

# Relationship Advice Video: Why You're to Blame for Dating Losers and Jerks



By [E!'s Famosly Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famosly Single* dating coach, [Laurel House](#) explains why you might be to blame for dating losers and jerks.

## Expert Love Advice from E!'s *Famosly Single* Dating Coach Laurel

# House: You Get What You Give

According to House, if you're not in a "healthy headspace and living the life you want to live," you may be unknowingly attracting the wrong type of partner. "You need to look inside yourself and think about who you are," she explains. "You attract how you act and get what you give."

**Related Link:** [Screwing the Rules Video Dating Tips: Busting the Soul Mate Myth](#)

After all, you are the one consistent thing in all of these relationships and love. "Take a beat. Inhale into your belly. Fully exhale out the stress and the fears and the emptiness," House advises. "Now, think about it: How have you been acting? What patterns have you been experiencing?" If you follow this expert love advice and figure out *you* first, you'll find a good guy before you know it!

*For more relationship advice videos from House, click [here](#).*

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**What's the best way to understand your own needs and desires when it comes to relationships and love? Share with us in the comments below!**