

FEMININE RADIANCE & COURAGE INSTITUTE



YOUR  
**LOVE  
PATTERN**  
*guide book*

Escape your disruptive love pattern and learn the actions you can take TODAY to stop meeting guys who are wrong for you.

BY DR. LARA & JOHNNY FERNANDEZ

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**We know why you're here:**

*"I took this quiz to learn which love pattern was causing me to keep ending up with the wrong men!  
I'm ready to see my results and get into action!"*

**WELCOME,**

*Devoted!*

Right now you're here for a reason. You've felt a longing in your heart for the **love of your life** - for the man of your dreams who loves and adores you.

You're ready to leave the past behind and step into your new future where your soulmate shows up - and relatively soon, too!

Perhaps you've already sensed there are some patterns that keep repeating over and over in your relationships. And now you're ready to understand those patterns - how they are serving you and how they may be stopping you from having what you really want.

Since 2005 we've been helping wonderful women, just like you, stop wasting time in relationships with lazy, low-commitment, or overall mediocre men, so they can finally find a relationship with their soulmate ... and we're here to tell you: it's not too late!

**We're deeply honored you are here today. And we CONGRATULATE you for taking your Quiz and being committed to discovering the truth about what may be holding you back from love- so you can move forward and find your dream man.**

In these pages you'll find a summary of your current Love Pattern and the steps you can take to shift that pattern so you can finally have the relationship you're dreaming of ... you ready?

**Please take your time and read every word. Give yourself the gift of being present to these pages and the processes laid out for you - finding your soulmate is just too important, isn't it?**





What we're about to share with you could very well change your life overnight. Seriously. We've seen it too many times to doubt the power of what can occur when a woman discovers how her love patterns have been disrupting her love life, then makes a decision to reclaim her true self.

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So, if you're tired of feeling fearful about dating and you're really, really done with attracting the same guy in a different body over and over again who makes you feel "not enough," is afraid of commitment, who hurts you, can't step up in his life, or just doesn't appreciate the wonderful woman that you are, then read on...

And if you're totally over seeing all your friends get married while you're spending yet another night alone and you're starting to sense some kind of block that is in the way of you finding your soulmate, but you can't seem to find what exactly it is so you remove it once and for all...

And, if you're readier than you've ever been to wake up every day in the safe, warm, committed and loving arms of your soulmate...

You are in the right place... and the first step starts here... with understanding your Love Pattern.

*To your soulmate success,*

*Johnny & Dr. Lara*



# Introduction to Love Patterns

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## *We all have a Love Pattern.*

It's the combination of all our life experiences - both positive and negative - that have impacted the way we choose men.

Often we adopt a particular Love Pattern as a coping mechanism to deal with difficult emotions that we want to compartmentalize in order to protect us from experiencing further pain.

The challenge we face is that, in many cases, our Love Pattern can be subconsciously keeping us from the life we really want. Re-creating the same heartbreaks and frustrations over and over. Different guy. Same disaster.

If you've found yourself wondering - after yet another relationship didn't work out - "WHY did I waste so much time on the WRONG guy?" or "WHY did this happen to me...AGAIN?" or, if you haven't had a decent relationship in a while "WHY can't I find a good guy, are all the good ones taken?"...insight into your Love Pattern will be eye opening.

Our goal is to help you shift your Love Pattern so that you can move toward the life and love you desire.

# The 5 Love Patterns



DREAMER



DEVOTION



IDEALIST



PASSION



PROTECTIVE

After working with single, professional women for over 18 years, we've found 5 Love Patterns that people fall into. One of these tends to be your primary Love Pattern that will determine who you pick to be in a relationship with, and how you behave in that relationship, both in ways that help you...and in ways that don't help you.

By understanding your Love Pattern and how it operates in your life, you can learn how to work within the pattern and move closer to consciously attracting the right man for you, without the negatives of your Love Pattern disrupting your journey, and holding you back.



# The DEVOTION Pattern

You're beautifully loyal and care so much about others - you just want to help, and you really want your guy to be happy with you. Unfortunately, that caring may be used against you by the wrong man. And as this pattern solidifies in your life you may have found yourself attracting men who take advantage of your caring nature.

## HOW HAS THIS DEVOTION PATTERN BEEN DISRUPTING MY LOVE LIFE?

The love life and relationship you deserve gets disrupted, throw off track, or never is allowed to even get ON track because it takes something beautiful, wonderful, and special...your caring and nurturing nature, and twists it to work against you. You feel frustrated and often feel taken advantage of. You wonder how you could not be appreciated for who you are.

You may even have found yourself thinking of men as very large BOYS who need momma to look out for him. They don't step up in their lives, or for you. They don't treat you with romance and caring. They don't appreciate you. They may be fun and sweet, but they're not the MAN



## “FIXER UPPER” MAY DESCRIBE THE MEN YOU’VE DATED

You've made it your responsibility to help them, fix them, and help them live up to their potential. This is where your wonderful nurturing and caring nature gets twisted and used against you.



## ISN'T MY CARING A GOOD THING?

Your nurturing and caring nature is fantastic. Your loving of your man is fantastic. Only... when your Devotion Love Pattern is not balanced out you really don't know how to stop mothering (and smothering) a man and let him stand on his own two feet. We totally understand that you really just want to help, but it often comes across as needy, demanding, overbearing even - all of which are major turn offs for men. At least...for healthy men. Quality men. The kind of man you really want to meet and the kind of man you actually want to marry. The thing is...he already has a mother. All your Mr. Right needs is a friend, lover, and a true partner. A woman who knows and lives in her feminine power, who has a healed heart, and who is really ready for love, real love.



## BUT DON'T WE NEED TO PLEASE OUR PARTNER?



As we explore how you relate to men, you probably have felt like you need to please him, do for him, sacrifice for him. Only...thinking that you need to please him to keep him, you've devoted yourself to taking care of him at the expense of your own healthy needs. You may have found yourself losing yourself entirely in the relationship. This has drained your energy and often left you feeling overwhelmed and scattered. In past relationships you may have found that as that continues, resentment builds and you don't see how your real soulmate is getting farther and farther away.

## OMG...WHAT HAVE I DONE?



Without realizing it, you've allowed yourself to be put in second place to everything else in your man's life. You may be second to his wife(!), his career, his hobbies, or his friends. You're not a priority, you know it, but you've gotten used to it, so you live with it. You've forgotten what a special person you are, so you think you have to settle for second, but you deserve first place! It's time for YOU to be a priority in your life so you can attract a man who will treat you as a priority in his life.

After attracting the wrong man for you and giving up so much of yourself and having your relationships crumble, you may have even begun to wonder... "how much MORE will I have to do to GET a good man and KEEP him?" The answer, surprisingly, is actually a lot LESS for him...and more for you. You deserve it. Yes, you really do. If you can balance out the negatives of your Devotion Pattern with the gifts that are present, then you can get on the road to attracting and keeping the right man for you.

## HOW WILL THE RIGHT MAN FOR YOU BE DIFFERENT?

The RIGHT man for you will deeply appreciate your devotion energy and never take advantage of you. But only if you can learn how to turn it around and use it for your good.

You may have even found yourself being so loyal, so devoted, you've been clinging to the wrong guy because you haven't yet realized that you can actually be very desirable to the right man, and are strong and smart enough to stand on your own.

When you shift out of this pattern and attract the right man for you, you won't find yourself in exasperation saying "Look at all I've done for you...." ever again.

### YOUR UNIQUE GIFT:

Your loyalty and devotion is to be admired. Your caring, nurturing, and attentive nature is wonderful because when expressed in a healthy way with the right man for you, he'll love, adore, and cherish you because you make him feel SO special, loved, and respected. It's also wonderful because you're not quick to give up when things get tough in your life, or in a relationship.

### YOUR UNIQUE CHALLENGE:

You're used to making yourself second place. You're comfortable making your needs secondary to everyone and everything else. This makes attracting a man who is healthy and who will appreciate you, and make YOU a priority, a challenge.

Starting a relationship with, then staying with, a man who's clearly not the right man for you out of almost blind loyalty and the hope that you can change him is what keeps you unconsciously pushing good guys away. The man who will appreciate your special nature needs to feel you're a woman who knows her worth and values herself.

As you practice making yourself a priority in your life, you'll find your unique gifts shining through more, and your challenges being balanced out so that you can finally find real love. At last.

## Okay, but how do I fix it?

# Your Next Step...

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You've learned which of the five disruptive love patterns you fall into, and how to avoid continuing to make the mistakes that could be keeping you from finding love.



You've also learned the advantages and unique gifts your love pattern brings, and how those can actually help you to find a relationship that makes you happy!

***As you very well know, this Love Pattern Guide is just the beginning. So if you are at a place in your life where you are ready to explore receiving expert guidance so you can quickly break these patterns and find your soulmate FAST...***

***Then we are inviting a select amount of women to experience a FREE private session with us...***



# FREE LOVE BREAKTHROUGH CALL

**LIMITED SPOTS AVAILABLE. SEE IF YOU QUALIFY.**

This free 60–90 minutes Love Breakthrough Call is dedicated to you, a single professional woman, who has checked all the boxes of success in your life except finding true love. This is for you because finding your Mr Right is a high priority RIGHT NOW.

## **In this call:**

- A Love Breakthrough coach will provide you a complete professional assessment of your past and present love life
- Your coach will assess how we can get you to where you want to be by this time next year, in the fastest way possible
- If you're a fit for our help, she may offer you our premium level program, True Love at Last, where you will work together to co-create a custom plan for you to find love ASAP

***We have led thousands of women with different backgrounds, experiences, and walks of life to their soulmates (fast) and it all started with this call.***

***Ready to finally have the love & life of your dreams, Dreamer?***

**[CLICK HERE IF YOU'RE READY](#)**



# BE OUR NEXT SUCCESS STORY

*They started right where you are now  
- along with thousands of others -  
... are you next?*



***We're committed to helping you...to restore your faith and hope, in yourself, in quality men, and in love. Healthy love. Real love. Forever love. The kind of love you deserve.***

*To your soulmate success,  
Johnny & Lara*

**BOOK MY CALL NOW**