



*A Complimentary Newsletter:*

## *On the Subject of Why We Sometimes Can't Fall in Love with the "Right Person"*

*By Michael J. Alicea, M.S., M.S.W., (Ed.D Candidate)*

Often in our relationships with others we mirror what is going on in our relationships with ourselves. If we are not secure with ourselves, we will fall in love with those who do not love us. If we do not believe that we are worthy of being loved, we will not be attracted to those who do love us. We are attracted at times to what we think we deserve. If we think we deserve to be punished (even on an unconscious level), we will find someone who will eventually punish us in a destructive manner. Whatever we really feel about ourselves, we will reflect in our relationships. If we feel positive and good about ourselves, we will have relationships with people who feel good about themselves and about us. If we are negative about ourselves and our lives, our relationships will reflect that negativity as well; in essence, we do indeed reap what we eventual sow into our lives.

Looking for the right person is a case in futility. There is no one right person, except the one that you have with yourself. There are literally thousands of people that we all are compatible with. The secret to finding that one special person is in you being compatible with yourself. Then, and only then, will we find what we are looking for in a relationship. Stop having expectations about what the other person (potential partner) will look like and do for you. Instead, focus on what you are, and what you will do for yourself. Stop looking. Enjoy your own company. Practice being okay without a relationship. It is never easier to learn self-esteem, and even to practice it when you are alone. If you learn to take care of yourself, in meeting your own needs, then the challenge of eventually being in a relationship will not become overwhelming. If you cannot take care of yourself when you are alone, it will be much more difficult to learn to take care of yourself when you are involve with someone else.

Most of us become aware of learning about self-esteem after we are in a relationship. While it is less complicated to practice self-esteem on our own, we do not have to leave a relationship in order to learn to take care of ourselves. But we do have to prioritize what we will need to do for ourselves and what we will need to give up for a relationship. Taking care of ourselves can be a positive thing.

Loving yourself does not mean that everyone else will eventually love you. Once you love yourself, it becomes easier to accept that others do not love us the same as we should love ourselves. Just as you yourself do not love everyone you know, others have the same rights with you. It's important to not waste your time and energy on those who do not care about you. There

are enough people around who do care for you to focus on; and, if you feel that there is no one else who loves you, then you owe it to yourself to care more for yourself.

Relationships are about balance, not about rights and obligations. Relationships are about challenge and stimulation, not about comfort. Relationships are about expansion and growth, not about standing still or staying put; rather, they are about allowing each and every one of us the opportunity to change and let go. The best relationships are those in which people let each other be who they are. We can love ourselves unconditionally and we can practice trying to love our partner unconditionally as well. We may never achieve this goal but we can learn from our efforts. If you want unconditional love, get a dog. Your future partner to be would not normally be in the business of always loving you. There is no one “right” partner for any of us, but there are enough good people around to have a satisfying and mutually rewarding relationship with. But first, you must be good with yourself so that you can eventually be ready for a good relationship with another.

---

***Michael J. Alicea, M.S., M.S.W. is a registered Marriage and Family and Clinical Social Worker Therapist Intern in Coral Gables. He specializes in working with couples and families, and offers ongoing groups for individuals and couples. Call 305.525.2482 for your free consultation.***