

WHY YOU KEEP ATTRACTING THE WRONG PEOPLE



*The Codex of
Awareness*

Why You Keep Attracting the Wrong People

The Codex of Awareness: Polarity, Patterns & Emotional Mechanics

Author's Note: The Mirror We All Need

This is not a book of judgment. This is a book of truth.

The universe is not good or evil. It just is. These patterns exist not because someone is wrong or bad, but because this is how consciousness learns and grows.

I'm not writing this to call anyone out. I'm holding up a mirror to all of us - including myself.

I spent too many years doing exactly what I'm bringing to light in these pages. The investigation loops, the denial cycles, the pattern repetition - I lived all of it. Multiple times. With different faces but the same dynamics.

Now I can write about these patterns with clarity because I've paid the full price of experiencing them. But was that price worth it? I tell myself it was - that without those experiences, I couldn't offer this understanding. That the pain had purpose because it produced this insight.

But if I'm being completely honest, I'm scared to look at myself and truly answer whether the cost was worth it.

So in some ways, I'm using this book - this mirror I'm telling you to step away from - to keep my own fragmented reflection at a distance a little longer.

The patterns don't discriminate. The costs apply to everyone. Even the person writing about them.

This book exists because these patterns are universal. We all get caught in them. We all pay prices we didn't need to pay. We all repeat what we could have learned the first time.

The goal isn't perfection. The goal is recognition.

If you see yourself in these pages, you're not broken or foolish. You're human, learning through experience like the rest of us. The patterns exist to create awareness, and awareness exists to create choice.

What you choose to do with that awareness is your experience to have.

But now you can choose consciously instead of unconsciously. You can see the pattern while you're in it instead of only recognizing it years later.

That recognition - that moment of "Oh, I see what's happening here" - that's worth everything.

Even the years it took to learn it.

Introduction: The Pattern Recognition

You keep asking "Why me?"

That's the wrong question.

The right question is: "What pattern am I in, and how does it work?"

This book isn't about giving you step-by-step instructions on how to find love or avoid toxic people. You're not a machine that needs programming. You're a conscious being having an experience, and that experience is yours to understand.

What I can give you is pattern recognition. The mechanics. The way these cycles actually operate underneath all the drama and emotion.

Because here's the truth: if people really understood how these patterns worked, they wouldn't spend decades cycling through the same relationships with different faces. They wouldn't keep asking "Why me?" They'd recognize the system and make different choices.

This understanding cost me 10 years of my life to learn. Maybe it doesn't have to cost you that much.

Chapter 1: The Spark

Opposites don't just attract — they activate.

Empathy, truth, generosity — all require contrast to ignite. Awareness never begins in comfort; it begins in friction. Polarity creates the mismatch, and contrast is the spark that lights the circuit.

Core Collapse:

- Empathy needs selfishness to activate
- Truth needs lies to matter
- Givers attract takers — not as punishment, but as ignition
- Opposites attract because contrast is required for awareness

Contrast is the spark: the mismatch, the violation of expectation — the missed call, the broken promise, the unexpected gift. Attention ignites where reality bends.

This is why nice people date assholes. Why empaths attract narcissists. Why truth-tellers get involved with chronic liars. The system creates the friction necessary for growth.

But here's what most people miss: **the spark isn't meant to become a permanent fire.** It's meant to light something, then move on.

The problem comes when we mistake the ignition for the relationship. When we think the drama IS the love. When we confuse intensity with compatibility.

Polarity is the ignition. Contrast is the classroom. Awareness is the outcome.

Once you understand this, you stop taking the attraction personally. You recognize it as mechanics, not destiny.

Chapter 2: Information Loops

The Investigation Paradox

Here's the raw truth that cuts deep: **You already know.**

When you start checking phones, smelling clothes, questioning their stories, telling friends your suspicions - that first moment of "something's off" WAS the answer.

But instead of accepting it, you enter the investigation loop:

- Checking their phone when they're in the shower
- Smelling their clothes when they come home
- Reading receipts found in pockets
- Telling friends about your suspicions
- Arguing with them about inconsistencies
- Looking for "proof"

The investigation is denial in motion.

One side (you) is fighting for clarity. The other side (them) is trying to find better ways to do what they want while managing your suspicions.

But here's the brutal math: **The fact that contrast was recognized IS the proof.**

The Pride Trap

Some people - especially those who pride themselves on being aware - will go through the entire investigation process just to say "I was right."

You spend months gathering evidence. You become a detective in your own relationship. You document inconsistencies, save screenshots, build your case.

And then you find the smoking gun. The definitive proof. The undeniable evidence.

Now what?

You confront them. Maybe they confess. Maybe they deny. Maybe they apologize and promise to change. Maybe they blame you for snooping. Maybe they leave.

Whatever happens next - **couldn't that same outcome have happened the moment you first felt something was wrong?**

Time Collapse in Real Numbers

Let's say you spend 8 months investigating before finding proof:

- 8 months of sleepless nights
- 8 months of anxiety and stress
- 8 months of checking phones and following receipts
- 8 months of your life force being drained
- 8 months of mental energy that could have been used building something real

For what? To prove something your body already knew?

The relationship was already over the moment the pattern started. The investigation didn't change that - it just delayed your acceptance of it.

The Awareness Cost

This is especially painful for people who consider themselves aware, intuitive, or emotionally intelligent.

You KNOW you can read people. You KNOW you can sense when something's off. You TRUST your instincts in every other area of your life.

But in relationships, you second-guess yourself into oblivion.

**"Maybe I'm being paranoid." "Maybe I'm overthinking."
"I should trust them." "I need proof before I can act."**

No, you don't. Your first instinct WAS the proof.

The Investigation vs. The Decision

Investigation: Gathering evidence to prove what you already know **Decision:** Acting on what you already know

Most people choose investigation because decision feels too expensive. But investigation is more expensive - it costs time, energy, and peace while delivering the same outcome.

The question isn't "Are they cheating?" The question is "Do I want to be in a relationship where I have to investigate?"

Because the moment you're checking phones and smelling clothes, the relationship is already over. You're just deciding how long you want to drag out the funeral.

The Same Result, Different Timeline

You suspect they're cheating. You have two options:

Option 1: Spend 8 months investigating, find proof, relationship ends **Option 2:** Trust your instinct, address it immediately, relationship ends (or transforms)

Same result. Different cost.

The investigation doesn't change the outcome. It just changes how much you pay for it.

Why We Choose the Long Road

Because accepting your first instinct means accepting that:

- You chose someone capable of this behavior
- You ignored earlier red flags to get here
- You have to face the unknown of being alone
- You have to start over
- Your investment in this person was misplaced

Investigation feels like you're gathering ammunition. But you're actually just avoiding the war.

The Alternative

When you feel that first contrast - that first "something's off" moment - you have a choice:

Address it immediately: "I'm feeling disconnected from you. Something feels different. Can we talk about what's happening?"

Set the boundary: "I need honesty in this relationship. If that's not available, I need to know now."

Trust your instinct: "My intuition is telling me something's wrong. I'm going to trust that and act accordingly."

This either resolves the issue or reveals that it can't be resolved. Either way, you get information quickly instead of paying the investigation tax.

The Real Question

The real question isn't "How do I know if they're cheating?"

The real question is **"How do I trust my own knowing?"**

Because once you can trust your first instinct, you stop needing proof. You start making decisions based on patterns instead of evidence. You start protecting your energy instead of spending it on investigation.

Your intuition is not on trial. It doesn't need to prove itself to a jury. It just needs to be heard by you.

Chapter 3: Denial as Time Collapse

Denial doesn't freeze energy — it folds it inward. That collapse compresses time, which is why whole years can vanish inside one bad loop.

Core Collapse:

- Denial compresses time
- You circle the same block, mistaking motion for progress

Suspicion IS awareness trying to surface. But you loop anyway: checking phones, sniffing clothes, reading receipts, building the case.

And maybe you're right. But the truth didn't need five years of denial to exist.

This is why regret burns so much: deep down, you knew. You felt it in your body, saw it in their behavior, noticed the inconsistencies. But you chose the loop over the truth because the truth felt too expensive in the moment.

Time collapse happens when we trade present reality for future hope.

"They'll change." "It's just a phase."

"Once they see how much I love them..." "After we move in together..." "When they're less stressed..."

Each justification is a fold in time. You're living in tomorrow while today deteriorates around you.

This is why people wake up at 30, 40, 50 asking "Where did my life go?" They spent it in loops, in denial, in collapsed time.

Awareness is the break. Awareness says: "I don't need the smoking gun. The pattern is the proof."

Chapter 4: Memory as Identity

What repeats gets stored. What's stored becomes identity. The danger isn't just repeating the same relationship — it's letting that archive speak for you.

Core Collapse:

- Loops become memory
- Memory becomes identity
- Identity becomes script

You start saying:

- "I always attract cheaters"
- "I can't trust anyone"
- "I'm not enough"
- "All the good ones are taken"
- "Love isn't real"

That's not your essence. That's the archive talking. A record, not a prophecy.

The Archive vs. The Observer

Your **archive** contains all your experiences, patterns, memories. It speaks in absolutes: "always," "never," "everyone," "no one."

Your **observer** sees patterns without becoming them. It can say: "I've experienced this pattern before. What information does it contain?"

When the archive runs your dating life, you become a character in someone else's story. When the observer runs your dating life, you become the author of your own experience.

The Abuse Trap

In toxic and abusive loops, the archive gets weaponized. You believe:

- "They'll change"

- "I can change them"
- "They just need more love"
- "This is what love looks like"

Any of these may feel true, but **the cost is the issue**. Sometimes it's your life, sometimes years of time, finances, or children.

Abuse is not a test of love — it is a siphon of energy.

The abuser needs you to believe that the pattern is love, that the drama is passion, that the intensity is intimacy. Your archive, full of movies and songs and stories about "love conquering all," supports this delusion.

But your observer can see: **this pattern has one outcome. It doesn't change. It only escalates.**

Chapter 5: Lies, Villains & Heroes

Without lies, truth would have no weight. Without villains, awareness would have no spark. Without heroes, collapse would have no rebound.

Lies ignite contrast, villains exploit it, heroes emerge in response.

Core Collapse:

- Lies are ignition. They make truth matter
- Evil needs victims. Good needs injustice
- Greed is insatiable. It collapses itself
- Villains activate growth. Heroes embody the rebound

Villains often win rounds because they don't hesitate — the moral brakes that stop good people don't exist for them. But pride and greed guarantee collapse.

This is why toxic people can seem so successful in relationships. They move fast, they're decisive, they don't second-guess themselves. They know what they want and they take it.

Meanwhile, healthy people are asking:

- "Am I being too needy?"
- "Should I give them space?"
- "Maybe I'm overreacting?"
- "What if I'm the problem?"

The villain doesn't have these internal dialogues. They just act.

But here's what you need to understand: **villains don't win because they're superior. They win because they're desperate.** Their entire identity depends on external validation, control, and conquest. They can't afford to lose because they have no internal foundation.

Heroes exist because injustice demanded response. Even empathy is learned contrast. Heroes are not exceptions — they are evidence that collapse fuels emergence.

You don't become a hero by avoiding villains. You become a hero by recognizing the pattern and refusing to play the victim role.

Chapter 6: The Cost of Emergence

Nothing new exists without something old being destroyed. Growth isn't free. Awareness isn't free. The system doesn't charge in dollars — it charges in time, pain, energy, flesh.

Core Collapse:

- Muscles tear to rebuild stronger
- Cells die so new ones form
- A baby is born through labor and blood
- Even love is born through heartbreak
- Even truth emerges from lies
- Even freedom is paid for with collapse

Toxic relationships, abuse loops, and denial aren't random pain — they're costs in the ledger of awareness. Every loop has a price. Every awareness has a cost.

The system doesn't ask if you can afford it. It simply demands payment.

The Cost Analysis

Most people never do the math on their relationships. They just pay whatever price the experience demands without calculating if they're getting value for their investment.

Time Cost: How many years did you spend in relationships that weren't growing? How many hours spent fighting, investigating, explaining, justifying?

Energy Cost: How much mental and emotional energy went into managing someone else's behavior? How much creativity and passion was drained by drama and instability?

Opportunity Cost: What didn't you build while you were stuck in loops? What relationships didn't you explore? What dreams got deferred?

Physical Cost: What did the stress do to your body? How did the sleepless nights, anxiety, and emotional turbulence affect your health?

The price you pay for awareness is real. But the price you pay for ignorance is higher.

Lowering Your Costs

Understanding the system doesn't eliminate the costs, but it can reduce them dramatically.

Pattern Recognition means you can spot the loop earlier, before you've invested years.

Boundary Setting means you can limit how much energy you're willing to invest before seeing returns.

Archive Management means you can distinguish between your experiences and your identity.

Observer Activation means you can watch patterns without becoming them.

The Universal Cost Principle

Here's what most relationship advice won't tell you: **ALL relationships have costs. Even the good ones.**

If good relationships were free, why would you need a guide to find them?

Good relationships cost:

- Time and attention
- Emotional investment
- Compromise and flexibility
- Growth and change
- Vulnerability and risk

Bad relationships cost:

- Time and attention (same as good ones)
- Emotional investment (same as good ones)
- Compromise and flexibility (same as good ones)
- Growth and change (same as good ones)
- Vulnerability and risk (same as good ones)

So what's the difference?

Good relationships: You pay the cost and get returns - growth, support, love, partnership, peace

Bad relationships: You pay the cost and get debt - drama, instability, confusion, depletion, chaos

The Cost Recognition

The problem isn't that people don't want to pay for relationships. The problem is they don't recognize what they're actually paying for.

You think you're paying for love, but you're actually paying for chaos. You think you're paying for partnership, but you're actually paying for drama. You think you're paying for growth, but you're actually paying for stagnation.

The costs are the same. The returns are different.

Why People Need Guides

If good relationships came naturally, if healthy dynamics were automatic, if compatibility was obvious - nobody would need relationship advice.

The guide exists because:

- We're not taught to recognize the difference between healthy and unhealthy costs
- We mistake intensity for intimacy
- We confuse drama for passion
- We don't know how to calculate relationship returns

Even in good relationships, you'll pay with:

- Your time (choosing to spend it with them instead of elsewhere)
- Your energy (caring about their wellbeing and growth)
- Your independence (considering their needs in your decisions)
- Your comfort zone (growing to meet the relationship's demands)

The difference is: healthy relationships give you returns that justify the investment.

The Investment Analysis

Unhealthy relationship investment:

- Pay: Time, energy, peace, growth
- Return: Chaos, confusion, depletion, stagnation

- Net result: Loss

Healthy relationship investment:

- Pay: Time, energy, peace, growth
- Return: Support, love, partnership, expansion
- Net result: Gain

Same costs. Different outcomes.

This is why people stay in bad relationships - they're already paying relationship prices, so they think they're in a relationship. But they're paying full price for partial returns.

The Cost Consciousness

Once you understand that everything costs something, you start asking better questions:

Instead of "Why is this so hard?" ask "What am I getting for this difficulty?"

Instead of "Relationships are work" ask "Is this work building something or just maintaining chaos?"

Instead of "Love requires sacrifice" ask "What am I sacrificing and what am I gaining?"

The Insanity Loop

Einstein said it best: **"Insanity is doing the same thing over and over again and expecting different results."**

This is the relationship loop in one sentence.

You keep:

- Dating the same type of person with different faces
- Having the same fights with different words
- Making the same compromises with different justifications
- Hoping this time will be different

But you never change what you're doing.

The Pattern Repetition

Same behaviors:

- Ignoring red flags because "this one feels different"
- Explaining away concerning behavior
- Staying longer than you should "just to be sure"
- Giving chances to people who haven't earned them
- Trying to love someone into changing

Different packaging:

- Different job, same character
- Different story, same outcome
- Different promises, same actions
- Different face, same patterns

Same results:

- Disappointment, confusion, wasted time
- Asking "Why does this keep happening to me?"
- Feeling like good relationships don't exist
- Questioning your own judgment

The Expectation Trap

The insanity isn't in the doing - it's in the expecting.

You can keep dating emotionally unavailable people. That's a choice. You can keep staying in situations that drain your energy. That's a choice. You can keep ignoring your instincts. That's a choice.

The insanity is expecting these choices to produce different outcomes.

Breaking the Insanity Loop

Stop expecting different results from the same actions.

If you want different results, you need different actions:

Instead of hoping they'll change: Change what you're willing to accept **Instead of explaining their behavior:** Address your own response to it

Instead of staying to prove your love: Leave to prove your boundaries **Instead of giving unlimited chances:** Set limits and enforce them **Instead of ignoring red flags:** Make red flags deal-breakers

The Definition Applied

Insanity in relationships looks like:

- Dating your ex with a different name
- Having the same conversation 50 times expecting breakthrough
- Tolerating disrespect hoping it will turn into respect
- Giving your all to someone who gives their minimum
- Staying in patterns that cost more than they return

Sanity in relationships looks like:

- Recognizing patterns and changing your response
- Making different choices when you see familiar red flags
- Accepting that some people won't change no matter how much you love them
- Leaving situations that consistently cost more than they give
- Learning from patterns instead of repeating them

The cure for relationship insanity isn't finding the right person. It's changing your own behavior until you get different results.

Chapter 7: Recognition Patterns

Now that you understand the mechanics, let's look at how these patterns show up in real relationships.

The Polarity Pairs

The Giver and The Taker One person's energy flows out, the other's flows in. The giver feels needed, the taker feels fed. Both are addicted to the dynamic, not to each other.

The Pursuer and The Distancer

One moves closer, the other pulls back. When the distancer finally approaches, the pursuer becomes uncomfortable and starts creating space. The dance continues.

The Fixer and The Broken One person needs to be needed, the other needs to be saved. The fixer gets identity from solving problems, the broken gets identity from having problems.

The Controller and The Controlled One needs to manage outcomes, the other needs to be managed. Both fear the uncertainty of mutual respect and shared power.

Recognition Signs

In the beginning:

- Immediate intensity ("I've never felt like this before")
- Rapid intimacy without foundation
- They seem to complete something missing in you
- You feel like you're "healing" or "saving" them
- They trigger strong emotional responses quickly

In the middle:

- You're explaining their behavior to friends and family
- You find yourself changing to accommodate their issues
- You feel responsible for their emotional state
- The relationship takes more energy than it gives
- You're constantly wondering where you stand

Near the end:

- You recognize patterns from previous relationships
- You're gathering evidence instead of having conversations
- You feel crazy, confused, or like you're losing yourself
- You stay because of potential rather than reality
- You're afraid to leave because of time already invested

The Archive Speaks

When your archive is running the show, you'll hear these thoughts:

"This always happens to me" "Why do I attract these people?" "Maybe I'm just meant to be alone" "All men/women are..." "I must have trust issues" "I'm too damaged for love"

These are archive entries, not truth. They're the accumulated data from past experiences, but they're not predictions about future experiences.

Chapter 8: The Observer State

The observer doesn't judge the pattern — it recognizes it. This is the state that allows you to see without becoming, to experience without drowning.

Activating the Observer

Step 1: Separate experience from identity "I am having the experience of feeling jealous" instead of "I am a jealous person"

Step 2: Recognize the archive When you hear absolutes (always, never, everyone, no one), that's the archive speaking, not the observer

Step 3: Ask pattern questions

- What information is this experience trying to give me?
- Where have I seen this dynamic before?
- What am I trying to get from this pattern?
- What is this pattern trying to get from me?

Step 4: Calculate the cost

- What is this pattern costing me in time, energy, peace?
- What is the pattern promising me in return?
- Am I getting value for my investment?

Step 5: Recognize choice points

- When do I have the power to shift this dynamic?
- What would happen if I stopped playing my role in this pattern?
- What am I afraid will happen if I choose differently?

The Observer vs. The Archive

The Archive says: "This is who I am" **The Observer says:** "This is what I'm experiencing"

The Archive says: "This always happens"

The Observer says: "This pattern is repeating"

The Archive says: "I can't help it" **The Observer says:** "I understand my role in this dynamic"

The Archive says: "They need to change" **The Observer says:** "I can only control my own responses"

The Archive says: "I'm broken" **The Observer says:** "I'm learning"

Chapter 9: Breaking the Loop

Breaking the loop doesn't mean never experiencing contrast again. It means recognizing contrast as information rather than identity.

Loop Break Mechanics

Recognition: "I see this pattern" **Responsibility:** "I understand my role in maintaining it"

Choice: "I can respond differently" **Action:** "I change my behavior regardless of their response"

Consistency: "I maintain the new pattern even when pressured to return to the old one"

Why Loops Resist Breaking

Familiarity feels like safety — even unhealthy familiarity **The known pain feels safer than unknown change** **Breaking loops requires tolerating uncertainty** **Both people benefit from the dynamic in some way** **The loop provides identity and story**

The Pressure to Return

When you start changing your role in the pattern, the other person will increase pressure for you to return to the familiar dynamic. This isn't malicious — it's systemic. The pattern needs both people to maintain it.

They might:

- Escalate the behavior that used to get a reaction
- Love-bomb you to pull you back in
- Become the victim and make you the villain
- Threaten to leave (hoping you'll chase)
- Actually leave (testing if you'll pursue)

Your job is to maintain your new response regardless of their strategy.

Loop Break Examples

The Pursuit Loop: Instead of chasing when they pull away, you create your own space Instead of explaining why they should want you, you focus on what you want Instead of making yourself available whenever they return, you maintain your own schedule

The Drama Loop: Instead of engaging in fights about their behavior, you set boundaries about what you'll accept Instead of trying to convince them you're right, you state your position and stop defending it Instead of threatening to leave, you actually leave when boundaries are crossed

The Rescue Loop: Instead of solving their problems, you express confidence in their ability to handle them. Instead of enabling their dysfunction, you remove yourself when they're in that state. Instead of accepting responsibility for their feelings, you offer support without taking ownership.

Chapter 10: The Cost Calculation

Every relationship should be evaluated like an investment. What are you putting in? What are you getting back? What are the projected returns?

The Relationship Ledger

Time Investment:

- Hours spent in conversation, activities, and presence
- Time spent thinking about them when apart
- Time spent managing relationship conflicts and issues

Energy Investment:

- Emotional energy given and received
- Mental energy spent on problem-solving and planning
- Physical energy in shared activities and intimacy

Growth Investment:

- How much are you learning and expanding?
- Are you becoming a better version of yourself?
- Are they inspiring you to grow?

Peace Investment:

- Does this relationship add to or subtract from your inner peace?
- Do you feel calm and centered, or anxious and reactive?
- Can you be yourself, or are you performing?

Returns Assessment

Immediate Returns:

- Companionship, affection, support

- Shared experiences and memories
- Physical and emotional intimacy

Long-term Returns:

- Personal growth and development
- Expanded worldview and experiences
- Building toward shared goals and future

Hidden Costs:

- Opportunities not pursued because of relationship demands
- Personal goals delayed or abandoned
- Energy not available for other relationships
- Stress-related health impacts

When to Cut Your Losses

The pattern is clear and unchanging You've invested significant time and energy, but the fundamental dynamics remain the same

The cost exceeds the returns You're putting more into the relationship than you're receiving, and that imbalance is consistent

You're changing in ways that don't align with your values You find yourself becoming someone you don't like or respect in order to maintain the relationship

Your other life areas are suffering Work, friendships, health, and personal goals are all declining because of relationship stress

You're planning your life around their issues Your decisions are primarily based on managing their behavior rather than building your own future

Conclusion: The Pattern Master

Understanding these patterns doesn't make you immune to them. It makes you conscious within them.

You'll still feel attraction to incompatible people. You'll still sometimes choose the dramatic over the peaceful. You'll still occasionally fall into loops.

But now you'll recognize what's happening while it's happening. You'll see the cost in real-time. You'll understand your role in the dynamic.

And with that awareness, you'll have choice.

The goal isn't to never experience these patterns. The goal is to experience them consciously, learn what they have to teach, and move on before they become your identity.

Some people will spend decades in the same loop, never understanding why. Some will blame themselves, some will blame others, but few will understand the mechanics.

You now understand the mechanics.

What you do with that understanding is your experience to have.

The pattern will continue to exist. People will continue to fall into loops, attract their opposites, and pay the cost of awareness through experience.

But you don't have to pay more than necessary.

You don't have to repeat what you've already learned.

You don't have to stay stuck asking "Why me?"

You can start asking "What now?"

And in that question, in that choice, in that moment of awareness — you become the pattern master instead of the pattern's victim.

The cost of this awareness was the time it took to read this book.

Everything else you choose to pay is optional.