

***“THE 5 SUBCONSCIOUS  
BLOCKS KEEPING YOU  
SINGLE AFTER 40”***

***(And How To Release Them In 60 Days)***

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**LIFE COACHING**



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# Introduction

Dear Friend,

If you're reading this, you're probably exhausted.

Exhausted from disappointing dates. Exhausted from emotionally unavailable men. Exhausted from wondering if all the good ones really are taken. I know because I was you.

After my husband died when I was 38, I spent 20 years trying to find love again. Two full decades of hoping, trying, and ultimately feeling more and more invisible. At 58, I had almost given up.

But then I discovered something that changed everything. The problem wasn't **out there**. The problem was **in here**.

I was carrying five subconscious blocks that were silently repelling emotionally available men. When I identified and released them—everything shifted.

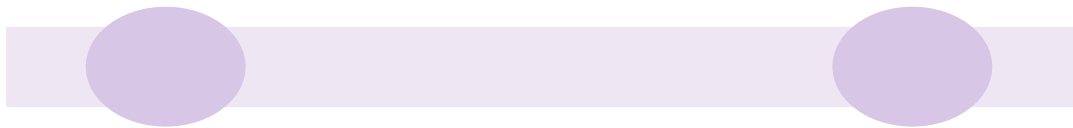
I met my partner at 60. And now we travel the world together, deeply in love. In this guide, I'll walk you through the exact five blocks—and show you how to release them so you can finally attract the love you deserve. With love,

**Rosemary** ♥ Relationship Coach/Retreat Leader

*Love has no expiration date. This belief is a self-fulfilling prophecy that shapes how you show up and what you allow.*

**Here is where we are going to be addressing all the personal struggles you face in your journey to find love again:**

**<https://roseslifecoaching.com/retreat-2026/>**



## BLOCK #1: THE "I'M TOO OLD" BELIEF

Love doesn't have an expiration date. But your BELIEF in the expiration date creates one

### What It Sounds Like:

- "I've missed my window for love"
- "Men my age want younger women"
- "Dating is for people in their 20s and 30s"
- "My best years are behind me"
- "Nobody wants a woman over 40/50/60"

### Why It's Keeping You Single:

This belief operates like a self-fulfilling prophecy.

When you believe you're "too old," you show up differently:

- You apologize for your age
- You compare yourself to younger women
- You settle for men who aren't truly aligned with you
- You radiate insecurity instead of confidence And men can FEEL this energy—even if you never say the words out loud.

### The Truth:

**You are not too old for love.** I found love at 60. I have clients who found love at 55, 62, even 71.

Love doesn't have an expiration date. But your BELIEF in the expiration date creates one.

### The Science Behind It:

Your subconscious mind doesn't distinguish between "real" and "imagined."

When you repeatedly tell yourself "I'm too old," your brain accepts it as fact and filters all evidence through that lens:

- You notice every couple where the woman is younger
- You ignore every couple where the woman is your age or older
- You interpret neutral interactions as rejection based on age.



This is called confirmation bias—and it's keeping you stuck.

## How To Release This Block:

### **Exercise 1:**

Evidence Collection For the next 7 days, actively look for couples where the woman is 40+, 50+, or 60+.

Notice them.

Screenshot examples on social media.

Save articles about late-in-life love.

You need to retrain your brain to see what's actually TRUE, not just what your fear is showing you.

### **Exercise 2:**

Age Reframe Affirmation Every morning for 30 days, look in the mirror and say:

- "My age is not a barrier to love."
- I am wiser, more grounded, and more aligned than I've ever been.
- The right partner will value my depth, my experience, and my authenticity.
- I am not too old—I am exactly the right age.

" Say it even if you don't believe it yet.

Your subconscious is listening.

### **Exercise 3:**

Future Self Visualization Close your eyes.

Imagine yourself at 65, 70, or 75—deeply in love, laughing with your partner.

See the details:

Where are you?

What are you doing?

How does it feel?

Visualize this for 5 minutes daily.

Your brain can't tell the difference between visualization and reality—it will start creating neural pathways to make this future real.

## BLOCK #2 -ALL THE GOOD MEN ARE TAKEN- EXCUSE

Your brain filters reality to confirm scarcity—until you retrain it to see abundance.

### THE "ALL THE GOOD MEN ARE TAKEN" STORY

#### What It Sounds Like:

- "There are no quality men left at my age"
- "The good ones are married or broken"
- "I'm competing with younger women for a tiny pool of men"
- "Men my age are all emotionally unavailable or damaged"
- "Online dating is a wasteland"

#### Why It's Keeping You Single:

This belief creates a scarcity mindset that makes you:

- Settle for men who aren't right for you (because "what if there's no one else?")
- Chase emotionally unavailable men (trying to prove the belief wrong)
- Show up desperate instead of discerning
- Overlook green flags while hyper-focusing on red flags

It also makes you INVISIBLE to good men—because you're not energetically open to seeing them.

#### The Truth:

**There are millions of single, emotionally available men over 40.**

But your subconscious has trained you NOT to see them.  
You Walk past them.  
You dismiss them.  
You friend-zone them.  
Why?

Because your brain is protecting you from disappointment by confirming what you already believe:

"See? No good men."



## The Science Behind It:

This is called **Reticular Activating System (RAS)** filtering.

Your brain receives 11 million bits of information per second but can only consciously process 40-50. So it filters based on what you've told it to look for.

If you believe "no good men exist," your RAS will DELETE evidence of good men and AMPLIFY evidence of bad ones.

## How To Release This Block:

### Exercise 1: The "Good Man" Hunt

For 14 days, intentionally look for evidence of GOOD men:

- Married friends with great husbands
- Single men who are kind, respectful, and emotionally healthy
- Men helping others, being present fathers, showing integrity

Write down 3 examples daily.

You're retraining your **Reticular Activating System (RAS)** to see what's actually available.

### Exercise 2: Scarcity-to-Abundance Flip

Every time you catch yourself thinking "no good men," immediately counter it with: *"There are quality men everywhere. I just haven't been energetically available to see them yet. I am now opening my eyes and my heart."*

### Exercise 3: Release the "Type"

Often, we're looking for a very specific "type" based on past relationships—which limits our pool dramatically.

List 10 NON-NEGOTIABLES (values, character traits, emotional availability).

Then list 10 PREFERENCES (height, job, hobbies).

Let go of the preferences. Focus only on non-negotiables.

You'll be shocked how many more "good men" suddenly appear when you're not filtering for surface-level traits.

## BLOCK #3: I'LL GET HURT AGAIN

Fear protects you from the past, but it also blocks your future.

### What It Sounds Like:

- "I can't go through that pain again"
- "What if I open up and he leaves?"
- "I'd rather be alone than heartbroken again"
- "It's safer to keep my guard up"
- "Every time I trust, I get burned"

### Why It's Keeping You Single:

This is the sneakiest block because it disguises itself as "wisdom" or "self-protection." But really? It's fear running the show.

And fear-based dating creates:

- Walls that keep everyone out (including good men)
- Tests and games to "prove" someone won't hurt you
- Push-pull dynamics where you sabotage connection
- Hypervigilance that exhausts both you and potential partners

Emotionally available men can FEEL your walls—and they don't want to scale them forever.

### The Truth:

**You will never be 100% safe in love.**

Love requires vulnerability. And vulnerability means risk. But the risk of staying closed is MUCH greater than the risk of opening your heart. Because a closed heart guarantees loneliness. An open heart creates the *possibility* of deep connection.

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## BLOCK #3: I'LL GET HURT AGAIN

### The Science Behind It:

When you've been hurt, your amygdala (the fear center of your brain) goes into overdrive. It starts categorizing ALL romantic connection as "THREAT." Even when a good man shows up, your nervous system treats him like danger—triggering fight/flight/freeze responses:

- You pull away when things get close (flight)
- You pick fights or create drama (fight)
- You go numb or detached (freeze)

This isn't conscious. It's your nervous system trying to protect you. But it's protecting you from the PAST, not the PRESENT.

### How To Release This Block:

#### Exercise 1: The Forgiveness Letter

Write a letter to the person(s) who hurt you. You will NEVER send this. This is just for you.

Write everything you wish you could say:

- The pain they caused
- The ways it affected you
- What you needed that you didn't get

Then write: *"I release you. I release this pain. I am no longer carrying this forward into my future."* Burn the letter. Let it go.

#### Exercise 2: Nervous System Regulation

Your body stores trauma. To release the "I'll get hurt again" fear, you need to calm your nervous system.

Try this daily for 30 days:

##### **The 4-7-8 Breath:**

- Breathe in for 4 counts
- Hold for 7 counts
- Exhale for 8 counts
- Repeat 5 times

This signals to your brain: "We are safe. We can relax." Over time, this rewires your nervous system to stop treating all romantic connection as threat.

## BLOCK #3: I'LL GET HURT AGAIN



### **Exercise 3: Small Vulnerability Practice**

You don't have to go from fully guarded to fully open overnight.

Start small:

- Share one slightly vulnerable thing with a friend
- Express a need instead of pretending you're fine
- Ask for help with something small

Build your "vulnerability muscle" in safe relationships first.

Then, when you meet someone romantic, vulnerability won't feel as terrifying



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## BLOCK #4: I NEED TO BE PERFECT FIRST

Perfectionism is avoidance. Love meets you in real life, not the finished version.

### THE "I NEED TO BE PERFECT FIRST" TRAP

#### What It Sounds Like:

- "I'll start dating when I lose 20 pounds"
- "I need to get my finances sorted first"
- "I should work on myself more before I'm ready"
- "I'm not healed enough yet"
- "Once I [achieve X], THEN I'll be ready for love"

#### Why It's Keeping You Single:

This block is a procrastination mechanism disguised as self-improvement.

The truth?

You'll NEVER feel "perfect" or "ready enough."

There will always be another 10 pounds, another issue to work through, another reason to delay.

Meanwhile, years pass. And you stay single—not because you're not ready, but because you're waiting for a finish line that doesn't exist.

#### The Truth:

**You don't need to be perfect to be loved.**

You need to be REAL.

The right partner won't love you because you're flawless.

They'll love you because you're AUTHENTIC—flaws, struggles, and all.

Waiting to be "perfect" is just fear in disguise.

#### The Science Behind It:

This is called **Perfectionism as Avoidance**.

Your brain uses the pursuit of perfection to avoid the vulnerability of putting yourself out there.

Why? Because if you never try, you can never fail.

But you also can never succeed.

Perfectionism keeps you in a permanent state of "not yet"—which is a form of self-sabotage.

## BLOCK #4: I NEED TO BE PERFECT FIRST

### How To Release This Block:

#### **Exercise 1: The "Good Enough" Declaration**

Write this down and put it where you'll see it daily:

*"I am not perfect. I am human. And I am WORTHY of love exactly as I am right now, today, in this body, at this stage of life, with this bank account, with this history. I am enough"*

Read it every morning for 30 days.

#### **Exercise 2: Imperfect Action Challenge**

For 7 days, do ONE thing imperfectly:

- Update your dating profile (even if it's not "perfect")
- Say yes to a date (even if you don't feel "ready")
- Post a photo where you feel vulnerable
- Share something real instead of curated

The goal is to practice showing up IMPERFECTLY—and surviving.

You'll realize: The world doesn't end. In fact, people connect MORE with your realness than your perfection.

#### **Exercise 3: The "When/Then" Flip**

Notice every time you say: "When I [X], THEN I'll [Y]."

Example: "When I lose weight, THEN I'll start dating."

Flip it: "I'll start dating NOW, and trust that the right person will love me as I am."

Stop postponing your life. Start living it TODAY.

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## BLOCK #5: I'M FINE ALONE



Independence can become armor. You can be whole and still desire partnership.

### THE "I'M FINE ALONE" DEFENSE MECHANISM

#### What It Sounds Like:

- "I'm happy being single"
- "I don't need a man to complete me"
- "I've built a great life on my own"
- "Relationships are more trouble than they're worth"
- "I'm too independent for a relationship"

#### Why It's Keeping You Single:

This one is tricky because on the surface, it sounds healthy. And parts of it ARE healthy (you absolutely don't need a man to complete you). But often, this belief is a SHIELD—not a truth.

It's your heart's way of protecting you from the vulnerability of admitting:

*"I do want love. And it hurts that I don't have it."*

Saying "I'm fine alone" feels safer than risking rejection, disappointment, or heartbreak. But it also keeps you energetically CLOSED to love.

#### The Truth:

**You can be whole AND desire partnership.**

Wanting love doesn't make you weak, needy, or incomplete. It makes you human.

Humans are wired for connection. There's no shame in wanting it.

The key is wanting love from a place of WHOLENESS, not desperation.

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## BLOCK #5: I'M FINE ALONE

### The Science Behind It:

This is called **Counter-Dependency**—the opposite of codependency. Instead of being overly dependent on others, you become fiercely independent as a way to avoid intimacy.

You build walls. You pride yourself on "not needing anyone." You equate vulnerability with weakness. But deep down? You're lonely. And pretending you're not doesn't make the loneliness go away—it just makes you less available for the connection you secretly crave.

### How To Release This Block:

#### Exercise 1: The Honest Admission

In a journal (or out loud to yourself), say:

*"The truth is, I DO want love. I want partnership. I want someone to share my life with. And it's okay to want that. Wanting love doesn't make me weak—it makes me brave enough to stay open."*

Let yourself FEEL the desire instead of intellectualizing it away.

#### Exercise 2: Interdependence Practice

Healthy relationships aren't about dependence OR independence—they're about INTERDEPENDENCE. Two whole people choosing to share their lives.

Practice this in friendships first:

- Ask for help when you need it
- Let someone care for you
- Share your struggles instead of always being "fine"

Notice: The world doesn't end. In fact, connection deepens.

#### Exercise 3: The "What If" Visualization

Close your eyes and ask yourself:

*"What if I let love in? What would that look like? How would it feel?"*

Visualize it in detail:

- Waking up next to someone who cherishes you
- Traveling together
- Sharing meals, laughter, quiet mornings
- Being SEEN and LOVED for exactly who you are

Let yourself WANT it. Without guilt. Without defense.

Because the moment you stop defending against love is the moment it can actually arrive

## CONCLUSION

When you release these blocks, you stop apologizing, settling, hiding, and waiting. And that's when love can finally arrive—not because you changed who you are, but because you released what was never yours to carry.

### WHAT HAPPENS WHEN YOU RELEASE THESE BLOCKS

When I finally did the deep work to release these five blocks, everything changed. Not overnight. But gradually, powerfully, undeniably.

I stopped:

- Apologizing for my age
- Settling for emotionally unavailable men
- Keeping walls up to protect myself
- Waiting to be "perfect" before putting myself out there
- Pretending I was "fine alone" when I was actually lonely

And I started:

- Showing up with confidence and authenticity
- Attracting men who were emotionally healthy and available
- Opening my heart without fear running the show
- Dating from a place of wholeness, not desperation
- Believing—truly believing—that love was still possible for me

And at 60, after over 20 years of being single, I met him. Not because I changed who I was. But because I released what was blocking me.

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## YOUR NEXT STEP

Reading this guide is the first step.

But reading about the blocks isn't enough.

You have to actually RELEASE them.

And that requires deep, intentional work—the kind that happens in a sacred container with support, accountability, and guidance.

**That's exactly what we do at my Shifting Forward Retreat  
June 10-16<sup>th</sup>, 2026 | Penticton, BC |**

**Limited to 20 Women**

Over 6 days, we will:

- Identify YOUR specific blocks (they might be different from these five)
- Use mirror work, belief reprogramming, and nervous system healing to release them
- Rewire your subconscious to attract emotionally available partners
- Build unshakable confidence and self-worth
- Open your heart again—without fear running the show

This isn't a theory. This is transformation.  
And I'd love to walk this journey with you.

**LEARN MORE ABOUT THE RETREAT**

Only 20 spots available.

Registration closes soon.

If you're feeling the pull, don't ignore it.

Your future self will thank you.

All my love, Rosemary 💜

## CONCLUSION

## BONUS RESOURCES

### Daily Affirmations To Reprogram Your Subconscious:

1. "I am worthy of deep, lasting love—exactly as I am, right now."
2. "My age is not a barrier. I am wiser, more grounded, and more aligned than ever."
3. "There are quality, emotionally available men everywhere. I am open to seeing them."
4. "I release the fear of being hurt. I trust my ability to choose wisely and love openly."
5. "I am whole on my own AND I welcome partnership. Both can be true."

**How to use:** Read these aloud every morning for 60 days. Your subconscious is listening.

### Connect With Me:

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Here is where we are going to be addressing all the personal struggles you face in your journey to find LOVE again:

<https://roseslifecoaching.com/retreat-2026/>

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