



Julianne Cantarella

LOVE, DATING AND VULNERABILITY

The one subject I typically see other relationship experts fail to recognize is the feeling of vulnerability that one experiences when he or she is dating. Because of my background as a masters prepared social worker and my past experience working with vulnerable populations, it does not escape me that vulnerability plays a huge role in whether or not you will have success. I mean, who wants to risk emotional exposure?

Below are some ways you can embrace vulnerability while moving through the process of relationship building to ultimately have success.

Believe you are worthy of being loved. Thoughts become things, and words become flesh, commit that to memory. If you continue to believe you are not worthy of love, you are working towards a self-fulfilling prophecy. All too often we hold on to self-limiting beliefs, especially around love and romance. Replace those thoughts with "I am worthy" and talk yourself into

the relationship you desire and deserve.

Don't worry about being perfect. With all of the outside influences bombarding us today, it's a wonder anyone has the courage to be real. I think we are all concerned with exposing our imperfections. This plays into everything from our body image, to personal accomplishments and more. Be courageous and let go of the false narrative that your success lies in perfection. It's our imperfections that make us more relatable, more human and more loveable.

Don't let fear undermine your happiness. As difficult as it may seem, lean into the fear. Fear can be painful, but fear is necessary and healthy. When facing fear head on, we are forced to step out of our comfort zone and stretch ourselves in ways we never thought possible. This is true even in our search for love. I've worked with enough people to realize that being emotionally exposed is scary. You will feel uncomfortable, but the harder you hold onto the fear and allow it to dictate

your journey the greater the chance it will undermine your happiness.

Be open. Part of our journey to love is creating the vision of what might be. We often put a face to the faceless and try to define the unknown. Sometimes that's wonderful because it helps us remain focused. However, sometimes we become so bound to the vision that we subconsciously force ourselves to be closed off to other possibilities. I am often asked, "How do you know when someone is going to have success and find love?" My answer is: my most successful client, is the client who isn't tethered to a vision that might be limiting; it's the client who is open to embracing the possibilities of what might be.

I trust you've found these points insightful and they give you hope. Although relationship building is hard, it is possible in the face of vulnerability. That said, I am sending you a virtual hug and strength as you move forward on your path to love.

Julianne Cantarella, MSW, LSW, is a licensed social worker with a deep passion for people. Her personalized approach to matchmaking and date coaching has earned her the title of New Jersey's TOP Relationship Expert. A professional matchmaker and dating coach since 2005, Julianne has the skills to successfully match her clients with their perfect partner or coach them into a loving committed relationship. Julianne is the owner, principle matchmaker and dating coach at New Jersey's Matchmaker, located in northern New Jersey. www.newjerseymatchmaker.com.