

Download Seven Attitude Adjustments For Finding A Loving Man

WWE superstar John Cena performs Attitude Adjustment on Kane at top of Burj Khalifa - 2015
The key is openness and you can't be receptive to love when an attitude creates a barrier around you. In *Seven Attitude Adjustments for Finding a Loving Man*, renowned relationship therapist Audrey B. Chapman identifies the subtle attitudes Black women harbor that prevent us from finding love and happiness. Attitude Five -- Mothering: "Come to Momma, baby." The drive to nurture that masks a hidden demand to be nurtured oneself. Attitude Six -- Shame: "Without a man, I'm nothing." The humiliation of being single, alone in a world where everyone else seems to come in couples. Attitude Seven -- Cynicism: "All men are sorry." "Men ain't nothing but trouble." The insistence that all brothers are dogs and unfit for a loving, trusting, monogamous relationship. For instance, when you meet a man do you evaluate him as a possible partner or do you think of him as a potential friend? If you become open to him as a friend you may learn something from him that will forever enrich your life. Or he may ultimately become your lifelong partner or introduce you to him. The key is openness, and you can't be receptive to love when an attitude creates a barrier around you.