



# What is Your Biggest Block to Finding Love?

True Presence Counselling

## What is Your Biggest Block to Finding Love?

Take this questionnaire to find out!

Is an Inherited Family Pattern (IFP) holding you back from finding love?

Becoming aware of an Inherited Family Pattern can make a tremendous difference in your love life.

An IFP is subtle and often not something we notice or can put into words.

No one talks about IFPs, yet many are affected by them.

How do you know if an IFP is standing between you and your pursuit of love in your life?

And...what is your particular IFP?

**Take the Inherited Family Pattern Questionnaire below to find out!**

Keep track of how many times you check off YES, and add up the total at the end. *(You don't have to share your answers with me. So, please do yourself a favour and be completely honest.)*

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- 1 Have you ever said to yourself that “I would never want to be someone like my mom/my dad”? Yes/No
- 2 Do you see one of your parents as “good”, and the other one as “bad”? Yes/No
- 3 Do you feel sorry for one of your parents? Yes/No
- 4 Do you feel guilt or shame when you think about either of your parents? Yes/No
- 5 Do you tend to be attracted by someone who is unavailable on some level? For example, married, self-centered, immature, living far away, or noncommittal. Yes/No
- 6 Do you tend to placate people? Be nice? Be congenial? Yes/No
- 7 Have you been told that you do too much, or give too much? Yes/No
- 8 Do you feel guilty if you don’t do a bit extra, or give a bit extra? Yes/No
- 9 Do you feel like you are doing all the work to make a situation or a relationship “work”? Yes/No
- 10 Is it easier for you to love animals than it is to love humans? Yes/No

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- 11 When you think about having a family, does your mind go to “work”, “responsibility” or “obligations”? Yes/No
- 12 Do you want to start your own family, but feel like you are wasting time on the wrong person? Yes/No
- 13 Do you feel used or unappreciated in your intimate relationship(s)? Yes/No
- 14 Is it hard for you to open up and to really trust someone? Yes/No
- 15 Do you feel like you have to hide or to fake? Yes/No
- 16 Do you secretly think that no one will like you or love you if they find out how messed up you are? Yes/No
- 17 Do you feel unhappy but don't know why? Yes/No
- 18 Do you go blank, or give a canned answer, if someone asks you how you feel? Yes/No
- 19 Do you have trouble describing who you are beyond the geographic information? Yes/No
- 20 Do you have trouble staying present? Yes/No

The answers to these questions will give the common signs and symptoms of someone who has been affected by an Inherited Family Pattern (IFP). The more questions you've answered yes, the more likely your IFP is holding you back from having a happy and satisfying love life.

Really? How?

### **Let me explain...**

- The way you are attached (or dis-attached) to your mother determines how well you connect with your intimate partner.
- When a family experiences serious disruption, such as a death in the family, divorce, or something momentous like war or immigration, it makes sense that your mother would be distracted from attending to your needs.
- Out of all our needs, emotional needs are the first and the most often neglected or overlooked.
- As a result, your connection with your mother becomes insecure and your underlying anxiety and insecurity continues into your adult relationships.
- Lacking the experience of being taken care of emotionally also leads to an inability to recognise and to attend to your own emotional needs.
- When you don't know how you feel and you try desperately to maintain the connection between you and someone you care about, you lose touch with who you are.

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- Emotions are the substance of all relationships. If you are out of touch with your emotions, your relationships will tend to be dry, fake, or superficial, because you never know how you truly feel about a person or a situation.
- If you did not receive sufficient emotional validation when you were young, you will likely struggle to provide or receive it in your intimate relationships.
- As a result, it's likely you will struggle to find the right person for an intimate relationship, and you often end up wasting time with someone who is either unable or unwilling to attend to your needs.
- What's worse? When someone actually does love and care for you, you are unable to connect with them in the way you want and end up pushing them away.

**CLICK HERE to book your free 30-minute discovery call with me if you want to know more about:**

1. How to turn your love life around.
2. How to attract someone who's right for you.
3. How to release your IFP.
4. How to reconcile and rebuild a secure relationship with your mother.
5. How to reconnect and attend to your emotional needs.
6. How to build a happy and satisfying love life.

**CLICK HERE** to book your free **Be Love Savvy Session** today!

I look forward to speaking with you,

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