

Law of Attraction and Emotional Abuse: Why Self Esteem Matters in Dating

Have you revealed the real you to your mate? Sometimes the person you show to your mate is a mask. The mask says that you are confident. Behind the mask, tells the real story. You have low self esteem and fear rejection. What happens? The Law of Attraction kicks in. You attract to you what you believe about yourself. Your soul knows how you feel about yourself. So often, we want to be swept off our feet as we see on television. We crave to hear the words soul mate. When I got married, I wanted the same thing. Little did I know, my soul attraction led to abuse. Soul Mate is defined as a strong magnetic affinity to another person. Ask yourself this question about your relationship. What is that affinity based on? With emotional abuse, low self esteem is the common denominator. At first, you think that you've found your soul mate. The person who finally understands you. As time goes on, the part of you that you gave to your partner gets stepped on. Little by little, your self esteem chips away from verbal attacks. Suddenly, you forgot the person you were before you entered the relationship. Emotional abuse carries scars on your soul. Research shows that the damage caused by emotional or verbal abuse is equal to physical abuse. In order to stop abuse, it's critical to look at the root of the problem. I had a self esteem problem. I was attracted to my ex-husband because of his outgoing personality. The need in myself to fill a hole of low self esteem, blinded me to overlook red flags while dating. It's easy to become attracted to the wrong person for what we need to fill in ourselves. We falsely fill this hole looking outside of ourselves. It doesn't work. Today, be courageous and look at your self esteem. What connection do you see between your self esteem and how you are being treated in your relationship? When you improve your self esteem, you will attract the love you truly desire.

About the Author

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