

Why Me

UNDERSTANDING YOUR POWER

*You are
more than
enough.*

Before I say this as directly as I am about to say it, I want to be clear about one thing. This is not a clinically proven rule. This is how I see it from my own relationships, from women I have talked to, and from watching the same dynamic over and over again.



He wants you because you are warm. You are empathetic. You are competent. You are disciplined. You get things done. You care about people. You can hold a family together, build a career, solve problems, remember what everybody needs, and somehow still keep going.



*You are
the light.*

A KINDER WORLD
NEEDS YOU



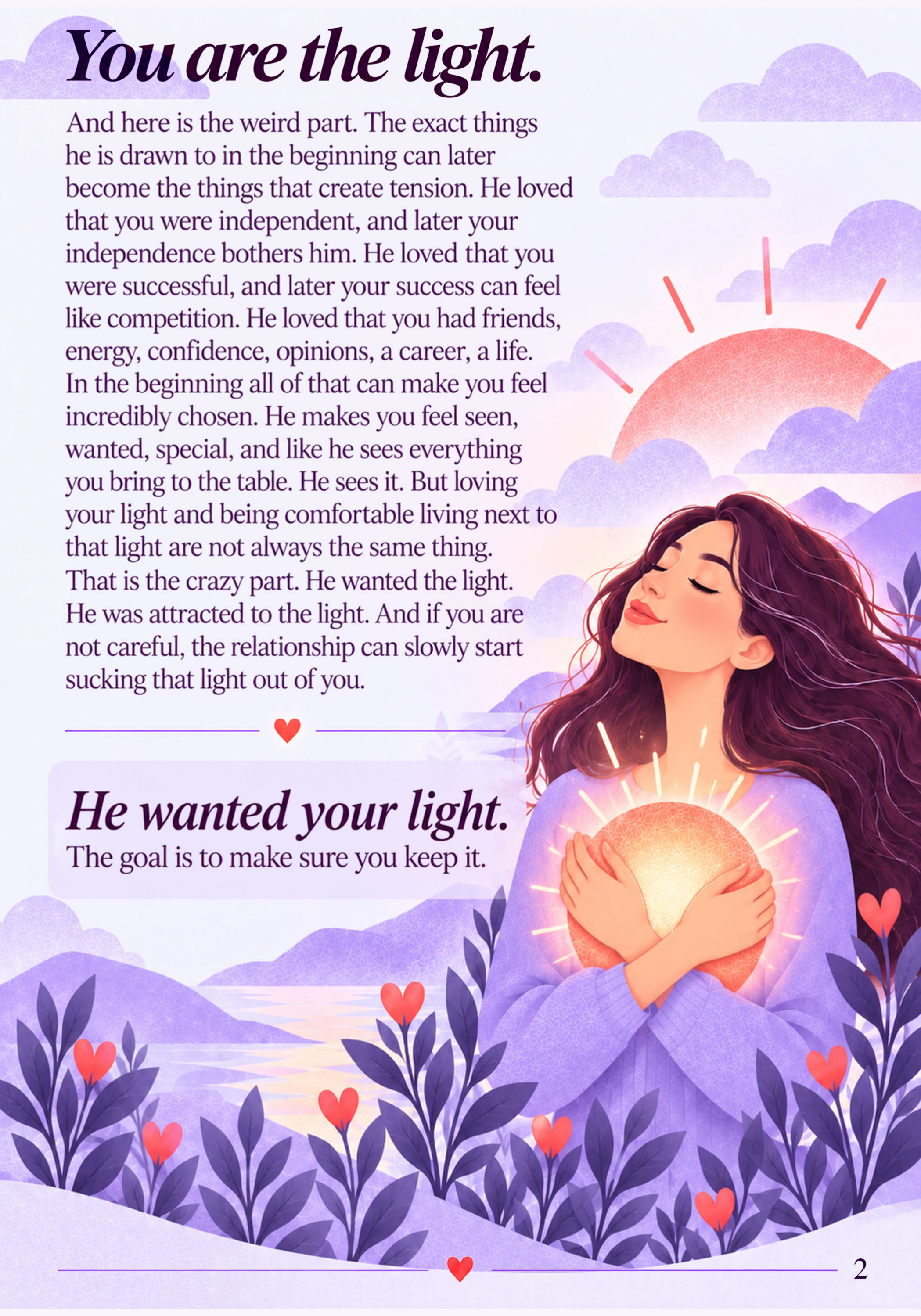
You are the light.

And here is the weird part. The exact things he is drawn to in the beginning can later become the things that create tension. He loved that you were independent, and later your independence bothers him. He loved that you were successful, and later your success can feel like competition. He loved that you had friends, energy, confidence, opinions, a career, a life. In the beginning all of that can make you feel incredibly chosen. He makes you feel seen, wanted, special, and like he sees everything you bring to the table. He sees it. But loving your light and being comfortable living next to that light are not always the same thing. That is the crazy part. He wanted the light. He was attracted to the light. And if you are not careful, the relationship can slowly start sucking that light out of you.



He wanted your light.

The goal is to make sure you keep it.



Why Do I Always Attract?

I have had more than one relationship with strong narcissistic traits, so believe me, I have asked myself this too. Why do I always attract this? Some women seem like natural mosquito repellent for these men. I apparently missed that gene.

For a long time I wondered if there was something weak in me that attracted this. Now I look at it almost the opposite way. Some of my strongest qualities are exactly what made me attractive in the first place. I am capable. I am independent. I solve things. I forgive. I keep going. I can carry a lot.



And that is where those strengths can become dangerous for you if you do not protect them. A woman who can carry a lot can end up carrying way too much. A forgiving woman can forgive the same thing fifty times. A problem solver can spend years trying to solve a person. An empathetic woman can understand everybody else's pain so well that she slowly stops protecting herself from it.



So do not look at your warmth, empathy, discipline, competence, loyalty, or strength and think those qualities were the problem. They were never the problem. The problem is when all of those beautiful things are constantly used for him and there is nothing left for you.



You were not chosen because you were weak. But strength without boundaries can still get exhausted.

