**WHY DO I ATTRACT SO MANY LOSERS?**

Have you ever asked yourself this question? Why do my partners have different faces, but the same personality or characteristics? Do your relationships seem to end the same way- in disappointment and frustration? What starts out with wine and roses and seems to be everything you could ever want, soon wilts- and you can't wait to get away. In my practice as a family law attorney over the last 17 years I have noticed a pattern in countless clients of "repeating bad relationships". They seem to have a string of similar partners, but don't understand what is behind their choices. This pattern of making "poor choices" in partners crosses all socio-economic levels from wealthy to poor, and limited education to highly educated individuals. There is no similarity apparent in the economic status of these individuals. I have seen those who earn $285,000 a year, to $30,000 a year, experience the same repeated troubles in their relationships. There is no respect shown to status, income level, or education of these individuals. Wealthy, educated and successful women and men both suffer from troublesome relationships. It is not a matter of intelligence or the number of degrees a person acquires, making them a candidate for such a relationship. Professionals, such as, doctors, lawyers, teachers, school principals, etc. suffer in the same manner in relationships that cause them pain and disappointment as though who have not completed their high school education.

Although your education level does not prevent you from becoming involved in a bad relationship, education about yourself and the dynamics of bad relationships can, and will, open your eyes and make a huge difference in the future of your relationships choices. Once you learn to recognize a "pattern" in the personality types you choose, your eyes will be sensitized to immediately see a RED FLAG of warning go up, reminding you to take guard or take flight.

When you ask yourself, -"Why does this happen to me?" The answer is complex. We attach ourselves to others for many different reasons, some are:

1) Rescue mode: We think we can save them from the world or from themselves. This is especially true of co-dependent personalities that thrive on feeling needed by another. This is an unhealthy beginning for a relationship.

2) Repeat of past, "UNFIXED" relationships: More often than not, we attach to someone similar to a parent or significant person in our lives with whom we had, or continue to have, an unresolved conflict. We try to resolve a past conflict through a present relationship. If it feels like you've "known them all your life", it may not be a good thing, especially when there was conflict in your prior familial relationships.

A learned psycho-therapist friend said we need to say "Goodbye" to our past unresolved relationship(s), and actually go through the process of mourning for the unfulfilled relationship, and through the steps of grieving to include anger, denial, bargaining, acceptance etc.. Ultimately, we have to bury the past "bad" relationship once and for all and acknowledge that the past relationship cannot be fixed. Then, we'll be more capable of finding a healthier, "future" mate.

3) Romantic impulsivity: We get caught up in the moment without any forethought. A weekend in Las Vegas where a marriage results, a cruise where everything is utopia, an affair (often partners of an affair become transitional relationships that last throughout a divorce period as well). Impulsivity relationships often end as quickly as they start. Next time the wind changes the relationship may not seem as good. While you are dating a prospective partner, give yourself time to go through the seasons of the year to see the true personality of a person before marrying them.

4) Transitional relationships: We find ourselves in a bad situation or a bad relationship and become attached to a person that listens and renders aid and comfort during a hard time we are going through- (note- they are actually acting in rescue mode for you- see above), transitional relationships typically DON'T last, but they serve a valuable purpose. I encourage my clients NOT to marry their transitional relationships because they set themselves up for more heartache. Sometimes the "transition" is from our original home environment with our parents- to living on our own for the first time, and away from the controls of parents.

5) Duress: This can be true in arranged marriages. Plus, any other union where one partner is compelled into the relationship by a family member or other outside forces, pregnancy, or other economic or financial issues, etc..

6) Resolving consequences of prior decisions: This plays out when pregnancy or other decisions compel the parties into a relationship that they would otherwise not have logically chosen when they were thinking clearly or sober. Suffice it to say, relationships that start because of stress or because "the doctor tells you you're in love", start out on a rocky foundation that is difficult to overcome and maintain. Can they survive? Absolutely, if the attraction and continuing respect levels are strong enough.

7) Desperation: The time clock of one or both partners is running out so they jump into a relationship. Loneliness can be a compelling factor driving someone into an unfulfilled relationship, believing "any" partner is better, than none.

8) Security: In this situation one party, or both, choose the other because of financial security or other factors of security other than LOVE (similar to duress or desperation above, depending on how needy the circumstances are). It can play out in situations where a younger person, who is insecure, or fearful of their personal security seeks out a "father-like" of "mother-like" figure to take care of them and make them feel secure, and is not based upon genuine attraction or love.

9) LOVE: Genuine feelings of full acceptance and trust of the other party. There is no agenda other than the companionship and mutual enjoyment of one another. Open vulnerability, and full healthy, non-combative verbal communication. Congratulations, if you are together for the right reasons!! Your relationship has the greatest chance of lasting.

\*You may have combined one or more reasons from the list all of which may be the "wrong" reasons.

You may also end up in a relationship that wasn't as much "Your choosing" as it was another "choosing you". In Toxic Relationships, How to Regain Lost Power in Your Relationship, it describes how certain toxic personalities seek partners that "feed their ego" and "make them look good". They are attracted to persons that are positive, rather than critical, of their behavior. Their partner must be impressionable, gullible, or otherwise easy to dominate or control with minimal effort or coercion. They seek out someone who respects their advice and opinions and has a malleable opinion rather than a firm, bull-headedness. They see confrontation or bull-headedness in a person as disrespect, and such a person is immediately expendable to them. An independent spirit threatens their dominance in the relationship. They want someone they can trust, although trust is foreign and generally lacking in them. Overall niceness will attract the devotion of this personality type. They want a "giver", but are simply not capable of giving back to their partner so they won't connect with a needy personality type. Toxic persons want everything to revolve around their needs and not the reverse. They are too consumed with taking from the relationship (to fill the empty void they feel inside) to be bothered with giving. They seek out a partner with one of two personality types:

Type #1. He/she came from a home environment which had high conflict, alcoholism, abuse, or other dysfunctional behaviors and this relationship feels "familiar". She/he may have a learned pattern of co-dependency which has kept her or him in this type of otherwise painful, destructive relationship. They may be co-dependent and have attachment modes of at least #1 and #2 above. Co-dependent personalities are familiar with serving and giving and doing for others and are a natural link-up with a toxic or narcissistic personality.

Type #2. He/she came from a home environment that was safe, supportive, and nurturing where they felt loved and appreciated. Therefore, they do not have any pre-conceived notions of a "toxic" personality type. They simply cannot see them for what they are. They have never experienced such a personality type. They are ill-equipped to deal with such a personality type and become overwhelmed and frustrated at their inability to re-create the type of home environment they were raised in. They trust fully, and give great deference to their partners. It is that trusting nature that is so attractive to a toxic personality, and why they are so easily stripped of power in these relationships.

This latter type of non-toxic personality is broad-sided and wakes up from they thought was a dream only to realize it wasn't a dream at all, but a living nightmare. It is at that point they want out of the relationship to find the peace they knew from their childhood. They desire to find a relationship where each partner mutually gives 100% to the relationship and each other like they experienced in their childhood environment.

The co-dependent Type #1 personality seems to stay longer in a dysfunctional relationship because they have never known anything better.

Once you have evaluated which category your attachment mode falls under and which personality type you may have, you will be better able to evaluate your present and past relationships so as not to make similar mistakes. You may need more instruction and self-analysis before jumping into another relationship. Some people search their whole life to find a healthy, nurturing relationship. If you are ultimately able to succeed in this goal, it will have been worth the search. There is nothing as fulfilling, completing, or rewarding as finding such a partner.

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