn to that energy.

TODAY'S DEEP DIVE: Connecting with Your Future Self

1. Close your eyes and imagine your Future Self - the woman who attracts healthy love effortlessly. How does she carry herself?
2. How does your Future Self respond when someone shows her inconsistent attention or mixed signals?
3. What kind of partner is your Future Self naturally attracted to?
4. Complete this from your Future Self's perspective: "I only date people who..."
5. How does your Future Self handle her own needs and desires?
6. What daily practices does your Future Self do to maintain her sense of worth?
7. What would your Future Self tell your current self about the patterns you're stuck in?

> Today's Awakening: "My Future Self isn't a fantasy - she's a blueprint. Every choice I make either moves me toward her or keeps me stuck in old patterns. I can choose to become her."

DAY 7: THE HEALING MAP

Understanding What Needs to Transform for Everything to Change

Over the past 6 days, you've excavated the deepest layers of your relationship patterns. You've seen the invisible operating system, understood the familiarity trap, recognized how your gifts became prisons, felt the worthiness wound, decoded your chemistry confusion, and connected with your Future Self.

This level of insight is profound and necessary. But insight alone doesn't rewire unconscious patterns that live in your nervous system. Recognition doesn't automatically create transformation. Understanding why you do something doesn't mean you can easily stop doing it.

Think of it this way: you've just discovered that your car has been following a GPS programmed with the wrong destination for years. Now you can see exactly why you keep ending up in the same place, why the route felt so familiar, and why every road seemed to lead to disappointment. But simply knowing the GPS is wrong doesn't automatically reprogram it.

You need the right tools, the correct coordinates, and often expert guidance to install a completely new navigation system. Your relationship patterns work the same way - they're deeply embedded programming that requires specific techniques to rewire, not just awareness to change.

What You've Accomplished:

- Conscious Recognition: You can now see patterns that were completely invisible before
- Body Awareness: You understand how your nervous system responds to different energies
- Choice Points: You can identify moments when old patterns are being triggered
- Future Vision: You know what you're moving toward and why it matters



What Still Needs to Happen:

Your patterns exist at multiple levels, and each level requires specific healing approaches:

1

Level 1: Nervous System Rewiring

Your body needs to learn that safety is attractive and chaos is dangerous. This requires somatic practices, breathwork, and nervous system regulation techniques that create new neural pathways.

2

Level 2: Subconscious Reprogramming

The beliefs driving your patterns live in your subconscious mind. Changing them requires hypnosis, visualization, and deep trance work that accesses the unconscious programming.

3

Level 3: Energetic Transformation

Your energy field needs to shift so you naturally repel what doesn't serve you and attract what does. This happens through embodiment practices, boundary work, and energy healing.

4

Level 4: Integration & Maintenance

New patterns need to be practiced and integrated until they become automatic. This requires community support, accountability, and ongoing guidance.

Why This Work Can't Be Done Alone:

These patterns were created in relationship, and they need to be healed in relationship. You need:



Witnessing

from others who understand your journey



Nervous system co-regulation

with people doing the same deep work



Expert guidance

through the complex process of pattern transformation



Community support

as you navigate dating and relationships from your new patterns

TODAY'S DEEP DIVE: Mapping Your Personal Healing Journey

Assess what you need for complete transformation:

1. Which day's insights created the biggest shift in how you see your patterns?
2. What pattern do you now see clearly that was completely invisible before this week?
3. On a scale of 1-10, how ready are you to do the deeper nervous system healing work these patterns require?
4. What feels most overwhelming about trying to change these patterns on your own?
5. What type of support do you most need? (Nervous system healing, subconscious reprogramming, community, expert guidance, etc.)
6. If you could transform one core pattern that would change everything else, what would it be?
7. Complete this: "I'm ready to heal these patterns because..."

> Today's Awakening: "I've gained profound insight into my patterns, but insight is just the beginning. Real transformation requires nervous system healing, subconscious reprogramming, and support from others who understand this journey. I'm ready for the deeper work."

FROM PATTERN RECOGNITION TO COMPLETE NERVOUS SYSTEM HEALING

If the past 7 days helped you finally see the patterns you've never questioned, imagine what becomes possible when you have the tools to actually rewire them at the unconscious level.

Dandelion Rising

An 8-week transformation journey for women who are done with pattern recognition and ready for pattern liberation.

Through my proven LIBERATE Method™, you'll move from "I can see my patterns" to "I've completely transformed them."

THE DEEPER WORK INCLUDES:

Nervous system rewiring

so different energy feels safe and attractive

Community support

from other women doing this deep work

Integration practices

so your new patterns become automatic



Unconscious story rewriting

at the level where patterns actually live

Real-time pattern interruption tools

for when old patterns try to resurface

Magnetic field transformation

so you naturally attract healthy, available partners

READY TO GO DEEPER?

Dandelion Rising: From Wounded to Wise

A Journey of Nervous System Healing

Unlike other programs that just help you understand your patterns, Dandelion Rising rewires them at the nervous system level through somatic healing, breathworkand deep subconscious transformation.

You've just experienced a taste of what deep pattern recognition feels like - those "aha moments" where invisible pieces suddenly click into place. But imagine multiplying that insight by 100 and combining it with the actual tools to rewire these patterns in your body, not just your mind.

In Dandelion Rising, you won't just see your worthiness wound - you'll heal it through guided hypnosis and somatic practices. You won't just understand why chaos feels like chemistry - you'll retrain your nervous system to recognize safety as attractive through breathwork and embodiment.

This is the difference between knowing you're stuck in patterns and actually becoming free from them.



What you'll achieve in 8 weeks:

1	**Finally understand WHY you keep attracting the same person** - decode the invisible patterns that have been choosing your partners for you
2	**Stop confusing chaos with chemistry** - learn why your nervous system mistakes familiar trauma for "true love" and how to rewire it
3	**Heal the worthiness wound at its source** - release the core belief that you must earn love and start knowing you deserve it freely
4	**Break your addiction to crumbs** - stop accepting sporadic attention and start attracting consistent, nourishing love
5	**Meet your Future Self who naturally attracts secure love** - become the woman who doesn't chase, convince, or work for love

"In 8 weeks, you'll shift from being magnetic to chaos and drama to naturally attracting secure, soul-deep love - breaking free from the patterns that kept you settling for crumbs so you can finally attract partners who see you as the feast you are."

DISCOVER DANDELION RISING

> Remember: You are not destined to repeat the same patterns forever. You are a woman discovering her power to become magnetic to completely different energy. Your new story is waiting for you to write it. And the love you're seeking? It's seeking you too. 💛