

NAOMI SHERMAN

YOU DO NOT HAVE TO EARN LOVE

How to regain self-respect, let go of the past,
and learn to choose a man with whom you can
build a real “WE”

CONFIDENCE

HARMONY

LOVE

A NEW LIFE

A PRACTICAL
GUIDE
WITH TESTS



*You are
enough
just as you are
now*



MORE THAN
A BOOK —
A JO
TO YOU

18+

Nao Sher

You do not have to earn love. Test practical book

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Аннотация

What if you stopped asking yourself, What is wrong with me? after every failed relationship?

Why do you keep hoping, waiting, proving your worth, and believing that someone will eventually become the partner you need?

This practical workbook invites you to look at love differently. Instead of chasing potential, you will learn to recognize actions, understand emotional patterns, and see the difference between genuine commitment and empty promises.

Through thought-provoking questions, tests, and practical exercises, you will explore your relationship patterns, rebuild self-respect, release the past, and define what a healthy partnership truly means to you.

You do not need to become more beautiful, more patient, more desirable, or more perfect to deserve love.

You need to stop trying to earn what should be freely given.

You were never meant to prove that you are worthy of being loved.

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Naomi Sherman

How to Regain Self-Respect, Let Go of the Past, and Learn
to Choose a Man With Whom You Can Build a Real “WE”

A Practical Workbook with Tests

YOU DO NOT HAVE TO EARN LOVE

Dedicated to the woman who will one day understand

You were not too demanding.

You were not lacking in beauty.

You were not lacking in interest.

You were not lacking in calmness.

You were not lacking in sensuality.

You were not lacking in wisdom.

Perhaps you simply spent too long trying to build a future
where the other person had never intended to build one.

And that is a very important distinction.

Because when a relationship ends, a woman often starts
examining herself instead of the situation.

She looks through photographs.

She rereads the messages.

She remembers every word.

She searches for the moment when everything went wrong.

She thinks:

“What did I do wrong?”

But sometimes the right question sounds different:

“Did this person ever intend to build with me what I wanted?”

This book begins with exactly that question.

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Introduction

This is not a book about how to make a man choose you

This book will not teach you how to manipulate a man.

It will not teach you to play the silent treatment.

It will not offer ten ways to make him jealous.

It will not tell you how to deliberately disappear for three days so that he starts missing you.

And it will not teach you to pretend to be cold instead of showing genuine feelings.

Because mature relationships are not built on games.

They are built on choice.

On reciprocity.

On respect.

On actions.

On the ability of two adults to say:

“I choose you. And I am ready to build together with you.”

But before a real “we” can appear, a woman sometimes needs to return to her “I.”

Because it is impossible to build a harmonious relationship if you constantly abandon yourself in order to keep another person.

This book is about returning to yourself.

About self-love without loud slogans.

About respecting your own desires.

About learning to look not only at a man’s words, but also at

his actions.

About asking important questions at the beginning of getting to know someone and not considering that materialistic.

About stopping yourself from spending months in relationships that have no direction.

About learning to filter the people you date.

And about one day saying:

“The old version of me is over. A new chapter begins now.”

Part I

The Point Where Everything Begins

Chapter 1. He Did Not Choose You. But Perhaps He Never Intended To

There is a phrase women often say after a breakup:

“He didn’t choose me.”

There is so much pain in it.

But sometimes another reality is hidden behind it.

He did not choose you at the end.

He never intended to choose you from the beginning.

He may have liked you.

He may have been attentive.

He may have courted you beautifully.

He may have said the right words.

But at the same time, he did not take a single real step toward
a shared future.

He did not discuss plans.

He did not make joint decisions.

He did not show consistent initiative.

He did not try to get to know you more deeply.

He did not talk about what he wanted from the relationship.

And then the question arises:

did you really lose a relationship?

Or did you lose the hope of a relationship you could have had
with this person?

These are two completely different things.

Practice “Facts Instead of Hope”

Divide a sheet of paper into two columns.

What he actually did:

- how often he took initiative;
- how he planned dates;
- whether he kept his promises;
- whether he showed interest in your life;
- whether he talked about the future;
- whether he introduced you to his world;
- whether he solved problems together with you.

What you hoped he would do:

- become more serious;
- start investing more;
- change his attitude;
- want a family;
- start taking initiative;
- realize your value.

Look at these two columns.

Very often, this is exactly where the first real sense of freedom appears.

Chapter 2. Pros and Cons: Why the Heart Remembers Only the Good

After a breakup, memory has a strange way of working.

It shows you the best moments.

The first date.

The first kiss.

His smile.

The trip.

A message that once made you smile.

But relationships consist of more than beautiful episodes.

So let us conduct an honest analysis.

Test “My Real Relationship”

Rate from 0 to 5:

Question — Score

He took initiative

His words matched his actions

He was interested in my feelings

I could openly talk about my desires

He respected my boundaries

He was consistent

We discussed the future

I felt calm around him

I could rely on him

I felt reciprocity

Now separately:

What did I like?

Write at least 10 points.

What caused me pain?

Write at least 10 points.

What did I tolerate?

At least 5 points.

What did I justify?

At least 5 points.

And now the main question:

If my close friend told me this story, would I advise her to stay?

Write your answer honestly.

Synopsis

Sometimes a woman spends years trying to get from a man something he never intended to give from the beginning: clarity, investment, care, plans, a family, and a sense of security. After such a relationship ends, the question arises: “Why didn’t he choose me?” But a relationship is not a competition in which a man delivers a verdict on a woman’s worth. His choice does not determine her value.

This book helps you look at a past relationship through facts, separate real encounters from hopes, and understand why sometimes we hold on not to a person, but to an unrealized future. It examines the modern problem of attention scarcity:

work, the metropolis, constant busyness, social media, and a lack of time for personal life.

Special attention is given to the situation in which the first person to show interest unexpectedly becomes the center of a woman's thoughts. A few dates, occasional messages, a reaction on social media, or a call at a time convenient for him can turn into a major story inside her, even though the relationship has not actually developed yet.

After Part One comes a 28-day practicum. It helps you not simply read about change, but take one small step every day. After it comes "A New Life": dating, questions about intentions, boundaries, signs of reciprocity, the ability to accept care, "The Last Date," and the transition from "I" to a mature "We".

Foreword. A Promise to Reread This Chapter

Read this foreword now, and then return to it after twenty-eight days. Not to check whether you have become perfect. But to see what has changed in your perspective. What seems difficult today may be obvious a month from now.

Modern life creates a strange paradox: there are many people around, but little real time for closeness. In a metropolis, a person can see hundreds of faces in a day, receive dozens of notifications, and still spend the evening alone. Work, commuting, household tasks, messages, and obligations take up hours that could once have naturally been devoted to meeting people and communicating.

In previous generations, relationships more often developed within a stable circle: through friends, neighbors, family, work, and shared communities. Today, an acquaintance can begin with one message and end without explanation. You can exchange messages for months while barely meeting. You can see someone a few times and already feel as though an entire story has been lived.

A person who has long lacked romantic attention becomes especially vulnerable. When the first message arrives, it may feel not like ordinary contact, but like an event. “Finally, someone

noticed me.” And if attention is rare, every appearance of it seems especially valuable.

This is how attention scarcity arises. It does not mean that something is wrong with the woman. It means that her emotional resources have gone unmet for a long time. Therefore, the first person who gives warmth can occupy far more space than he objectively occupies in her life.

This creates an artificial feeling of falling in love. There are already expectations, fantasies, conversations with friends, and scenarios for the future. But if you look at the calendar, there may be very few actual events: a few dates, a few calls, messages only when it is convenient for the man.

Imagine: a man calls, and you meet. Then silence. You wait. He replies a week later and explains the silence. You accept the explanation. Some time later, everything repeats. There may be no obvious reason, but you continue choosing this way of being treated.

The most painful part here is not his silence. It is your hope, which receives a small confirmation every time. You do not want to admit that the relationship is not developing, because then you would have to face loneliness.

Family members and colleagues may increase the pressure: “When are you getting married?”, “What about children?”, “Isn’t it time to settle your personal life?” It may seem that you need to urgently find someone so everything becomes “like everyone else’s.” But a mature family does not begin by following someone

else's schedule.

You can want a family and still refuse to settle for a random person. You can be afraid of loneliness and still choose yourself. You can miss someone and understand that a particular man is not right for you.

Often we look for very complicated answers where the main answer is right on the surface. If a person does not create regular contact, does not make plans, does not take initiative, and does not talk about the direction of the relationship, you do not necessarily need to look for ten hidden reasons. Sometimes the fact is enough.

And one more thing. You do not have to blame yourself for past decisions. You acted as you knew how to act then. Every attempt was a sincere desire to be happy. Now you have new knowledge.

Imagine that you were given the opportunity to live for one day as a version of yourself who does not know the word "scarcity." She chooses a profession not because someone accepted her somewhere, but because she wants it. She chooses coffee not because it is the only café that is open. She chooses transportation, rest, her surroundings, and relationships.

Then a simple question arises: if you returned to the past, would you choose the same actions? Or would you like to feel like a woman who determines the quality of her own life?

The same thing happens in relationships. If you look at yourself through the eyes of the man in front of you, you may

notice a searching gaze, hope, and fear. But you can also see another woman: she is enough for herself, she has love that she no longer wants to give where there is no reciprocity.

Your door to a new life may have been closed for years. But the key was not with the man. It was with you. You simply did not yet know where it was.

Your task is not to end a relationship that did not actually exist. Your task is to end the pattern of waiting and use the experience as a valuable lesson. The price was high: time. But that does not mean everything is lost.

Now you can create a plan. Spend ten minutes a day on yourself — so little compared with the hours that can be spent waiting for a message. In ten minutes, you can ask yourself a question, write down the answer, notice a pattern, and take one step.

Your loneliness is not a time for longing. It is time to get to know yourself. What do you want? What future do you imagine? What does family mean to you? What are loyalty, care, and support? What kind of man fits your real life?

That is why the journey begins after this chapter. Not a journey toward becoming convenient for a man. A journey toward becoming a woman who knows what suits her.

Chapter 3. Do Not Confuse a Person's Potential With His Actual Actions

One of the most common mistakes is falling in love not only with a person, but also with his potential.

“He could be a wonderful husband.”

“He is just not ready right now.”

“He is going through a difficult period.”

“He will understand one day.”

“Someday he will change.”

But relationships are not built with a potential version of a person.

You live with the person who exists today.

That is why it is important to ask:

“If this person never changes, am I satisfied with what I am receiving now?”

If the answer is no, that is very important information.

Chapter 4. You Do Not Have to Earn Love

Love is not a reward for perfect behavior.

You do not have to be:

the most beautiful;

the calmest;

the sexiest;

the most convenient;

always available;

understanding all the time;

without the right to have a bad mood;

without your own desires.

You can be loved as a living, real person.

Real.

Sometimes tired.

Sometimes serious.

Sometimes funny.

With your own opinion.

With boundaries.

With dreams.

And with the right to say:

“That does not work for me.”

Chapter 5. Self-Respect Does Not Begin With the Mirror

Loving yourself is not only about looking at yourself and saying:

“I am the most beautiful.”

Real self-respect shows up in your decisions.

When you leave what is destroying you.

When you do not agree to relationships that are not right for you.

When you do not betray your own desires for someone else's approval.

When you stop explaining for the tenth time why something hurts you if the person has already shown that they do not want to hear it.

Self-respect is an action.

Part II

28 Days of a New Life

Chapter 6. A Promise to Yourself

Before beginning the program, write by hand:

“I promise myself that for the next 28 days I will not return to the old pattern.

PART I. THE POINT WHERE EVERYTHING BEGINS

1. He Did Not Choose You. But Perhaps He Never Intended To

Look at the beginning of the relationship. Were there concrete actions? Who initiated meetings? Were there plans? How did the man treat your boundaries? After a breakup, the brain often rewrites the past, turning hope into a memory of something that “almost worked.” Return to the facts.

Practice

- What three facts show his real attitude?
 - What did I hope to receive but never received?
 - What did I justify?
-

2. Pros and Cons

Create an honest picture. Good moments do not erase problems, and problems do not make the good nonexistent. You do not need to turn your ex into a bad person in order to admit: the relationship may simply have been bad for you.

Practice

- What was valuable?
- What caused pain?

- What did I gain as experience?
 - What did I pay for this relationship?
-

3. Potential Versus Actions

Potential is the future version of a person. Actions are his reality today. Do not base your decision on the phrase “someday he will change.” Look at the stable pattern of behavior: initiative, responsibility, respect, consistency.

Practice

- If he stays exactly the same for two years, will I choose this life?
 - Which words are not confirmed by actions?
-

4. You Do Not Have to Earn Love

Love is not given as a reward for perfect behavior. You do not need to become more convenient, more patient, or quieter in order to receive basic respect. Mature relationships are built on mutual choice, not on a competition for attention.

Practice

- What was I trying to prove?
 - Which of my needs did I make smaller?
 - What is now non-negotiable for me?
-
-

5. Self-Respect Begins With Decisions

Self-respect is not only about appearance. It is the ability to stop what does not suit you, say “no,” respect your time, accept care, and leave when a relationship systematically destroys you.

Practice

- What boundary do I need right now?
 - How will I communicate it?
-

When There Were Few Dates but a Whole Story

Sometimes a person becomes enormous in our thoughts despite a very small number of real events. That does not make the feelings unreal. But feelings need to be separated from facts. A few meetings can create a strong impression, but an impression is not a relationship. Relationships require time, consistency, getting to know each other, decisions, and mutual movement. If you lived through dozens of imaginary dialogues between meetings, it is useful to ask: what was happening between us, and what was happening only inside me?

The Cost of Waiting

Waiting consumes attention. The phone becomes a small center of the day: checking in the morning, hope during the day, disappointment in the evening. Outwardly, life continues, but part of your inner energy remains in waiting mode. Taking your attention back does not mean forbidding yourself to feel. It

means stopping giving hours to someone who does not occupy the same place in reality.

Why We Justify

Justification often protects hope. If you admit that a person simply is not investing, you will have to make a choice. So explanations appear: work, exhaustion, past relationships, a difficult personality, fear of intimacy. Any of them may be true. But even the truth about the reason does not change the result if this format makes you feel bad. A reason explains behavior, but it does not have to make that behavior suitable for you.

PART II. 28 DAYS. A NEW LIFE

This is a book, not a workbook. Instead of pages filled with lines, each day contains the meaning of the exercise, a possible answer, its interpretation, and a concrete step.

Day 1. Truth Instead of Illusion

Facts and Expectations

What happens. I saw that there were few meetings, but there were very many thoughts.

Possible answer

I saw that there were few meetings, but there were very many thoughts.

Конец ознакомительного фрагмента.

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