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### **“Are You Successful in Your Work Life, But You Make Poor Investments in Your Intimate Relationships?”**

(Here’s how to tell if you pay too high a price for the love you get, and what you can do about it)

All too often, a woman works hard at her business or her job, and reaps at least some positive rewards for her efforts. However, all too often, that same woman finds herself trying too much to keep a sad love relationship going to the point of her breaking; and she wonders why she’s coming up short. In case you are wondering if that woman could be you, listen up to see if you just might fit into the category of “Love Martyr,” and find out what you can do about it right now!

#### **1. Why do successful entrepreneurial women, (and often women in general) find themselves feeling stuck in relationships where they feel they are taking on “too much of the load” or they are getting the raw end of the deal?**

Answers:

- 1) Entrepreneurial women and women in general are often used to extending themselves way beyond what people are asking for; and in the long run, a number of them come to depend only on themselves. Many of them have even come to expect they will only be disappointed in the end with love, so they are willing to take whatever they can get as the relationships goes on, (often without realizing it, and even if they complain about it)!
- 2) Entrepreneurial women go out of their way to get things done, as you can’t just do what is convenient to you and be successful as an entrepreneur. This orientation is not just in their work, but it often extends into all areas of their lives. This could set them up to do too much for a man in the beginning, and he could easily take her for granted in the long run.
- 3) Often women don’t realize it, but they easily get into a habit where they don’t ask for help from people who will actually get the job done or be there “in their corner.” They can put too much effort into trying to get the wrong people to be

there for them, while pushing away those who are willing to be available and could successfully love them in ways they need them to be.

- 4) When a woman feels she is “doing everything” or “deserves better,” she may get the hapless “benefit” of getting to be in control or believing she is too good for the person she is with. That way, the woman gets to believe she always “has something on the man,” and in an odd way, that puts her on top in her mind.
- 5) They can at least subconsciously believe that if they “bring more to the table,” the man will depend on them for everything and will never leave.

## **2. What are some of the attributes of a “Love Martyr?”**

Answers:

- 1) You feel you can't live with the man you're with and yet you can't live without him either.- If you're a Love Martyr, the extra piece is that there's a secret and sometimes not so secret part of you that really does feel “you are too good” for this guy. However, you play the game of either pretending to “continually give him the benefit of the doubt to see if he'll ever get his act together” to justify staying in or you tell yourself and possibly others that “he couldn't make it without you.”
- 2) A Love Martyr often insists on doing anything and everything to try to “make it work.” While she may demand her man do more to bring in more money or help around the house, and says she won't tolerate his behavior anymore, a Love Martyr almost appears to get off on how she is such a good person to stick around with such a good for nothing. She's often more willing to go to great extremes to keep a “love” alive to the point of her own detriment than anyone else “would ever do.” You might often hear her say, “He ruined my credit” or “Thanks to him I lost my business” or something where she is the diehard and all he did was take. I've even heard things like, “He had the audacity to have an affair on me and got the woman pregnant. Now I even take care of the baby!” She loves to be needed and can't tell the difference between being needed or used.
- 3) A Love Martyr feels that if she does everything “just right,” then the guy will magically turn into the guy he either was when they first met or the person she wants him to be. It's hard for her to get that there's a good chance no one could make it work smoothly with this guy. You might hear her say, “There's hope for everyone to change, isn't there?” She can't tell the difference between a challenging situation that could possibly work or an unworkable mess that needs to just be let go.
- 4) Even though there may be a number of wonderful opportunities for love for you, you believe this is the only person in the world for you. Deep down, you may not realize as a Love Martyr, that love can come more easily to you without such a price. – There's a good chance the love martyr didn't have parents who thought

about her needs. She often had to do more than her share to be there for her parents or rest of the family when she was younger, and doesn't know how to attract those who can be there for her needs in a partnership now. (She's often acting out her own childhood in hopes that "this time, she can make an unworkable situation work." That, by the way, is why she is inclined to push away a "good guy" and attract herself toward "an unworkable situation." She is still unconsciously insisting that if she had been absolutely perfect, she could have "fixed" her family.

**4. What are some thoughts to help a "Love Martyr" consider the notion that intimate relationships can be better or actually good for her than the ones she has; and she doesn't need to suffer so much or waste any more time with this one?**

Answers:

- 1) Let a "potential Love Martyr" know you support them and realize, they are just stuck in a familiar patterned behavior, and may very well not even know they are doing what they do. Love Martyr's are usually made at birth- they come into this world having to be there for others at a very young age, without even realizing they have a right to have needs of their own and to ask for what they need – and get it. This sets a "Love Martyr" up at the beginning of a relationship to pride herself on not needing anyone, and then being angry when she realizes the person she is with isn't really there for her later on in the relationship (or even in the beginning).
- 2) They just become self reliant because they had to be as children. They had no choice about it then, and didn't realize they have choice about it as adults. Support her in asking for what she needs even though it is uncomfortable doing so. – Be clear with her about what YOU can do and what you can't, so you are not one more disappointment in her life. – Also, if she does let you or others be there for her, lovingly remind her that she may be inclined to look for something to be wrong with what she gets, because she just can't believe someone can come through!
- 3) You might offer a Love Martyr the thought that "giving" without "receiving" is detrimental to everyone involved and not just her. When you "do all the giving," there can be no balance, and no one gets the opportunity to give their gifts and talents to you. It actually short changes someone of the chance to do their share and share their talents. Ask her to practice asking someone for something at least once a week.
- 4) If you are someone who has benefited from a person who does too much for you, thank them for their efforts, and try one more time to do something for them. Tell you favorite "Martyr Lover" person that you are going to do something for them, because it will benefit you!

- 5) That they don't often know about "over giving" is partially in the following information. Be kind if you share any of this with them as they often have a hard time seeing themselves as "just human like anyone else":

*Over givers are often known as "Pathologically Generous." While they may pride themselves on being great givers, they are actually robbing people of have any individual freedoms to be self reliant or actual interdependent partners. In reality, I have found in my practice and life in general, that deep down, "over givers" are afraid that if they fall in love with people who are actually healthy enough to succeed without leaning solely on them, they may leave the "over giver" for someone else. – (Of course the reality is, a "leaner and taker" often can always find someone else to rely on because they can spot over givers a mile away, and there are plenty of them. Also, people come to resent those who do everything for them, because they remove that person's pride about themselves (if they had any to begin with.)*

**5. What are some ways a "Love Martyr" can alter her behavior to be able to begin to receive from others rather than give too much right away – and even stay in a healthy balance of give and receive all the way through a relationship?**

Answers:

- 1) Right at the beginning when you meet someone, do not go into a litany of your resume, how you are totally self sufficient, and how you make more money than anyone you know. – Instead, (practice) saying how you love to be pampered, and you enjoy "the wonderful dance of being together with someone and also taking quiet time with yourself." (This will help clue them into getting that you don't want or need someone clinging on to you 24/7, and you want others to be there for you as well as being there for them.)
- 2) The "Queen Bee" story. – A Queen Bee knows how to enjoy having people buzz around for and toward her. – She doesn't have to do all the giving. Also, there are people who actually enjoy being there for the Queen Bee, because they enjoy being around her!
- 3) (I hear this one from guys a lot.) – Do not be quick to shower a guy with a lot of gifts, especially at first. A healthy man will be annoyed with this and a user will be glad to know there is more where this came from. Practice sitting on your hands and let the guy make all the first approaches. It might help to let you know that whoever tends makes the first "approach," whether it be phone calls or initiating sex, is the man in the relationship!
- 4) If you are in a relationship now and want to see if it is salvageable without threatening to leave, just be less quick to jump in there and pay his bills first or clean up after him. In fact, stop doing it as much as you can without creditors coming down on you.

Try to smile and think about what you need done for you. Take a hot bubble bath and get yourself a massage. - Don't just fall into the habit of thinking about others and not yourself. - Be conscious about this most of all! You're truly only as good to others in the long run as you are to yourself.

- 5) Have a pact with yourself, that if you do anything that feels like it could be moving in the direction of anger or resentment down the road – stop. Like a snowball it will only get bigger in the wrong direction.

### **More power to you!**

This material is in no way a replacement for professional help. It is only a compilation of suggestions to consider. – Make use of it only as it works for you!

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