

How Did I Let This Happen Again?

5 Steps To Help You Move On



Copyright © 2016 Sedrik Newbern

All Rights Reserved.

Why Am I Single Again?

You've just ended another relationship. After devoting years of your life, it just didn't work. Although you had reservations going into the relationship, you thought things would change. You prayed things would change. You believed that you could make this relationship work.

In the end, it just didn't work! Who's to blame? What could you have done differently? Why didn't things change? When will you stop picking the wrong one over and over and over again?

Does any of this sound familiar? Do you feel you are stuck in the hamster wheel of failed relationships?

If your answer is "Yes", I encourage you to spend the next 15 minutes reading this entire FREE eBook. It will set you on a course of healing and restoration, plus give you the tools you need to finally end the cycle of failed relationships.

For these concepts to work and make a difference in your life, it will require you to change your mindset. Your belief systems and expectations will be challenged. Your perspective on relationships will be flipped upside down.

Are you ready to begin the journey?

It's Not Your Fault

Are you carrying the guilt and burden for your relationship failing? Do you blame yourself for not doing more to make it work? What if I told you it wasn't your fault? What if I told you it wasn't even their fault? Would you believe me? Would that be enough to release the guilt?

I remember spending months, and frankly years, analyzing everything when my first marriage failed. At first, as we all do, I blamed my ex. But then I quickly realized, it really wasn't her fault. Then, as expected, that realization didn't work for me. I refused to believe it was totally my fault. Once I got over myself, I really thought long and hard about the relationship and I came to this big conclusion...

I didn't know anything about relationships!

Yes, I said it! I was 32 years old at the time and I couldn't tell you what I needed or what I should give in a relationship. I had been in several relationships over the last 27 years (yes - I count my first girlfriend from kindergarten). So why didn't I know anything about relationships?

Like so many men, I grew up without my father. How can a man possibly understand what it means to be a good husband if there's no example for him to follow? To that end, how can a woman that has grown up without a father be a good wife if she doesn't have an example to follow? This also applies in situations where there is a father in the home, but he has checked out on the family, travels

constantly, or he's a stepfather with no commitment to raising his stepchildren. This father can be just as absent if he refuses to spend quality time with his wife and children.

Your childhood and early adulthood experiences can shape your future relationships.

Our first real lessons on relationships are taught at home. How can we expect to have a thriving relationship when we have only experienced broken homes and dysfunctional familial relationships? Many believe that the solution is simply doing the opposite of what they've witnessed and experienced. That's what I did, and it didn't work.

Some people refuse to accept the impact of their family's issues on their relationships. These people often find themselves in the same situations they grew up watching their parents go through. ***Ignoring the past does not address the patterns in your life that might lead you into relationships where there is infidelity, lack of trust, or even worse – physical or emotional abuse.***

In addition to our childhood experiences, many people are hurt in relationships as young adults. We enter our teenage years optimistic and excited about relationships. However by the time we are in our mid-twenties, we typically have had a relationship experience that leaves us questioning everything.

I quite often joke about having three girlfriends in high school break up with me to date basketball players. This really did happen to me in the 10th and 11th grade. I hold no ill feelings toward these women. In fact, I'm friends with all three of them to this day. However, this really did scar me for years. I started to question myself and regret that God didn't allow me to grow taller than 5'9". I even held some resentment for basketball players that I carried with me to college. I was always suspicious of girls that said they had dated basketball players. And yes, my theme song was "I Wish" by Skee-Lo with the lyrics that said, "*I wish I was a little bit taller... I wish I was a baller.*" Yes, I had issues! Just when I thought I had overcome these insecurities from more than twenty years ago, my wife starts going on and on about how cute Steph Curry is to her. Lord help me!

Many of us have seemingly innocent experiences just as the one I described from high school that in many ways can define our future relationships. These encounters can create long lasting insecurities that lead to destructive behavior and an inability to trust. So now imagine the impact of finding out the love of your young and fragile life has been dating someone else and deceiving you for almost a year. At eighteen, this can be devastating. It can shape your belief in men, especially if you watched your mom go through the same experiences. It can make you think that all women will use you and take advantage of you if that's what you always heard men saying as you grew up.

Does this sound familiar?

How do we break these cycles?

Research has shown our relational experiences in life establish learnings that are then translated into patterns of behavior. These patterns then inform our decisions and our self-image. So, if your desire is to break the cycle, you first have to start by changing your...

Mindset

Simply put, you have to believe there is a greater destiny for you. You have to believe that you are special and worthy of a positive, fulfilling, supportive, faithful, and successful relationship. You have to believe that your past does not define you. You have to believe no matter what your circumstances are today, that this is not where you will be tomorrow.

You have to believe in YOU!

Once you have the right Mindset, you then have to find the power, ability and willingness to...

Overcome

Once you have accepted that your present is NOT your future, your circumstances will not seem so insurmountable. You will find the situations you have faced in life can be used as motivation and education to fulfill your purpose and destiny in life. Allow your tests to become your testimony. You cannot change what happened to you, the environment you grew up in, or the fact that people treated you a certain way. You can change how you view those experiences.

You can change YOU!

You can also change how you allow those experiences to define you...

Validation

Far too often we are validated by our **Careers**, our **Homes**, our **Relationships** (or lack thereof), our **Income**, our **Successes**, or our **Talents**. There is danger in placing your validation in these things. These are typically ways to show the Jones' we belong. The irony is, the pursuit of these things can make us bitter and cause us to lose focus on ourselves and those we love, again, because we are trying to fit in with the Jones'. So what happens when the Jones' split up? Do we stop this silly pursuit of validation? No! We simply shift our focus to the Smith's because they seem to have it all together like the Jones' did before their relationships ended.

What if you instead focused on your relationship with God, the true CHRIST? What if you found His unwavering relationship with you as the only true validation you needed? What if you became the beacon of hope for others through your relationship with Christ, so others sought Him instead of trying to keep up with the Jones'? I can assure you that a validation from God will bring the right relationships to you and keep those not meant for you away.

God validates YOU!

This shift in mindset and validation will also create a shift in your...

Expectations

When you know your worth, you will expect more of yourself and others in relationships. This idea seems quite simple as a concept, but extremely difficult in practice. Let's say you decided to have dinner at an incredible steakhouse. If you ordered a filet and the waiter brought out a ground steak would you accept the meal and just eat it? Better yet, what if you didn't address the issue with the waiter and chose to eat the ground steak only to discover on your bill, he charged you for the filet? Would you simply pay the check? I would expect you to say, "Absolutely not!" So why then would you ask for and pay for a committed filet relationship from someone who is only able to provide you with ground steak? At the same time, are you challenging yourself

to be a better you? The success of any relationship depends on both parties giving 110% to themselves and to the relationship. You can ruin a relationship by limiting your focus to just yourself or just the other person just as much as if you don't focus on either.

Give your best YOU!

The key to having a strong relationship that breaks the cycles you've experienced requires you to take...

Ownership

You may recall I said I blamed my ex-wife initially for the failure of our marriage. That was until I came to my senses and took ownership for my role in the marriage failing and the impact of my poor choices and actions (not to mention my *inactions*). Accepting ownership is a challenge for so many of us. It's easier to blame others for the choices we make. It's easier to blame others for the failures we experience in life. It's just simply easier to blame others instead of owning our choices and our failures. Accepting responsibility requires us to admit that we made a mistake and that we are not perfect, which is in direct conflict with what drives so many of us - our ego.

Ownership also forces us to be vulnerable to ourselves and ultimately to others in relationship. Vulnerability exposes our weaknesses we try so hard to overcome. In the end, vulnerability is actually what builds

trust. I know this is counterintuitive to think that exposing your weaknesses to others will create greater levels of trust when your experiences have shown you that people will take advantage of your weaknesses. I had major trust issues going into my second marriage and so did my wife. I decided to make my life an open book by sharing everything with her, including the password to my phone. This forced me to believe that I could trust her with everything, including my heart. This was the best choice I could have made to build a foundation of love and trust in my relationship.

Trust begins with YOU!

I believe God challenges us and allows certain experiences in our lives as a way of building our trust and validation in Him. I also believe it is important that we share what we learn with others so they are not...

Next

This is why I write and speak to others about relationships. I don't want the pain I experienced and caused in relationships to be in vain. I don't want to see others make the same mistakes I made along the way. I don't want to watch another generation endure pain and brokenness because they were not provided the blueprint to MOVE ON from past pain. My passion is driven by my calling and desire to help others build strong foundations for relationships with their spouse, with their children, with their family, with their neighbors, with their church, with their co-workers and with their customers.

When you know your self-worth and have the knowledge of how to create strong relationships, then you will be able to apply these skills to any relationship you encounter. It will eliminate unhealthy, toxic relationships and change how you value relationships.

The best teacher is YOU!

It's time to MOVE ON and break the cycle of failed relationships.

Know the signs

The purpose of this eBook is to give you a perspective on how our relationship challenges can be directly correlated to our past experiences and how to **MOVE ON** from the past to create strong relationships. More specifically...

- You learned the issues you deal with in relationships are because so many people don't know anything about relationships
- You learned how childhood and early adulthood experiences can shape your future relationships
- You learned how to **MOVE ON** and break the cycles by:
 - Changing your **Mindset**
 - **Overcoming** your experiences
 - Aligning your **Validation** with God
 - Shifting your **Expectations** of yourself and others
 - Taking **Ownership** and being vulnerable
 - Passing the lessons learned on to the **Next** generation

It is my prayer, that reading this eBook caused you to reflect on your life experiences and how you might address the issues in your relationships differently. If in your reflections, you uncovered pain that you need to process, I recommend seeking the professional help of a counselor to help you unpack these issues and give you appropriate tools to address them. Couples counseling is also very effective in giving you tools for building trust and communication skills. I would also strongly recommend focusing on your relationship with God to build

the foundation you need to overcome the challenges you will face in life. Through prayer, He will direct your path in, not only your relationships, but in all that you do.

Now it's up to you to take action and MOVE ON to break the cycles. If you continue to get the same results in relationships, now is the time to do something different than you've done before.

For you to have success, I suggest the following actions:

- Share this eBook with a friend or significant other via the link/url **www.sedriknewbern.com/xxxxxxx** and start a discussion. Being vulnerable and accepting ownership should give you both a sense of release and improve communication.
- Find a mentor and partner you trust and respect that will challenge you and help you stay the course. If you are in a relationship, find another couple willing to mentor you.
- Set goals and journal your progress. Keep in mind little accomplishments can lead to ripples of success, so make sure that you celebrate any and everything you accomplish.
- If you found this useful, please let me know by:
 - Sending an email to info@sedriknewbern.com saying, “Hey Sedrik, just read your eBook and I loved it.”
 - Sharing your love and the impact of the eBook through social media. Be sure to connect with me and tag me on Facebook, Twitter and Instagram – @sedriknewbern.
 - Visit my website www.sedriknewbern.com for additional books, workshops and speaking engagements.

About the author

Sedrik Newbern is an author and motivational speaker specializing in impactful relationship coaching. A recognized leader in career and relationship coaching, Sedrik has developed and conducted hundreds of workshops and motivational keynotes on relationships, healing and restoration.

Sedrik is the author of *Unconditional Forgiveness - Lessons on Letting Go to Build Better Relationships*, his perspective on the impact growing up without his father had on his life. He also explores the evolution of the relationship with his father and how they moved beyond past pains to develop an unbreakable bond. Full of practical advice to those previously hurt in relationships, the book shares one man's healing and how you, too, can develop healthy relationships. Continuing on the theme of healing and restoration in relationships, Sedrik is currently working on his second book that will be released in the fall of 2016.

His keynote presentations, workshops and consultations are interactive, thought provoking and life changing. He uses real life examples and hands-on activities sprinkled with a bit of humor in his seminars and keynotes to engage participants. This ensures they leave with applicable ideas and action plans that are memorable and easy to implement.

He serves on several non-profit boards and committees including serving as co-founder of The Precious Gift of Hope Foundation and as

President for the University of Illinois, Lake County Extension Foundation. He also serves on the Tennessee State University College of Business Alumni Advisory Board and the Western Kentucky University Marketing Advisory Council. For his leadership in business and in the community, Sedrik has been recognized as one of Lake County Illinois' Most Influential African Americans, received the Alumni Achievement Award from Western Kentucky University Gordon Ford School of Business and received the Entrepreneur of the Year Award and Civic Leadership Award from the Chamber of Commerce. One of Sedrik's greatest accomplishments is serving as the first director of the YMCA Black Achievers Program in Nashville, TN that has impacted the lives of thousands of teens over the last two decades.

A native of Nashville, TN, Sedrik holds a BS in Marketing from Western Kentucky University and an MBA with a concentration in Economics from Tennessee State University. He is the President and founder of Newbern Consulting Group, LLC, as well as, President of Phoenix Insurance & Financial Services, Inc., an Allstate Insurance agency in downtown Libertyville, IL. Sedrik attributes his success as an entrepreneur to the support and motivation he receives from his wife Denise, and their son Matthew.

Be blessed in your Journey 2 Forgiveness!