

**Question:** The following comes from a personal session with a lady who's latest relationship just ended and she was in loss and sadness...again.

**Reply:** Change your focus! You are focusing on the loss and what you don't want instead of what you DO want! Look at what you have instead of what you don't, being glad for what was instead of sad for what isn't, etc. And Breathe!!!

The example you gave of your dad is a good one. You probably did feel the rejection or that memory would not have come forth. Being rejected by a man who is the most important man in your life (I am talking about Dad to a little girl) sets up a pattern to be repeated. Searching for love from a man outside of your control and feeling the loss and failure of not achieving it. You are still following that pattern.

Sounds like your sisters have created an alone life too - maybe the same feeling of rejection as a child. Sounds like you all three are following the same genetic path. This does not mean you have to stay there just because they do. Do a worksheet on Dad going downstairs and you feeling alone or afraid.

Your efforts have seemed to be trying to hang on and keep what you have BUT your strongest focus that has the most energy is on pushing away, leaving, losing. Make plans for you - you are making this guy your god and your source for any happiness. You are the rose uprooted and you are initiating your own death. Don't you see, even in the example you gave of "in your mind going to his house and he's there with another woman." is only in your mind! It is not real. Dwell on it and you may create it or do you want to change your mind??? It is your choice.