

# 10 SIGNS YOU'RE ATTRACTED TO WOUNDS, NOT LOVE



A funny, honest guide to fixing  
your picker



**By Tracy Cooper**



**Hey, friend — welcome!**

**Before we dive in, let's get one thing straight: this little guide is not a magic wand that's going to instantly fix your picker. (If only it were that easy, right?)**

**What it will do is shine a big, hilarious, slightly uncomfortable spotlight on the patterns you've probably been repeating in your love life. You know the ones — the “why am I always attracted to emotionally unavailable people” moments, the red flags you've turned pink, the ones your friends have warned you about (and you did it anyway).**

**Think of this as your “Oh crap, that's me!” moment. Awareness is always the first step. Once you see the patterns clearly, you can finally stop blaming yourself and start choosing differently.**

**Fixing your picker? That takes time, support, and tools you probably weren't taught growing up. That's where I come in — I help women untangle the messy patterns, laugh through the pain, and start picking partners (and lives) that feel like actual love.**

**So grab your favorite drink, get comfy, and let's have some honest fun with your love life.**

**Ready? Let's go.**

# The Official TRACEGIAN Glossary.

**(Learn it. Love it. Live it. Laugh at it.)**

## **Broken Picker**

Your internal “love compass” that insists on pointing straight at narcissists, Peter Pans, and people who couldn’t find emotional availability if it bit them.

## **Bath Water Sipping**

Convincing yourself the toxic relationship isn’t that bad. Spoiler: if you have to say “it’s fine” more than twice a week, it’s not fine. Put. The. Cup. Down.

## **Flag Decorating**

When you take someone’s red flags and turn them into a home décor project. “Oh, he’s jealous, controlling, and broke? But he’s sooo passionate!” — Girl, that’s not passion. That’s a parade you don’t need tickets to.

## **Picker Tune-Up**

The process of unlearning your old patterns and rewiring your brain so your picker finally stops pointing you to pain and actually points you to love.

# The Official TRACEGIAN Glossary Cont'd

## Tracegian

My unique language of honesty + humor + compassion + a sprinkle of sarcasm. The best way to survive heartbreak and therapy.

## Bathrobe Philosophy

Life lessons that come out when you're sitting in your robe, hair in a messy bun, sipping coffee, and reflecting on how you got here. Spoiler: the robe is optional, the lessons are not.

## Upgrade Season

That moment when you realize your worth, delete your ex's number, and finally raise your dating standards. (Yes, it's uncomfortable. Yes, it's also fabulous.)



# 1. You Think Chaos = Chemistry.

If your heart only races when there's drama...newsflash: that's not passion, that's your nervous system begging you to chill. Real love feels steady, not like a soap opera.



## 2. You Ignore Red Flags Like They're Fashion Accessories

You see \_\_\_\_\_ and think, “Oh cute, they're quirky!” Nope. Red flags don't get better with time — they get brighter.



## 3. They Love-Bomb You on Day One

If someone is already talking forever on the second date, that's not romance — that's manipulation with flowers. Slow down, Romeo.



## 4. You Confuse Bare Minimum With “Amazing”

He texted you back? Wow. He's breathing? Incredible. Stop handing out gold medals for showing up alive.



## **5. You Feel Like You're Always on Trial**

You explain, justify, defend, repeat. If love feels like cross-examination, that's not love — that's control.



## 6. You're Addicted to "Fixer-Upper" Projects

You're not HGTV. You can't renovate someone's emotional house. If they're broken, it's their job to fix themselves, not yours.



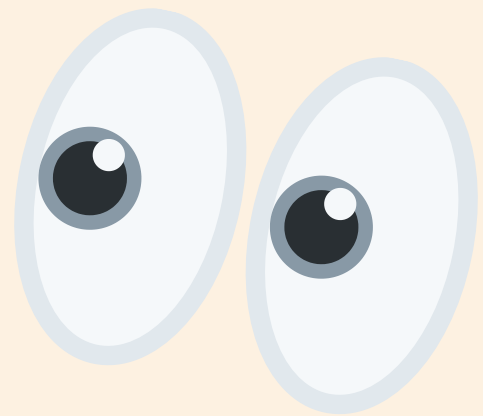
## 7. You Confuse Lust With Compatibility.

Yes, sparks are fun. But you need more than fireworks in the bedroom. Like...an actual foundation.



## 8. You Don't Feel Fully Seen or Heard

If you constantly shrink, stay quiet, or feel invisible, that's not "just how relationships are." You deserve a partner who actually sees YOU.



## 9. You Keep Replaying the Same Movie

Different face, same storyline: unavailable, hot-cold, you trying to prove you're "worth it." Spoiler: the ending never changes.



## 10. You Feel More Lonely In the Relationship Than Out of It

If being with them makes you feel emptier than being single, then congratulations — you're officially dating a ghost with WiFi.



# So...Now What?



If you made it this far, chances are you saw yourself in at least a few of these “picker problems.” And hey — no shame. I’ve been there, I’ve done the therapy, I’ve dated the narcissistic Top Gun pilot (zero stars, do not recommend ), and I have definitely drunk my own bath water more times than I care to admit.

But here’s the good news: You’re not broken. Your picker just needs a tune-up.

Step one: Stop pretending red flags are Pinterest décor.

Step two: Laugh at your patterns (because crying is too messy).

Step three: Learn to speak fluent Tracegian — my unique language of humor, honesty, and “no BS with a side of compassion.” Everyone needs to learn it, love it, live it, and laugh at it.



# Your Next Step



Here's your next step:

- Take my free quiz: ***Is Your Picker Broken?***
- Download my 30-Day journal - The TRACEGIAN 30-Day Journal: Fixing Your Picker @ [linktr.ee/tracycooper0912](https://linktr.ee/tracycooper0912)  
\*Consider this your reality check... but with empathy, sarcasm, and zero judgment.

You're here because deep down you know you're worth more. And guess what? You are. Let's fix that picker so it finally points you to love, not wounds.