

*Attracting
the
PERFECT
Relationship
For You!*



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Introduction

If you are looking for the **Perfect Relationship** that is right for you then congratulations, you've come to the right place! By the time you finish this e-book and audio series, you will feel so much more confident and clear about what you want from a relationship and what you have to offer. If you implement the tools outlined in this program, you will easily and effortlessly attract the relationship you've always wanted.

When most people think about finding a new relationship they immediately think about getting into ACTION—they will join on-line dating services, start exercising to improve their physical appearance, or go to bars or art galleries in the hope of meeting potential partners. There is nothing wrong with getting into action, but the mistake that most people make is that they go out and do all of these things without first “cleaning up” their energy or vibration. They carry the remnants and baggage of past relationships into the new relationship. You would never think about eating all of your meals off the same plate without cleaning the plate first. Your experience of eating would be very confusing and unpleasant. It's the same with relationships—you need to clean your “plate” before you go back to the table.

Our aim is to assist you in doing the prep-work on yourself before you take action. We want you to spend some time preparing yourself energetically so that you won't attract the same old partners with the same old issues.

In particular, you will:

- **Get Clean:** work through the limiting beliefs that have been preventing you from the relationship you want and find out why you keep attracting the same relationship issues over and over. You'll then be able to create what you want from a clean place.
- **Get Clear:** determine exactly what you want in a relationship. With a clear vision of the partner and relationship you want, you'll be able to easily create it in your life.

- **Get Real:** learn to think, feel and behave in ways that will assure that you're ready for the perfect relationship. You'll learn how to *be* the partner you want to attract and finally make your vision a reality.

Let the journey begin!

The Law of Attraction

It is vitally important to understand the principles of **Law of Attraction** before doing this work. Why?—because one of the major goals of this book is to get you to a place where you are **exuding good feeling emotions**. Why?—because the energy that you send out is the energy that comes back to you. In its simplest form, law of attraction states that **like attracts like**—vital information when you are trying to attract your ideal partner!

The Law of Attraction is a powerful universal law that is operating in every moment. You can't see it or touch it, but it is constantly responding to our vibrations (moods and feelings), and matching them.

Whatever you focus on is what will show up in your life—but here's where it gets tricky! At first glance, that would seem to imply that if we focus on having a great relationship then our lives would be a reflection of that state. Unfortunately, the truth is that most people tend to focus on the fact that they **DON'T** have a great relationship, and so the dominant vibration they are feeling is one of lack. The irony is that the very thing that they want is being pushed away by their **lack-full** thoughts. Others spend their lives **wishing** they had a great relationship, and so Law of Attraction brings them a life full of **wishing** they had a great relationship.

When you really begin to understand the principles of LOA, you become more conscious and deliberate about **how you think and feel** about every aspect of your life. Think of yourself as a magnet--whatever you are thinking and feeling is what is coming directly back to you.

So, if what is showing up for you is an exact reflection, or match to how you are thinking and feeling about love and relationships, what can you learn now about your current state of relationships? If you have a great relationship, then by law of attraction standards, you are getting back what you are giving out. On the other hand, if things are not so good for you, then **there is something about the way you are thinking and feeling that is causing the less than perfect relationship or the absence of a relationship**.

You may not like the idea that YOU are the reason you have relationship issues, or that YOU are a match to someone else's cruel and abusive behavior. I am

not saying that you are doing this purposely or consciously. What I am saying is that there is something in your vibrational energy that **matches up** with what is being handed to you.

The principles of Law of Attraction are very empowering, because at the basis of these principles is the idea that YOU and only YOU, control your destiny. Once you understand how the Law of Attraction works, you can finally gain control of how your life unfolds.

- **YOU** get to decide how you want to think and feel
- **YOU** get to decide who plays in your world
- **YOU** get to create your own world that includes only those people who... love what you love, who feel how you feel, and who want as much joy as you do.

Now that's True Empowerment!

Part 1: Get Clean

Beliefs and Expectations

The first step to Attracting the Perfect Relationship is Getting Clean. What does it mean to **Get Clean**? It means to identify and clean up any beliefs or expectations you have about relationships that are keeping you stuck.

You need to identify those beliefs because they determine your outcomes in life. This is always true—if you want to know what your beliefs are in any area in life, just take a look at your results. If you have a lot of money, I guarantee that you have positive thoughts about money. If you struggle with health issues, you hold some beliefs consistent with ill health.

One way this happens is through selectively attending to certain things in our environment. You will always find what you're looking for whether you want it or not. When you expect to see something, you notice things that are consistent with it and ignore things that are inconsistent. For example, if you believe that people in Kansas City are friendly, you will find lots of evidence to support your belief when you visit. When you come into contact with unfriendly people, you will discount their actions or you may not even notice them at all because they don't fit what you are looking for. This isn't something we consciously or purposely do; it's just the way our brain works.

This also happens through the **Law of Attraction**. The Law of Attraction says that what you focus on and give thought and attention to, you create in your life. This is also true whether you purposely give attention to something, or whether it is held in your subconscious mind. If part of you believes it, you're very likely to find it in your life.

How do you know what your beliefs and expectations are?

Sometimes you just know. You may be able to easily list some of your fears about relationships or what you typically expect to happen. Beliefs and expectations may also be found in the stories you consistently tell about your own relationship history.

Sometimes our beliefs are somewhat hidden. For example, maybe you grew up in a culture or family where women were domineering. From these experiences, you may hold the belief that “women make the rules”. Maybe this isn’t something you would consciously identify with as a belief, but it nonetheless impacts your behaviors and outcomes. You can uncover these deeper, more hidden beliefs through practices such as journaling or free association writing, art, working with a coach to uncover beliefs, or by simply observing your outcomes in life.

When you want to Attract the Perfect Relationship, you need to start with a clean, solid foundation. Just like you wouldn’t go to the dinner table with a dirty plate, you wouldn’t want to approach the task of attracting a relationship with old, hindering, dirty thoughts.

Exercise:

To begin to “clean your plate”, take some time to evaluate the following questions:

1. What are the doubts, fears and obstacles that come up when you think about finding or maintaining a relationship?

2. What are some common issues or themes that come up over and over in your past relationships?

Are you surprised by what came up when you asked yourself these questions? Is it easy to identify some of your fears, beliefs, and expectations? Do you think you've identified most of them, or do you have a sense that there are more lurking under the surface?

Now that you know that these beliefs and expectations are determining your relationship results, it begs the question...***are you ready to start thinking differently?***

What to do with your beliefs and expectations

Once you've identified your beliefs and expectations you can begin to challenge and change them.

The first question you can ask yourself about any belief is: Is it true?

Your beliefs are not necessarily true—they are just things you picked up along the way from other people or your past experiences. For example, if you believe, “I can't be myself in a relationship”, can you absolutely know that's true? Have you ever been yourself and had things go well? Do you think it's possible? If this were your belief, you could think of at least 5 pieces of evidence to support the idea that you *can* be yourself in a relationship. Finding evidence *against* your harmful beliefs will help you to disprove them and eventually let them go.

Another strategy you can use in your daily life to deal with limiting beliefs and expectations is to **notice them** as they come up, **label them**, and **distance yourself from them**. The first step is to notice. If you have an expectation that you can't be yourself in a relationship, notice when this comes up for you. Maybe you're with a new person and you find yourself saying something you wouldn't normally say. In that moment, you can notice that you're acting out your belief and not being yourself. Or maybe you're contemplating what to wear on a date and you find yourself wondering what kind of clothes *he* likes instead of choosing what feels good to you. Again, notice that your belief is coming up.

After you notice the belief, you can label it and distance yourself from it. Over time, it'll become easy to label it by saying, "That's just my 'I can't be myself' belief". This allows you to further distance yourself from the belief and become empowered to choose the action that feels right. When you label the belief and distance yourself from it in this way, the belief no longer has power over you. You realize that the thought is not true and it's not you, it's just something your mind is in the habit of thinking. ***Most important, you can then choose whether you want to act on this belief or not.***

When you think your beliefs are true and you don't notice, label, and distance yourself from them, they tend to automatically influence your behavior. But when you can become consciously aware of this process you are in the driver's seat. Now you can notice that the belief is there, but still decide that you are going to be yourself in a relationship and see how that works out. In this way, you stop being a victim of your harmful thoughts. Instead, you get to choose the actions that will lead to the best outcomes for you.

Another thing you can do when your belief or expectation comes up is try to ***change it just slightly to a thought that feels better.*** For example, when you notice that you're thinking, "I can't be myself in relationships", you can try to find a different thought to think in that moment that feels better. The replacement thought should be something you can also believe, such as, "I've had positive experiences being myself in relationships", or "I am working on being myself in relationships". Because your beliefs determine all of your relationship outcomes, changing this belief—even just a little—will lead to more positive outcomes.

Part 2: Get Clear

So, what exactly are you looking for in a relationship? For many, the idea that we can ask specifically for what we want and get it is a radical concept! But, from now on, you are going to become a very picky and discriminate selector.

Why is it important to be clear about our wants? Because if you don't know what you want and how you want to feel, then how are you going to call it towards you? Once we tap into what we really want, we are then able to get to the **feeling place** of our desires. And why is this important? Because our feelings and emotions (our vibration) is our point of attraction. According to Law of Attraction, whatever we are feeling is being matched up with a similar vibration—like attracts like.

Children are a wonderful example of calling things to them. They know exactly what they want at Christmas time—not only do they want a bike, but they know the size, style, model and color! They are so excited and turned on by the thought of getting their bike, and more importantly, they expect to get it—and they usually do!

If you've had a long history of dating and marriages, then great! Now you have some data to work with. The upside of experiencing what you don't want is the ability to get clear about what you do want. You learn so much about yourself and about others this way. If you're smart, you'll inevitably end up wanting to avoid relationships that are all wrong for you at all costs!

Exercise: Knowing what you *don't* want

Take a large sheet of paper and draw a line down the center of the page. In the left-hand column make a list of all the negative traits you experienced in past relationships that you did not like in your mate. You can do the same if you are currently in an unhappy relationship— list the negative qualities. In other words:

What did you not like about past relationships?

This is a great exercise because most people are really good at identifying and articulating this list! There's something wonderfully cathartic about proclaiming all the annoying traits you have put up with and endured over the years. Sadly, we are much more adept at identifying what we don't like or want than knowing what we do want. By the end of this program, this will change! You will never again tolerate living with something or someone that is unwanted. The other great thing about this exercise is that ***when you know what you don't want—you know what you do want.*** When you finish your list, go back to the beginning and identify the opposite of those negative traits. Write those in the right hand column. For example:

Negative Traits

Lack of sense of humor
Miserly with money
Couch potato

Positive Traits

Sense of humor
Generous with money
Active

Now Make Your Lists!

Negative Traits

Positive Traits

Congratulations! You now have a wonderful list of what you want in a relationship. This is the list you should treasure and focus on as we move through this book. Throw away the negative list—there's no need to read that list any more. Your negative list belongs to the past, and it has no power in your future life. This new list is part of your clean plate.

What might come up for you as you look over your list is the realization that you've been living a life that is not happy or in-tune with what you aspire to be. You may be thinking: *why have I allowed myself to put up with this? Why did I tolerate such bad behavior from others? Why did I settle for less? Why did it take me so long to realize that these relationships were all wrong, what went wrong with my life?*

Don't fall into *the self-pity* trap for not knowing better. Watch out for this tendency, as it will keep you locked into your painful past and not allow you to move forward into your new future. Feel the hurt, and then move on. So, you stayed in a bad relationship for a long time—you may be asking yourself: *why did it take me so long to leave?* Who knows why. The good thing is that you have come out of it knowing what you really want. That thought is so much more empowering to think than the former. Remember, **when you know what you don't want, you know what you do want!** Now that you're "clear", turn your back on what you don't want and choose to focus on what you do want.

Get Picky

As you begin to explore partners, become very picky and discriminate about who you date. Now that you have done the *knowing what you don't want exercises*, you should be more attuned to the kind of person that suits your palate. If you have a history of settling for whatever shows up, then you're going to have to remind yourself that settling for a mate that has a drinking problem or an addiction to gambling is as undesirable as eating a bowl of ice cream and ketchup at the same time! **Know what you are allergic to, know who is bad for you**, and discipline yourself to stay away from destructive, dead-end relationships. When you are clear about partners that you are highly allergic to, you will avoid them the same way you would avoid deadly food allergies. Your ability to become discriminate will become second nature. French fries and ketchup is a true match, and so much better!

How Precise Should You Get?

There's a tendency while making your ***what do I want*** list, to get too specific. You may prefer brunettes to blonds or tall to short, but ask yourself: does it really matter if the love of my life has blond hair? Do you really think these traits are important? Don't limit yourself by asking for superficial traits. Focus on the **ESSENCE** of what you want—the character traits and nature of someone such as kindness, generosity, good sense of humor, etc. If you demand that your partner must have every single trait on your list, can you see how that creates resistance? It will severely limit your opportunities—whenever you meet someone you will find yourself feeling frustrated and annoyed that they don't meet all of your standards.

What is Your Focus?

You can only really focus on one thing at a time, and so an important question to ask yourself is: ***What am I focusing on right now with regards to relationships? Am I thinking about what I don't want? Or am I thinking about what I do want?*** Hopefully, it will be the latter.

If you were standing in front of a huge buffet, you wouldn't start thinking about all the foods you don't want to eat. Instead, your focus would be on all of the yummy foods that you could enjoy. This is exactly the way it should be with relationships. You have to rendezvous with what you want to be able to get in the vicinity of whatever you desire. Know what's being served up, tap into the smorgasbord of delights, and enjoy the feast!

Part 3: Get Real

The great thing about **getting clean** with past relationships is that when it comes time to meet potential partners, dating takes on a whole new experience. If you have done the work so far of **cleaning up** your thoughts and energy around past failed relationships, you will actually begin **to have fun and enjoy** the prospect of meeting people. No longer are you carrying around that heavy baggage—you will feel lighter and more enthusiastic. This will be your indicator that you have done the **cleaning up** work. If you feel like you are still carrying a ton of bricks of negative emotion—go back and clean it up before moving on!

You Attract What You Are

In his book, *Excuses Begone!* Dr. Wayne Dyer writes: **You don't attract what you want, you attract what you are.** If you can really understand and internalize this statement, you will have such wonderful success at manifesting anything in your life! This chapter is called **Get Real**, and it's about being a clear vibrational match for what you want.

- **Get Real about *Who You Are Being***

When you are out in the world interacting with people, who are you being? How are you behaving? What are you saying? How would you describe your energy? An interesting experiment would be to ask some of your closest friends to honestly describe 5 character traits that they witness in you that are consistent with your personality. If you have the courage to do this, you will find this exercise very informative. Are you mostly negative? Do you frequently complain? Or are you upbeat and friendly? This exercise will reveal to you your most salient qualities.

Ask some close friends how they would describe your energy? Write 5 of them below:

1. _____
2. _____
3. _____
4. _____
5. _____

- **Get Real About *Who You Are***

Many relationship clients come to us with a clear picture of what they want in a partner, yet they are so far removed themselves from those personality traits. Female clients commonly wish for a rich, kind, successful man to come along and marry them, yet they themselves have no job, no money and no prospects. If you are in a bad place with your work, home and money, you are probably also in a bad place emotionally. This is the absolute worst time to be dating and looking for a mate. You will attract someone who is also in this exact same place. Remember—**like attracts like!**

Exercise:

Make a list of your qualities. What will you bring to a relationship? What is your value? What are your strengths? What are the weaknesses that you would like to overcome?

Your Strengths

Your Weaknesses

- **Get Real about *How You Become a Match***

So, how do you become a match for what you want? You have to practice being that way yourself. Get clear **on five qualities** that you absolutely must have in a mate and practice being a match for them. For example, if you desire a mate who is generous in nature, practice being generous yourself. If you want someone who doesn't complain, notice when you complain and choose to stop. This is a great exercise because it not only helps YOU get clear about what is most important to you in a relationship, but also draws those qualities to you in a powerful way.

- **Get Real about *Being Authentic***

When you practice living and acting the values you most treasure, you are being authentic because you are holding yourself to your own highest standards. This has nothing to do with pretending to be a certain way! You cannot fool law of attraction. It is about genuinely FEELING what you want to feel.

Exercise:

As you go through your day, imagine that your future mate is watching and observing you. What will he or she see and hear from your interactions? What would you want them to know about you? Be the person you want to be in a relationship and feel the way now that you want to feel then. This is being a match to what you want to attract. This is ***Getting Real!***

Conclusion

As you work through these 3 crucial components of **Attracting Your Ideal Partner**, you will discover that **it takes work** to really get what you want! It's easy to date and link up with people—millions of people are doing that all the time. But how many of them are truly happy with what they get?

For some of us, it takes years of failed relationships to finally *get it* that the reason relationships fail is not about other people, but about US. **The common denominator in all of our failed relationships is OURSELVES and how we have shown up.**

When you know about law of attraction, when you understand that like attracts like, and when you begin to take responsibility for your actions, thoughts, and energy, you finally see the results you are wanting.

We invite you to take this work seriously, reclaim your power, and attract the relationship you deserve.

Linda Ford is a Law of Attraction expert. She coaches smart, successful women who are not so smart or successful at finding their ideal relationship.

I knew that I wanted to coach women in the area of relationships, because it was the one area of my life that was the most problematic—it was also the one area that I had the biggest breakthrough!

Ten years ago, when I was in my 40's and single, I remember reading a magazine article that said if you were female and 40 and had never been married you were "**more likely to be killed by a terrorist**" than ever get married. I was crushed to hear this statistic, and I panicked at the thought that I would live the rest of my life alone—this thought was too much to bear! And so I decided then and there that I would create my own destiny and defy the odds. Four months later I met my dream partner, three months later we got engaged, four months later we were married. And today? Well, our relationship just keeps getting better!

How did I defy the odds? I discovered the wisdom of **Law of Attraction** and started living by its principles!

For further information you can visit my website: www.attractalife.com



Amy Johnson is a psychologist and life coach with a passion for helping people take control of their life from the inside out.

I love coaching clients through relationship issues because I've had my fair share!

Maybe you're convinced that relationships are difficult and you'll never find a good one. Or maybe you've been reliving the same patterns over and over for years, or have been settling for something that's not what you really want.

These may be true in any relationships—romantic, friendships, family, coworkers...it all comes down to the same **basic principles of remembering who you are and what you want** regardless of what others are doing or saying.

Relationships aren't supposed to be difficult. I used to believe that there was no such thing as an easy, stable relationship. As long as I believed that, my experiences matched. When I chose to change by expectations, my results in life followed and things got much better!

For more information, please visit my website: www.dramyjohnson.com

