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Typical Disappointing Patterns in Love

(I) Falling in love with:

- 1) Emotionally unavailable men/women
 - 2) Physically unavailable men/women (workaholics, live far away, have huge responsibilities like a disabled child, etc.)
- [SEE BELOW FOR MORE DETAILED TYPES OF “UNAVAILABLE” PEOPLE]

(II) Dating AND Getting in Relationships with:

- 1) “the bad boys” or “bad girls” (addicts, law breakers, “players,” etc)
- 2) “boys/girls” in adult bodies – and falling into being their “mom” or “dad” (OR *vice versa*: we ourselves are being childish & expecting our partners to parent us – or even, a dance of going back & forth with this dynamic)
- 3) Someone completely *not* our equal – for example “losers” or “emotionally not well” people – so that we can feel superior in some way... who will end up leaning on us too much (physically, financially &/or emotionally)
- 4) addicts
- 5) narcissists
- 6) angry (& possibly, violent) people
- 7) cheaters
- 8) any other type of people who are toxic & emotionally immature
- 9) men/women with whom we share almost no interests & commonalities (except maybe sex!)

(III) Pattern itself:

- 1) Stay around too long with the obviously “wrong match” because of sex or just attachment
- 2) Long distance relationships that prolong the ability to get to truly know if you & he/she are compatible
- 3) Engaged in the “insecure attachment/avoidant” dance with someone (push/pull)
- 4) Center your relationship around both of your weaknesses & wounds instead of around your strengths and maturity