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YOU KEEP ATTRACTING EMOTIONAL UNAVAILABLE MEN

And How to Stop the Pattern?

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Certified Relationship & WomenEmpowerment Coach

INTRODUCTION

Why You Keep Attracting Emotionally Unavailable Men — And Why That Stops Now

If you've ever found yourself falling for someone who keeps you at arm's length...

If you've felt confused, anxious, or like you're always "too much" for them to love properly...

You're not alone — and more importantly, you're not broken.

This eBook is a heartfelt guide for the woman who loves deeply but gets hurt by emotionally unavailable men. It's not because you're unlucky. It's not because "all the good ones are taken."

It's because a deeper emotional pattern is running beneath the surface — one that can finally be brought into the light.

I'm **Uzma Bilal** — a Certified Relationship & Women Empowerment Coach — and I wrote this for you. For the woman who's tired of:

Being the one who gives more than she receives.

Feeling like she has to earn love, prove her worth, or "fix" someone.

Confusing emotional highs and lows with real connection

In the pages ahead, you'll discover what emotional unavailability really looks like, why you keep attracting it, and — most importantly — how to break free from the cycle, for good. This isn't about blame.

It's about reclaiming your power, your peace, and your right to a love that feels safe, mutual, and whole.

You deserve more.

Let's begin the healing journey — together. ❤️

With love and strength.



Certified Relationship & Empowerment Coach



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INSPIRATION

**HEALING
BEGINS THE
MOMENT YOU
choose
PEACE OVER
PATTERNS.**

INSPIRATION

1.

WHO IS AN EMOTIONALLY UNAVAILABLE MAN?



He might:

- Blow hot and cold – affectionate one day, distant the next
- Dodge real conversations or long-term commitment
- Send mixed signals that leave you emotionally drained
- Say things like “I’m not ready for anything serious.”
- Be physically present but emotionally distant

He may not be a bad person, but he’s emotionally absent, and that creates chaos for women who love deeply.



2. WHY YOU KEEP ATTRACTING THEM

It's not bad luck — it's emotional programming.

You may:

- Have grown up with emotionally distant parents
- Subconsciously believe love must be earned
- Confuse anxiety with attraction
- Feel drawn to the emotional “chase” instead of emotional safety

You're replaying a familiar emotional pattern — not choosing what's actually good for you.

3.

THE COST OF STAYING IN THE CYCLE



Every time you choose an unavailable man:

- You lower your self-worth
- You try harder to be chosen, and lose your voice
- You waste energy waiting, fixing, and hoping
- You start believing that this is all you deserve

And none of this is your fault — but it is now your responsibility to heal.



4. RED FLAGS YOU'RE MISSING

These are early warning signs:

- He avoids labels or commitment conversations
- You're always the one initiating the connection
- He keeps it vague: "Let's just see where this goes."
- You often feel anxious, invisible, or unsure
- He disappears or shuts down when emotions get real

 If someone creates more confusion than clarity, that is your answer.

5.

HOW TO BREAK THE PATTERN



Here's your 3-step reset:

1. Awareness

Notice who you chase, and what emotional wound you're replaying.

2. Belief Rewiring

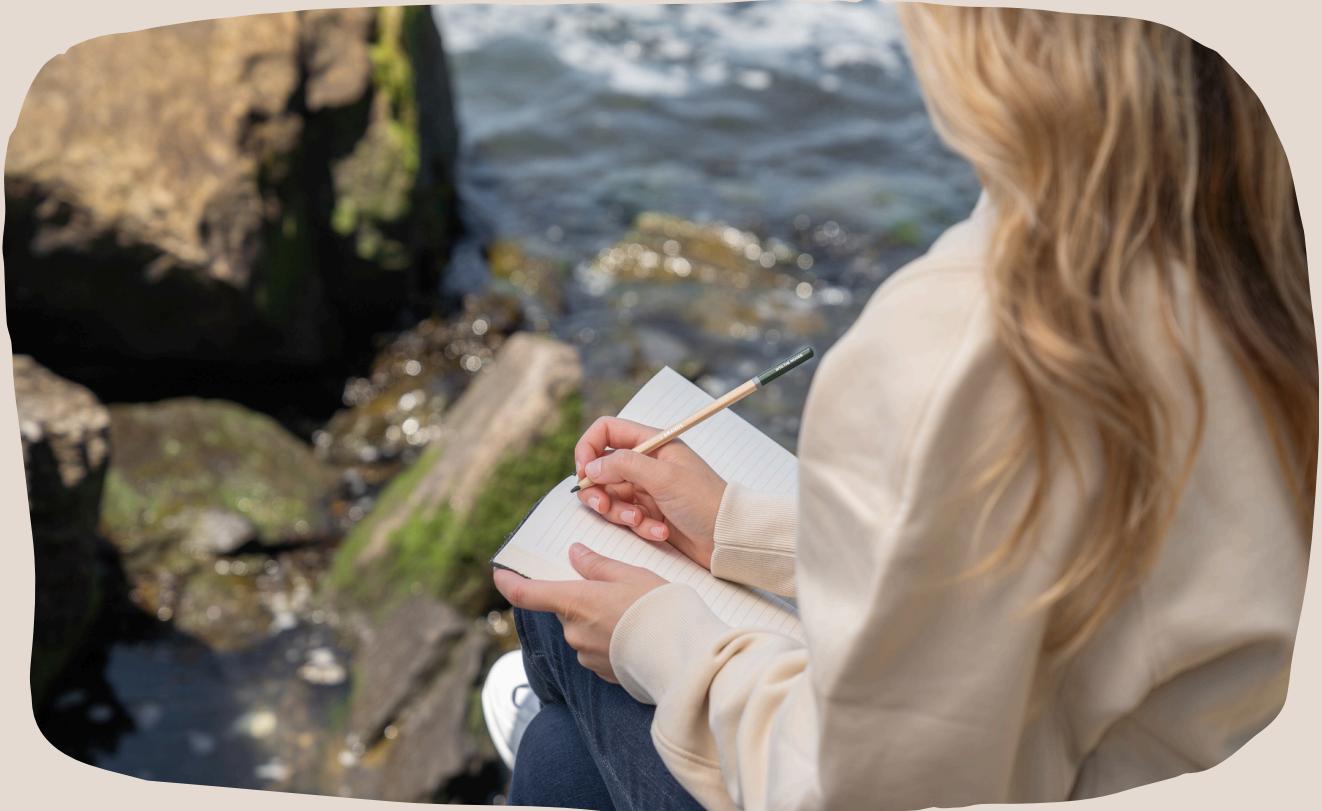
Say this daily:

👉 “I am worthy of safe, stable love. I don’t have to beg for a connection.”

3. Aligned Action

If someone brings confusion, pause, step back, and protect your peace.

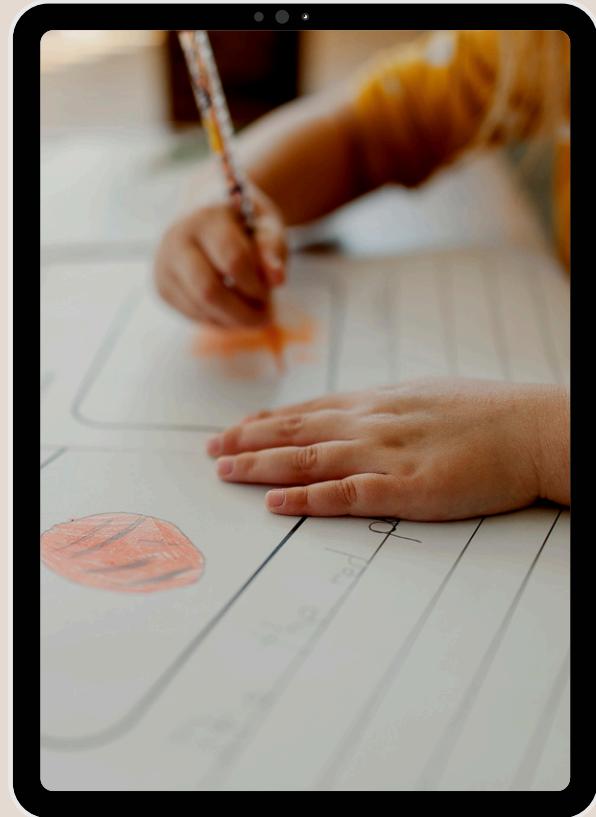
Healthy love will never make you anxious all the time.



6. JOURNAL REFLECTION PROMPTS

- 1. What type of men am I drawn to — and what do they all have in common?**
- 2. How did I feel growing up when I needed emotional support?**
- 3. What new belief do I need to practice to attract emotionally available love?**

7. MINI HEALING WORKSHEET



A. Emotional Awareness:

Think of the last man who hurt you emotionally. How did he treat you? What wound did that touch in you?

B. Self-Worth Check:

Write down 3 powerful, beautiful traits that a healthy man would value in you.

C. Boundaries Practice:

- What emotional behavior will you no longer tolerate?
- Could you write 2 new boundaries you will hold moving forward?

D. Future Vision:

Describe your ideal emotionally healthy relationship in 3 feeling words (e.g., calm, safe, joyful).

FINAL NOTE FROM YOUR COACH

You're not too much.

You're just asking emotionally unavailable people to
love you in a way they can't.

But that ends now — with your awareness, your
healing, and your choice to stop chasing chaos.

You don't have to work harder to be loved.
You only need to start choosing differently.

Here's to soft love, strong boundaries, and emotional
freedom.

With all my heart,

Uzma Bilal 

INSPIRATION

**STAY FOCUSED
ON YOUR OWN**



unique **JOURNEY**



AND CELEBRATE

YOUR *progress.*

INSPIRATION

Thank you
FOR READING

**CONGRATULATIONS ON COMPLETING THIS JOURNEY
TOWARDS BECOMING A STRONG WOMEN**



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WOMEN EMOPWERMENT
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