

How to Avoid the "Mommy Syndrome" for Single Mom's

Written by Ronnie Ann Ryan www.NeverTooLate.biz

Dear Dating Coach,

I broke up with Jack after nearly a year. I've told you there were problems, little things, annoyances, but I was trying to overlook small flaws and learn to be in a healthy relationship, communicate, etc. Nobody's perfect and I tried to appreciate his many good points.

What finally triggered the end was that Jack seemed incapable of taking care of himself. At 31, he still relies heavily on his mom, his housemate and me. I tried to break up several times, but always thought better of it and gave him another chance.

Then last weekend we went away for four days and on day two, Jack told me he'd run out of money! When we got back, I broke up with him. I knew, I couldn't be in a relationship with someone I didn't respect.

I'm sure I did the right thing but I had no idea how much it would hurt! I thought I'd feel relieved. The bottom line is – this is a major loss and even though my friends and family have affirmed that I made the right decision, I'm shocked by how alone I feel, and how sad that I won't see him again. Right now it's hard to believe I'll ever meet anyone else.

I found a lot of strength to make this decision based on everything I've learned from you about the things I want in a partner and what I can't accept. It frightens me that my list keeps getting longer – now I have to add financial stability and maturity. Thanks again for all your help and inspiration, and please know that you've helped me through an incredibly difficult time.

Jack-less and Lonely

Dear Chrissie

I want you to know how much I support your decision. There's no point in being with a partner who can't take care of himself - that's like a long-term Mommy sentence. Relationships hopefully expand your world, not weigh it down.

I know how much a break up hurts. For some reason the right decisions are often the hardest. Relationships require compromise, but when that compromise impacts your self-esteem or overall happiness, it's important to draw the line. You did the right thing by moving on. That shows you know how to put your well being above all else. Good for you!

One thing I can tell you is that you got a tremendous amount out of this relationship. It's hard to see right now, but with time, you'll look back and realize how much it opened your heart and gave you an opportunity to strengthen your relationship skills. While the list of qualities you want in a partner got longer, my bet is the important things stand out more clearly.

Be kind to yourself and allow the healing to begin. If you want more advice on recovering from a break up, you might want to read chapter 28 from my book, ***MANifesting Mr. Right***. It takes time of course and can't be rushed. But you will recover, and I'm confident that you will also find love again. Your healing is as inevitable as finding a new and better-suited romance.

Wishing you Love,
Ronnie – The Dating Coach

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Ronnie Ann Ryan, The Dating Coach, is a speaker, workshop leader, coach and author of MANifesting Mr. Right. The founder of www.NeverTooLate.biz, she shares her savvy dating strategies to inspire and build hope that regardless of age or romantic history, finding love is possible! Ronnie has worked with over 1,000 people to successfully help them jumpstart or accelerate their search for love. Ms. Ryan has been featured on Sally Jesse Raphael Radio, MSN.com, MORE.com, Boston's Chronicle, ABC and FOX News, as well as a variety of other print, broadcast and web articles in the US and the UK.