

A GUIDE TO UNDERSTANDING

5 Dating Patterns That Are Actually Wounds

And How to Finally Heal Them

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Your Mind, Body & God — Holistic Transformation

Before We Begin...

What if the people you keep attracting aren't the problem — but the teachers you need?

I spent years wondering why I kept ending up in the same painful dynamics. Different faces, different names, same heartbreak.

Then I realized something that changed everything:

Attraction isn't random. The people you're drawn to — and who are drawn to you — are delivering exactly what you need to heal.

The universe is efficient. It sends the exact teacher you need, even when that teacher hurts.

This guide will help you identify your primary dating pattern — the one that keeps showing up — and understand the wound underneath it. Because once you see the wound, you can finally heal it.

And when you heal, your attraction changes. You literally stop being drawn to the same people.

HOW TO USE THIS GUIDE

Read through each of the 5 patterns. Notice which ones make your stomach tighten, which ones make you think of specific people, which ones feel uncomfortably familiar.

Then take the assessment at the end to identify your primary pattern.

Remember: Recognizing the pattern isn't failure — it's the first step to freedom.

01

The Unavailable One

THE INTIMACY WOUND

They're charming, magnetic, and just out of reach. You feel the spark immediately — that pull, that chemistry, that "something special."

But they're never quite there. Emotionally distant. Physically absent. Always busy. Fresh out of a relationship. Married. "Not ready for anything serious."

And somehow, that makes you want them more.

HOW THIS PATTERN SHOWS UP

- You're drawn to people who are emotionally guarded
- Long-distance relationships feel more exciting than local ones
- You find yourself working hard to "earn" their attention
- "Complicated" situations feel like passion
- Available people seem boring or "too easy"
- You've said "they just need time to open up"

THE WOUND UNDERNEATH

Attraction to unavailable people often masks your own fear of true intimacy. If they can't fully show up, neither do you. The distance feels safe because:

- You never have to be fully seen (and potentially rejected)
- You stay in longing instead of having (longing is familiar)
- You focus on winning them instead of examining yourself
- The relationship never gets deep enough to expose your own wounds

THE QUESTION TO SIT WITH

In what ways am I unavailable — to others, and to myself? What am I protecting by choosing people who can't fully reach me?

THE HEALING PATH

Notice the excitement you feel with unavailable people. Ask yourself: *Is this chemistry, or is this anxiety?* Start paying attention to people who ARE available — not to date them necessarily, but to notice your resistance. What comes up when someone can actually show up for you?

02

The Love Bomber

THE VALIDATION WOUND

They come on strong. "You're the most amazing person I've ever met." Texts all day. Plans for the future after three dates. Intense eye contact. Gifts. Poetry. The feeling that you've finally, FINALLY been seen.

It feels like a movie. Like fate. Like everything you've been waiting for.

And then it vanishes.

HOW THIS PATTERN SHOWS UP

- Intense connections that burn hot and fast
- Feeling "swept off your feet" early on
- Relationships that move from zero to "soulmate" in weeks
- Being put on a pedestal (that eventually crumbles)
- The higher the initial intensity, the harder the eventual crash
- Confusing attention with love

THE WOUND UNDERNEATH

Love bombing feels good because you're starving. If you grew up with emotional neglect, inconsistent affection, or criticism, the flood of attention feels like finally being fed after years of hunger.

But love bombing isn't love. It's:

- Their need projected onto you
- Intensity substituting for intimacy
- Control disguised as adoration
- A future manipulation being set up

THE QUESTION TO SIT WITH

What emptiness am I hoping someone else will fill? Where did I learn that my worth depends on how intensely someone pursues me?

THE HEALING PATH

Real love builds slowly. It doesn't need to convince you. When someone's attention feels overwhelming, pause. Ask: *Is this sustainable, or is this a sprint?* Practice filling your own cup so you're not desperately drinking from someone else's fire hose.

03

The One Who Leaves

THE ABANDONMENT WOUND

Everything is going well. You start to relax. You start to trust. You start to believe that maybe, this time, it's real.

And then they're gone. A slow fade. A sudden exit. A betrayal. An explanation that doesn't explain anything.

You knew it was coming. You were waiting for it.

HOW THIS PATTERN SHOWS UP

- A deep-seated belief that people will eventually leave
- Hypervigilance for signs of pulling away
- Anxiety when things are going "too well"
- Creating distance before they can (leaving first)
- Over-accommodating to prevent abandonment
- Complete devastation when someone leaves — disproportionate to the relationship length

THE WOUND UNDERNEATH

If you experienced early abandonment — a parent who left, emotional unavailability, inconsistent caregiving — your nervous system learned that love is temporary. Now it constantly scans for evidence that this time will be the same.

The cruel irony: the fear of abandonment often creates it.

- Clinging → they feel smothered → they pull away
- Testing → they eventually fail → you feel confirmed
- Leaving first → you abandon yourself before they can

THE QUESTION TO SIT WITH

Who left me first? What did I make it mean about my worth? How do I abandon myself before others get the chance?

THE HEALING PATH

The core wound isn't that others leave — it's that you leave yourself. Learn to soothe your nervous system without needing their reassurance. Stay present through discomfort instead of bracing for impact. And let yourself be surprised when someone stays.

04

The One Who Needs Saving

THE RESCUER WOUND

They have so much potential. They just need someone to believe in them. They're going through a hard time. They've never had someone like you in their corner.

You're drawn to their depth, their struggle, their wounded-ness. You see who they could be — and you're determined to help them get there.

Your love becomes a project. And projects are exhausting.

HOW THIS PATTERN SHOWS UP

- Attracted to people in crisis or transition
- Seeing potential instead of reality
- Feeling needed, important, essential to their survival
- Relationships with more caregiving than partnership
- Giving more than you receive (and resenting it)
- Staying because "they need me"

THE WOUND UNDERNEATH

The rescuer wound often comes from trying to save someone early in life — a parent you couldn't fix, a family you tried to hold together. You learned that your worth comes from being useful, and love comes from being needed.

But rescuing isn't loving. It creates:

- A power imbalance — you're the "together one," they're the "mess"
- Resentment — you're exhausted from carrying them
- Your invisibility — all focus on their problems, none on your needs

THE QUESTION TO SIT WITH

Who did I first try to save? What would I have to feel if I wasn't focused on someone else's chaos? Am I attracted to them — or to what they could become?

THE HEALING PATH

You can't love someone into healing. You can only love them while they heal themselves — or not. Redirect the care you keep giving away back to yourself. Notice: Am I attracted to who they ARE, or who I want them to be?

05

The One Who Controls

THE WORTHINESS WOUND

They have opinions. Strong ones. About what you wear, who you see, how you spend your time. They call it caring. Protection. "Wanting the best for you."

At first it feels like being chosen. Like being important enough to have opinions about.

But slowly, you start to disappear.

HOW THIS PATTERN SHOWS UP

- Partners who make decisions for both of you
- Criticism framed as "helping you improve"
- Feeling like you need permission or approval
- Walking on eggshells to avoid their disappointment
- Your wants shrinking to fit their expectations
- Confusing control with love

THE WOUND UNDERNEATH

Control feels comfortable when you believe you need managing. When somewhere deep down, you don't trust yourself. When you learned that your judgment is flawed, your instincts are wrong, and someone else always knows better.

The worthiness wound says: *I don't deserve equal footing. Being managed is being cared for. Love is conditional on compliance.*

THE QUESTION TO SIT WITH

When did I stop trusting myself? What parts of me did I abandon to be loved? What would it mean to take up space without apologizing?

THE HEALING PATH

A controller doesn't love who you are. They love who they can shape you into. Start trusting your instincts again — small decisions first, then bigger ones. Notice when resentment rises; it's a sign your autonomy is being overridden. Choose partners who celebrate your independence, not manage it.

Identify Your Primary Pattern

Most of us have one pattern that dominates — even if we recognize ourselves in several. This assessment will help you identify yours.

For each statement below, notice your gut reaction. Don't overthink. Check the ones that feel true for you — even if you wish they weren't.

Section A

- ☐ I often feel most attracted to people who seem just out of reach
- ☐ Available people feel boring or "too easy"
- ☐ "Complicated" situations feel more exciting than simple ones
- ☐ I've said "they just need time to open up" about multiple people
- ☐ I feel most like myself when I'm working to earn someone's attention

Section B

- ☐ I've had relationships that moved very fast, then crashed hard
- ☐ Being put on a pedestal feels amazing — until it doesn't
- ☐ I've confused intense attention with real love
- ☐ The higher someone's initial pursuit, the more special I felt
- ☐ I've ignored red flags because the beginning was so intoxicating

Section C

- ☐ I'm always waiting for the other shoe to drop
- ☐ When things are going well, I feel anxious instead of relaxed
- ☐ I've pushed people away before they could leave me
- ☐ Rejection devastates me — more than seems reasonable
- ☐ I need frequent reassurance that someone isn't going to leave

Section D

- ☐ I'm often attracted to people who are struggling or in crisis
- ☐ I see potential in people that others don't see
- ☐ I give more than I receive in relationships
- ☐ I've stayed in relationships because "they need me"
- ☐ I feel most valuable when I'm helping or fixing

Section E

- ☐ I've let partners make major decisions for me
- ☐ I've changed how I dress/act/speak to please a partner
- ☐ I've felt like I needed permission to be myself
- ☐ Criticism feels like love in disguise
- ☐ I've shrunk to fit someone else's expectations

Your Results

Count your checks in each section. The section with the most checks is likely your primary pattern.

Section	Pattern	Core Wound	Your Count
A	The Unavailable One	Intimacy	____ / 5
B	The Love Bomber	Validation	____ / 5
C	The One Who Leaves	Abandonment	____ / 5
D	The One Who Needs Saving	Rescuer/Codependency	____ / 5
E	The One Who Controls	Worthiness	____ / 5

IMPORTANT NOTE

You might score high in multiple sections. That's normal — wounds overlap. Focus on your highest score, but know that healing one pattern often heals others.

If you scored 3+ in ANY section, that pattern is active in your life.

What Now?

Seeing the pattern is the first step. But seeing isn't the same as healing.

Healing happens when you:

- Understand where the pattern came from (the original wound)
- Feel the feelings you've been avoiding
- Learn to give yourself what you've been seeking from others
- Practice choosing differently — even when it feels uncomfortable
- Experience healthy love and let it rewire your nervous system

The goal isn't to find someone who doesn't trigger you. It's to find someone who stays while you heal.

Ready to Go Deeper?

This guide showed you the patterns. The full course shows you how to heal them.

Dating as Sacred Mirror

Using Relationships as a Spiritual Laboratory for Deep Self-Discovery

8 Modules • 40 Lessons • Guided Practices • Community Support

Transform dating from exhausting to enlightening.
Stop repeating patterns. Start meeting yourself.

What You'll Learn

Module	Focus
1. The Sacred Agreement	Reframe dating as spiritual practice
2. Attraction as Information	Decode what chemistry is really telling you
3. The Wound Parade	Understand the archetypes you attract
4. Triggers as Curriculum	Use activation for healing
5. The Healthy One Still Triggers You	Why safe feels scary at first
6. Being Held Through Healing	What happens when someone stays
7. Dating as Devotion	Every experience as teacher
8. The Integrated Self	When attraction shifts and love arrives

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About Marilyn

I've spent my career studying human transformation — through psychology, ministry, the body, and my own lived experience.

I earned my **BS in Psychology** because I wanted to understand why we do what we do. Then I became a **grief and loss counselor**, working with families and individuals in low-income school districts and on military bases. I sat with people in their deepest pain and learned that healing isn't cognitive — it's felt.

But I was burning out. Pouring from an empty cup. So I turned to movement — and Pilates brought me home to myself. I earned **70+ certifications** and became a master trainer, not just because I loved the work, but because I finally understood: **you can't feed others from an empty tank.**

I pursued my **MBA** to understand systems and scale. And I was ordained as a **minister through Bhava Spiritual Mission** with a specialty in counseling — because I knew the work I was called to do lived at the intersection of psychology, spirituality, and the body.

But my greatest education? **My own dating journey.**

For years, I kept attracting the same patterns. Different names, same dynamics. I had the psychology degree, the counseling experience, the spiritual training — and I was still repeating the same wounds in my relationships.

The Turning Point

Then I realized: I could use everything I'd learned to decode what was happening. The psychology. The somatic awareness. The spiritual framework. I started using dating as a laboratory — not to find someone, but to meet myself.

And everything changed.

My attraction shifted. My patterns broke. And eventually, healthy love showed up — not because I found the right person, but because I became the healed person.

When you commit to something as a way to meet yourself more deeply, it becomes transformative.

Now I teach what I learned. The integration of **mind** (psychology), **body** (somatic awareness), and **God** (spiritual practice) — applied to the place where most of us feel the most lost: love.

CREDENTIALS & TRAINING

Education: BS Psychology • MBA

Ministry: Ordained Minister, Bhava Spiritual Mission (Counseling Specialty)

Clinical: Grief & Loss Counselor — School Districts & Military Bases

Holistic Health: Master Restorative Health Practitioner (Spiritual & Emotional Wellness)

Movement: 70+ Fitness Certifications • Master Pilates Trainer

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Your Mind, Body & God

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