



# THREE PATTERNS KEEPING YOU FROM ATTRACTING YOUR KING

LEARN WHY YOU KEEP CHOOSING THE SAME  
TYPE AND WHAT TO DO ABOUT IT RIGHT NOW

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# 01 YOU'RE OPERATING FROM YOUR MASCULINE AND TRYING TO ATTRACT MASCULINE ENERGY

## **Why This Happens:**

Self-reliance kept you safe. Asking for help led to disappointment or feeling like a burden. "I don't need anyone" became your armour and your identity.

## **How To Heal:**

Learn that softening doesn't mean losing your strength. Practice receiving support in small ways. Let a man hold space for you without you having to manage the interaction.

## **Small Steps You Can Take Right Now:**

- **Notice when you say "I got it" automatically.** Pause before declining help. Ask yourself: "Am I refusing because I genuinely want to do this, or because receiving feels uncomfortable?"
- **Practice receiving compliments without deflecting.** Instead of "No no, it was nothing," try "Thank you, I appreciate that." Let it land.
- **Ask for one small thing this week.** "Could you grab that for me?" "Would you mind picking that up?" Start with low-stakes requests.
- **Catch yourself managing/directing.** When someone offers help, resist the urge to micromanage how they do it. Let them support you their way.

## **Mindset Shift:**

"Softening into my feminine doesn't make me weak, it makes me powerful enough to receive. Strength isn't just about what I can carry alone; it's also about knowing when to let someone else carry me."



## 02 YOU'RE TRYING TO HEAL PARENTAL WOUNDS THROUGH ROMANTIC PARTNERS

### **Why This Happens:**

Your nervous system is still trying to resolve the unfinished business from childhood. It keeps recreating the conditions, hoping for a different outcome this time.

### **How To Heal:**

Understand that romantic partners cannot heal what parents created. That wound needs to be addressed directly first. Only then can you choose a partner from wholeness rather than from woundedness.

### **Small Steps You Can Take Right Now:**

- **Write down your parent's emotional patterns.** Was your mom critical? Dad withholding? Now write down your last 2-3 partners' patterns. Notice the similarity.
- **When you feel chemistry, pause and ask:** "Does this feel exciting because it's healthy, or because it's familiar?" Chemistry isn't always connection.
- **Notice when you're "trying to win" someone's attention.** That's your childhood wound speaking. A healthy partner doesn't make you earn their presence.
- **Journal: "What did I need from my parent that I never got?"** Then ask: "Am I looking for this from my partner?" Awareness is the first step.

### **Mindset Shift:**

"I'm not looking for someone to finally see me the way my parent couldn't. I'm looking for someone who already knows how to see, and I deserve to be with a man who doesn't need me to teach him that."



## 03 YOUR BODY HASN'T LEARNED WHAT EMOTIONAL SAFETY ACTUALLY FEELS LIKE

### **Why This Happens:**

You've never been in the sustained presence of emotionally healthy masculine energy that holds space for your emotions, sees you fully, and stays present without needing you to manage their feelings.

### **How To Heal:**

You need the embodied experience of what safe masculine energy actually feels like, not just the concept of it. Your nervous system learns through experience, not information.

### **Small Steps You Can Take Right Now:**

- **Notice how your body feels around different men.** Does your chest tighten? Shoulders tense? Breath shallow? Or do you feel expansive, grounded, at ease? Your body knows before your mind does.
- **Practice this grounding exercise:** When you feel anxious or activated, place one hand on your heart and one on your belly. Breathe into your hands. Ask: "What does calm feel like in my body?"
- **Make a "green flag" list.** What does emotional safety actually look like? (e.g., "He asks how I'm doing and actually listens," "He doesn't disappear when I'm upset," "I don't have to manage his emotions")
- **Pay attention to who you feel safe being messy around.** Not who you perform for, but who you can be imperfect with. That's the energy you're looking for.

### **Mindset Shift:**

"Calm isn't boring, it's what safety feels like. My nervous system has been scanning for danger for so long, it forgot what peace feels like. I'm teaching my body a new definition of love."

# WHAT NOW?

If you saw yourself in even one of these patterns, you're ready for something deeper than self-help books and therapy insights. You're ready for grounded, masculine guidance that helps you embody a different way of being, not just understand it intellectually.

**Underlying truth:** Therapy gave you awareness and language. But awareness alone doesn't retrain a nervous system that learned love = chaos, effort, and conditional approval. You need a new embodied experience to create a new pattern.

You deserve to feel seen, supported, and confident in choosing the right man.



**Let's see if working together is a good fit.  
Use the button below to schedule your  
complimentary Discovery Call.**

**I'M READY TO EXPLORE HOW WE WORK TOGETHER**

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