

Why Am I Attracted to People Who Hurt Me?

A Self-Reflection Guide to Recognizing and Breaking Emotional Patterns

Welcome

If you find yourself repeatedly drawn to emotionally unavailable, critical, or hurtful partners—even when you know you deserve better—this guide is for you.

You're not broken. But there may be emotional patterns quietly shaping your choices in love.

This guide will help you begin to understand them, so you can choose differently.

Hidden Drivers Behind Painful Relationship Choices

When we keep choosing the same type of partner, it's often not a conscious decision. There are deeper emotional patterns at play:

1. Familiarity Feels Like Safety

We are often drawn to what feels "familiar," even if it isn't safe. If chaos, emotional distance, or criticism were part of our early experiences, we may unconsciously seek them out again.

2. Inner Child Wounds

Our younger self still longs to be loved by someone who reminds us of who once withheld it. We try to "win" love from the same kind of person, hoping for a different ending.

3. Self-Worth Filters Our Choices

When we don't feel worthy of care, consistency, or emotional presence, we may tolerate or pursue love that mirrors those beliefs.

Quick Self-Check:

Which of these resonate with you?

- ☐ I often feel anxious or unsure in love
 - ☐ I'm drawn to intensity over consistency
 - ☐ I try to "fix" or prove myself in relationships
 - ☐ I've been told I deserve better, but I stay
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3 Reflection Prompts to Explore Your Pattern

1. What moments in past relationships made me feel small, invisible, or not enough?
2. Who did I feel I needed to become to be loved, accepted, or chosen?
3. What would "safe love" feel like in my body? (Not what it would look like—but how it would *feel*!)

Give yourself time with these. Your answers may reveal old wounds or beliefs that are still shaping your present.

How to Begin Choosing Differently

Healing starts small, and it starts now. Consider these action steps:

- **Name your pattern** with curiosity, not shame.
- **Pause before reacting** in relationships; notice what feels familiar.
- **Practice naming your needs**, even if it feels uncomfortable.
- **Create a vision of safe love**: calm, consistent, kind—even if it feels unfamiliar.
- **Consider journaling or therapy** as a deeper space to process.

"When you know your pattern, you can change your path."

I am here for you!

Thank you for downloading this guide. Every step you take toward emotional clarity and self-worth matters.

Have a question or want to share your reflections with me?

I'd love to hear from you! Just send a message to: info@andressamartinspsychotherapy.com

Want more free resources like this?

Visit www.andressamartinspsychotherapy.com for more tools to support your journey of emotional well-being and self-discovery.

You deserve love that doesn't hurt.

With warmth,

Andressa