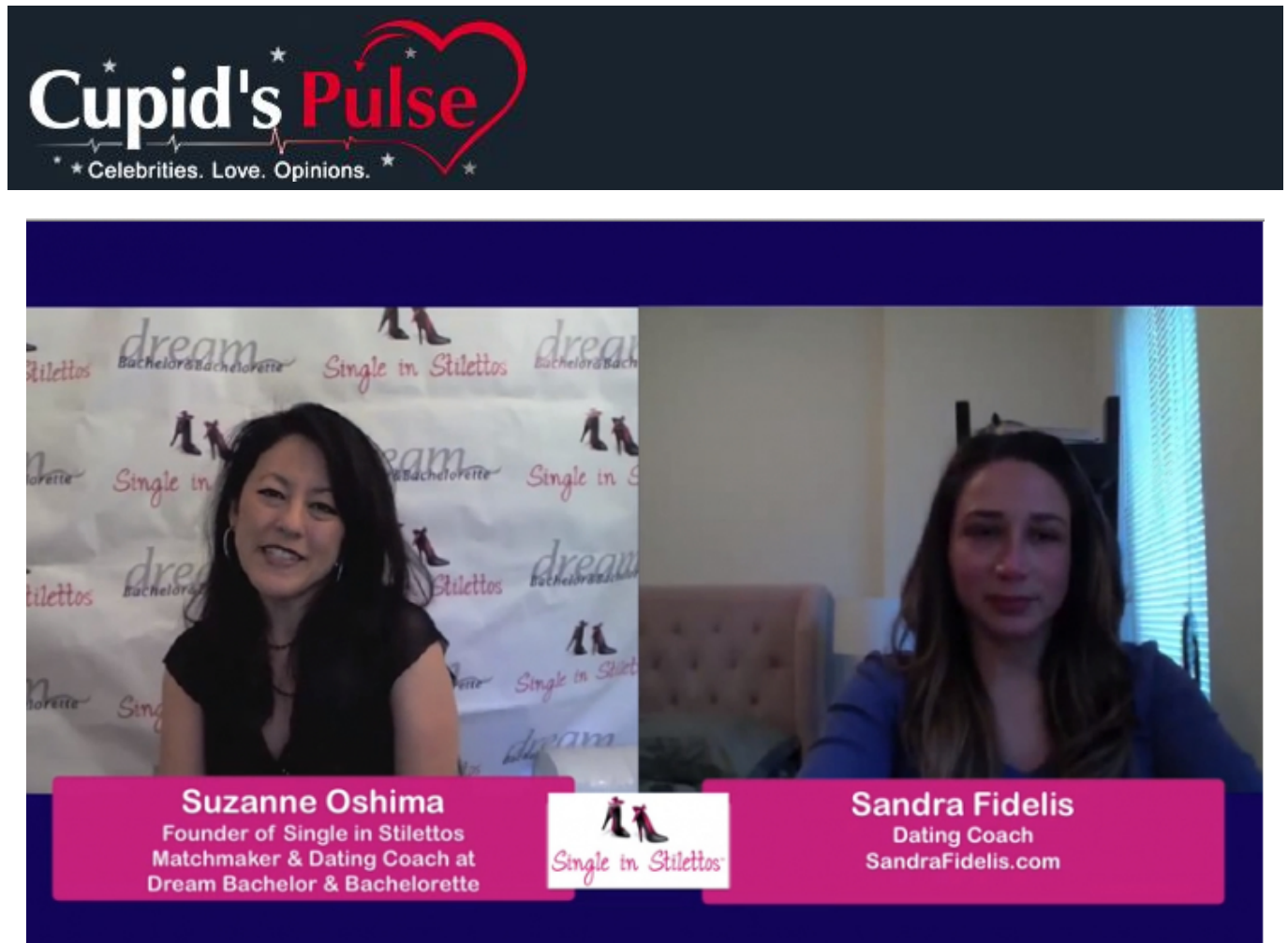


# Relationship Advice: The Secret to Attract a Commitment-Minded Man



By [Rachel Sparks](#)

The [relationship advice](#) in this week's Single in Stilettos [dating advice video](#) will help you attract the man who wants to stay in your life. Watch the video above, featuring founder and [relationship expert Suzanne Oshima](#) and Sandra Fidelis, for dating advice!

## Relationship Advice to Help You

# Attract a Commitment-Minded Man

**1. Discover your core beliefs:** “There are certain things that you pick up throughout life that shape your reality,” Fidelis says in her relationship advice. “When it comes to love, whatever you believe is possible for yourself is what you will attract.” If you don’t believe that you are worthy of a long-term relationship where a man is committed to you alone, then you won’t attract someone of this mindset. Core beliefs don’t just mean what you believe about the world; they very often relate to what you believe about yourself.

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**2. Discover what you want:** Once you discover your core beliefs, you have the power to change them. “What you believe is what you create,” Fidelis says. Focus on what it is that you want out of a relationship. Fidelis advises, “When searching, focus on the energy of the relationship you want to create together.” Avoid superficial traits that you may think you want. Height or aesthetic preferences lose significance to the energy of a healthy relationship. Oshima adds, “You limit yourself when you focus on superficial wants.” What is more important: how tall a man is or how he makes you feel?

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**3. Open your channels:** Now that you’ve identified what you want, how do you bring that into your life? You have to put yourself in situations where the person you want to attract could be. That means you need to mix up your routine! “You need to put yourself in front of the type of guys you want to attract,” Fidelis states. Open up the opportunities to meet new people. Try online dating if you haven’t before. Waiting around for someone to come into your life is ineffective and just won’t happen. Get out there and have fun!

*For more dating advice videos and additional information about the Single in Stilettos show, click [here](#).*

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