



Unlock Your Sacred Love Archetype And Come Back To Love®

“We all live with the objective of being happy; our lives are all different and yet the same.”

— Anne Frank

The opposite of love is fear. That’s pretty straightforward and most people would agree. We all experience it, yet most of us either fight against our fear by ignoring it, white-knuckling it, denying it or drowning it out in any way possible. We generally, as a human race, do not like to feel fear. But it’s there, and it’s a normal part of our lives.

Fear shows up in full force when it comes to love. **Single or partnered, fear shows up in response to loving.** Why? Because it’s vulnerable. It’s vulnerable to love. We are afraid to be hurt, afraid to be alone, afraid to be seen for who we truly are, afraid we’ll be left... the list goes on.

Opening your heart and allowing yourself to love with full abandon (authentic self-expression of who you truly are) is what we crave as humans, and this tends to be at odds with ‘fear.’

The trouble with our fear is not that it is present, but that we don’t do anything about it. This tends to show up in two distinct ways:

1. **You are still single.** You either date and don’t like anyone you meet (or don’t even get to the dating part), or you “just haven’t met the right person yet.” But it’s been years, and if you’re honest, you’ve watched yourself back away from the dating scene, and dive more fully into your work or a hobby that you love. Although you desperately want to be in relationship, you just can’t figure out how to make that happen. Everyone, including you, wants to know why you are still single.
2. **You’re in relationship** — married, or not — and it’s been good for a while, even great, but now it sucks. You have no time for each other, you’re feeling distant, there’s a constant tension, sex has taken a back seat (and I don’t mean you’re hanging out in the back seat like you did when you were a teenager), and you’re fighting more than you ever have with anyone else. You’re not sure if you want to stay in the relationship. You stay together for the kids, your families, because you’re afraid to do anything else except stay put.

Here's the good news though. Your fears are a treasure trove of information. If only you could get curious enough to observe your fear, neutral enough to notice it without judgment, and interested enough to grab it by the horns and **soak up every bit of healing that's available to you** when you understand your fear.

Well, all of that is possible — and more.

Once you understand the root of your fear, and, how it is uniquely expressed in your life, you can heal it. By getting to know your fear, you will easily be able to see the flip side: *Your Love Buster Archetype*

Once you **unlock the secret** inside you, you'll see both your shadow side and the LIGHT, as well.

Each identified pattern of fear has a flip side that is **your highest and best self shining through you — a beautiful human being**. Knowledge is power! Identifying these patterns will help you take the very next steps you need to **heal the past, unlock the present and step into an incredible ability to love**.

When you are one who is able to come back to love in every moment, you are:

Lighter	Joyful	Abundant	Balanced
Open	Intuitive	Wise	Grounded

Who doesn't want that? **When you feel all those things, most of the time, you are happy. (the rest can stay as is)** And the bottom line is happy, content, satisfied people have better relationships and better lives single or in relationship.

This quiz will take you 3 minutes or less. Once you've figured out your archetype, or pattern, scroll down and read the information which may resonate for you, or not. Also read the others, because it's likely that 1-2 of the archetypes will resonate for you, and you'll benefit from following through with the practices for each of them.



Tips For Taking The Quiz

Read the following statements and circle those which describe you the best. When you are finished, add up the numbers of letters in each category and look up the corresponding section below:

Unlock Your Fear Find Your Love Archetype Quiz

A	My house is filled with memorabilia; I just can't throw it away!	P	I'm often afraid that other people will get angry with me.
J	I judge others before they judge me.	C	Prioritizing myself is not a strength; I don't know how other people do it!
P	I know what other people need before they know what they need.	P	I thrive on positive feedback.
J	I'm unhappy more than happy.	C	I'm exhausted a lot of the time.
A	Transitions are really challenging for me; they never feel quite right.	J	I know what's right, or best, better than other people do.
P	I say yes even when I mean no.	A	I have tons of friends, most of whom I hardly ever see.
J	I really don't understand why I get so angry sometimes.	C	I have a hard time taking care of myself.
C	I'm organized, effective and responsible to a fault.	J	I get triggered when people give me feedback at work or at home.
P	I'm afraid if I cry, I'll never stop.	C	I'm afraid that if people really knew me, they wouldn't like me.
A	There's never enough for me.	A	No matter what I do, it's not enough.

Unlock Your Fear Buster Find Your Love Archetype Results

J	_____	P	_____	C	_____	A	_____
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The Fear of Being Judged

The JUDGER

judgments create defenses that push people away (it is a defensive part of you)

tend to have difficulty communicating or feeling understood

haven't looked at their own issues, or not deeply enough yet

tend to be more comfortable on the surface

Daily Practice to Heal The Judger

On a piece of paper or in a journal, write down one person you judge. Write down all the ways you judge that person. When we judge others, it is often a projection of our own self-judgments. So once the list is complete for that day, cross out the person's name and put your own name at the top. Re-read the list to yourself. Notice your response.

ARCHETYPE

The Discerning One

- Strong intuition
- Knows what's right for you and what's not
- Communicates yes/no with grace
- Clarity is a strength
- Can see big picture

Daily Practice to Ignite Discernment

Take the person you wrote about above and on a new page, make a list of all the objective things you notice about them. These are the things that no one could argue with. They are clear and true.



The Fear of Not Being Liked

The PEOPLE PLEASER

puts attention on others and not on themselves

wants to be desperately liked

wants to be seen as someone they are not

fears not being lovable (as they are)

Daily Practice to Heal The Fear of Not Being Liked

Do one thing every day that you think your parent would not have liked. Tell someone about it. Each morning when you wake up, take a deep breath and say "I love you" to yourself.

ARCHETYPE

Vulnerable Partner

- Accepts themselves as they are
- Feels safe to open and share deeply
- Knows how to create sacred space for others to share deeply
- Is generally well-liked in their circles
- Self-confident but humble and this inspires others

Daily Practice to Ignite Safe Vulnerability

Set up a daily call with a friend. Each of you take 5 minutes to share something important to you. The other simply listens. Set up an altar in your house with objects you love that also inspire you. Use this sacred space for meditating, yoga, contemplating.



The Fear of Losing

The CARETAKER

puts attention on others and not on themselves

unable to receive love (always putting energy out)

wanting to be perceived as the strong one, the responsible one

overachieving out of fear and therefore often exhausted

poor self-care

Daily Practice to Heal The Fear of Losing

Get enough sleep by choosing a bed time and a # of hours per night that you need for optimal rest and replenishment. Set an alarm if it'll help you stick to it. Schedule a massage, energy healing or hot tub session for yourself this week.

ARCHETYPE

The Love Warrior

- Accepts themselves as they are
- Feels safe to open and share deeply
- Knows how to create sacred space for others to share deeply
- Is generally well-liked in their circles
- Self-confident but humble and this inspires others

Daily Practice to Ignite Your Love Warrior

Make a list of the daily self-care activities that you know you need and would love and do one every day.



The Fear of Being Left

The ABANDONED ONE

fear of not being good enough

fear of being left

fear of not being lovable as you are

lack mentality, victim mentality, or both

ARCHETYPE

Daily Practice to Heal The Fear of Being Left

Make a list of everyone you could call in an emergency and keep it near your telephone. Look in the mirror every night after you brush your teeth and say the words, "I am enough just as I am". Whether you believe it or not, say it every day.

The Connector

- Knows how to bring people together
- Values community
- Leads groups/communities and/or creates them
- Excellent communication skills, clear and direct
- Sensitive to energy and knows how to navigate it in a room or in relationship

Daily Practice to Ignite The Connector

Plan a small or large gathering in the next month only with people you are sure really love, admire and respect you.



My predominant Love Archetype is (fill in the letter)

This corresponds with my fear of: _____.

Therefore, my predominant Love Archetype is: _____.

I commit to doing my 2 Daily Practices prescribed above: YES NO

Personal Notes

What Should I Do Now?

Now that you have the information you need to bust through your own personal obstacles to love, or loving more deeply, you are ready for your next steps.

First, don't rush. Read through the information above on your fears and how they get expressed in the world, add a few of your own not mentioned above, and take it in deeply. We all need to heal from our past, and this information gives you guidance on where to go next in your own healing.

Next, integrate the information you gathered about Love Archetype — the expression of your truest, highest and best self. These are your strengths, what make you unique in the world. These are skills, abilities and capacities you have to give love to yourself, your partner (current or future), your neighbors, children and friends and the world.

If this resonates and you're beginning to see where we are headed here, I encourage you to have a conversation with me or my team about next steps:

Come Back To Love® private coaching, home study programs, office hours, retreats, workshops and more.

Come Back To Love destination retreats, workshops and classes support men and women in creating a life filled with love, connection and deep intimacy. It begins with you. To schedule your Love Breakthrough call with Robyn or a member of her team, click her to get on the [calendar](#)

Robyn is a clinical psychotherapist turned International Love and Intimacy Coach with over 25 years of experience working with couples, men and women.

She is a global transformational workshop leader who has worked with over 2000 people. Heal Your Heart ® is her flagship program that finally gets to the root of how change happens so that couples and individuals can FINALLY heal their heartaches of the past and create healthy relationships going forward.

About Robyn



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