

No More Crumbs

10 Reasons You Might Be Attracting Crummy
Guys, Toxic Relationships & Heartache!
...and how to stop it



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No More Crumbs: 10 Reasons You Attract Crummy Guys, Toxic Relationships & Heartache...and How to Stop It!

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About the Author



Samantha Gregory writes, parents, and lives with joy and passion. She shares wisdom gathered from years of experiences that taught her about life, love, and freedom.

In No More Crumbs, she sets out to help women in toxic relationships recognize their worth, embrace their freedom, and attract love (and wealth). She is also an oddly happy introvert, creative spirit, and lover of books and music.

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Chapter 1 - Women Accepting Crummy Behavior

A couple of years ago I attended a retreat with a group of ladies from my church. Like typical women do, we talked about everything under the sun. Eventually, the topic fell on relationships and specifically singles relationships.

It was tragic really because the women were absolutely beautiful and talented and spiritual. The question that came up time and again was “why do we accept the crumbs men throw at us?” Why do we fall for men that neglect, abuse, cheat, and play us? How can beautiful, educated, financially successful women fall for men like these over and over again?

They say they love us, then ignore us. They give us their undivided attention for a few weeks or months then disappear all together. They lavish us with sweet words, then suddenly it seems they have nothing to say. We have to almost beg for a conversation.

It seems the person we love the most cherishes us the least. It started out perfectly but ended up terribly wrong. It happened to me.

Meeting Mr. Almost Perfect

The man was an Adonis-like specimen. Over six feet tall, well built, pensive, and intelligent. I was shocked he noticed me. We went out a couple of times and soon were inseparable. He said the nicest things to me and made the butterflies in my stomach dip and soar. We were getting serious and talking about the future and being together. Everything seemed perfect until we had sex. He was my first because I wanted to wait until I got married. He became too irresistible so I gave him my most precious possession.

He was addictive and the more I tried to resist the more I gave in. Soon guilt and religious torture were my constant companions. I worried about sending us both to hell because I felt like I was tempting him to want me so much and did not resist. We broke

up and got back together, it seems like, a million times because he would not marry me and I could not live with the guilt.

Finally during one of our breakups, around the holidays, he married someone else. I was devastated and horrified because all that time he said he loved me!

I moved away to get myself together. He called me everyday telling me his regrets and wishing he had not gotten married. He told me that it was the best decision for the most people involved including the children he had with the woman he married.

So my life had become a case study. Would I cave and give in to his insanity plea or would I walk away?

Clueless, Beautiful Women Fall For Mr. Crummy Over and Over and Over Again!

What makes a smart, educated, beautiful woman get on bended knee to eat the crumbs a man drops from his table? What makes a woman accept neglect, broken promises, and all forms of abuse for the attention of a man? Is his physical prowess, smooth words, and electric touch so good it would cause her to lose all reason?

It seems everyday millions of women dive, crawl, and lie prostrate under the tables of the men who say they love her and eat the crumbs of deceit, invisibility and misery each and every day. They know it's not right. It does not feel right. They see other women being cherished and showered with attention and affection. They see these women feasting at the table of love that was prepared by the men in their lives. They smell the aroma of love at this banquet prepared just for her and wonder how and why she got stuck with the crumbs of love.

They don't realize or even believe they deserve a feast like the other women they see and whom they covet. They have not learned the recipe that seats them at the banquet table of love. But in the next few pages of this book they, you will find out the secrets to being invited to dine at the table instead of wallowing on the floor.

So how did my story end with the Adonis-like specimen of a man I fell in love with? Did I feast at the table or wallow on the floor?

My Life A Case Study

My story continued like this. I could not resist the crumbs. I wallowed on the floor for another 15 years. I had an affair with him, got pregnant with his child and continued lying to myself about his ability and willingness to invite me to his table. I fell for the carrot on a stick syndrome where he made promises and I believed, and then was disappointed over and over again.

I tried to force, manipulate, and worse. I did everything I could to become the prize. I was confused, angry and bitter for years to the point I sabotaged every relationship I had with a man. During our breakups I chose abusive, sociopathic, narcissistic guys to bed and wed. I was literally wallowing in the crumbs, I hit rock bottom more than once. My choices were destructive to my two children (born during my seasons on the floor and in the crumbs I might add) and me.

But I eventually got tired of being under the table, bumping my head and accepting the crumbs of excruciating pain, despair, depression and defeat. I got up and brushed myself off. I looked in the mirror and said, “enough!” “no more!” I began wiping the crumbs off my body, shook my hair, and determined to learn how to position myself for an invitation to the table and partake of the feast.

I Bought My Own Table...Still Not the Answer

For a time, I bought and set my own table. I went back to school, got a good job, bought a new car, and a new house. I was feeling set and secure because I was doing it all on my own. That is alternative many women choose. The problem with this is it gets lonely at that big table all alone. The kids eventually want to move out and get their own tables so where does that leave me? All alone. I would much rather share my table with a man that has specifically prepared it for me and invites me to his table.

I Finally Learned the Secret Getting the Cake

I was finally ready be cherished and adored by an attentive man. I wanted to be invited in and have my seat pulled out for me. I wanted be served a full course meal topped off with delicious cake (not crumbs). And I did!

Once I stopped accepting the crumbs in my dating life and relationships the invitations began coming in. I no longer accept crumbs and I will show you how to get up and stop accepting crummy circumstances and behaviors. You will learn the No More Crumbs dating mantra. You will be set free from dating and relationship purgatory. Are you ready? Let's get started! Let's eat!

Chapter 2 - Signs of a Crummy Life

How can you know if you are accepting crumbs in your life? For me the answer is pretty simple. How do you feel when you are with the person? Also, how do you feel when you are away from the person?

Paying attention to this core question is key. **How do you feel?**

Everyone has an internal homing device, or intuition that let's them know when something feels right and when something feels wrong. Of course we can lie to ourselves and say we feel good because we want to feel good so badly. But when we peel away the layers, walls, and chains of denial, we will really be able to understand how we really feel.

How Do You Feel Together

So the first question is how do you feel when you are with the person? Do you feel consistently validated? Cherished? Protected? Loved? Or do you feel consistently rushed? Frustrated? Off balance?

Do you feel that something is missing? Is this your dream? Is this what you had in mind for your relationship? Does he make you feel safe and provided for? Does he take you around his family and friends? Does he lift you up and make you feel like the most important person in his life? Do you bloom like a flower?

How Do You Feel Apart?

The next question is how do you feel when you are away from him? There could be a combination of feelings. Keep in mind that for women, your feeling or intuition is your guide. If you haven't used her in a while, it's time to dust her off and tune in. She will not lie or go wrong if you are really being honest with yourself.

So how do you feel when you are way from him? Do you feel energized after being with

him, or do you feel drained? Do you feel neglected or do you feel your needs were met? Can you honestly say he has left you in better shape than before your time together? Is it a relief to be alone or with your friends because you know you will not have to walk on eggshells?

You will know you are getting crumbs in your life by the way you feel when you are with your significant other and how you feel when you are away from that person. There will be a contrast or difference that is too hard to miss. Unfortunately some women have lost touch with their true selves so it's challenging to really know the truth. There may be a nagging feeling deep down inside. There is something you can't quite put your finger on but you know something is not right. This relationship is just not the one you fantasized about when you were a little girl.

How Would Your Daughter Feel with Him?

Another way to look at it is to image this person is with your daughter (real or imagined). Would the way she is being treated by this same person be what you would want for her? Does she glow and grow in this relationship? If you can say "no" to this question and have the urge to protect and drag your daughter away; if you would advise her to get out of the relationship, you know this is not one you should be in.

So how do you know you are in a crummy relationship with a crummy guy? Your feelings will tell you the truth. Your intuition will guide you. Your little girl will show you. The next step for you is to be honest and courageous enough to let the relationship go and choose yourself first.

Chapter 3 - Anatomy of a Crumb

So what is a crumb? A crumb is anything that does not feel right to you. A crumb is anything that does not serve you in a healthy way. A crumb is one of a million ways you are being mistreated, neglected, abused, or ignored.

But a crumb seems so small!

Of course they do. They represent all the small things that add up over time that come in a trickle or steady stream. They are thrown at you or simply dropped on the floor for you to come behind and pick up.

Crumbs are not served. They are neglected bits of the banquet or feast being served to someone else.

Crumbs are second-hand servings from a very full table that is out of your reach.

Crumbs are swept up and thrown away; if the dog or cat does not pick them up first.

Have you become the mangy dog or skeleton cat?

Remember Antwone Fisher's Dream?

So imagine you come into a room that has a table filled with delicious foods. You see all your favorites and are ready to dive in. The smell alone just makes your mouth water.

Have you ever seen the movie Antwone Fisher? He always has this dream he comes into a room and the table is filled with the most delicious meats, side dishes, salads, and breads. He is welcomed with open arms, by smiling faces, to sit and eat all he wants. He's basically in heaven. Who wouldn't want to come into a room like that and be welcomed by the smiling faces of people telling you to come on in and eat?

This is More Like a Nightmare

Next, imagine you are escorted to a spot at the table and then told you will have to sit on the floor next to your significant other. You are not allowed to sit at the table because

you are not important enough. But you can have all the crumbs you like. You see the dog laying under the table waiting patiently for the crumbs to start falling and he's wondering why you don't look excited.

The crumbs are not meant to satisfy you or make you happy. They are tokens to patronize you or insignificant acknowledgments to appease you so you won't disturb the master, his life, self-absorption, or games.

Chapter 4 - Are You Dating For Crumbs?

Too often women have this nagging feeling they aren't being treated the way they should be. They sit around and wait for guys to do the right thing. The truth is, too many will *not* do the right thing, but will do the thing that is most convenient for THEM.

For many, they are not setting out to intentionally hurt the ladies in their lives. They simply do what they are allowed to do. So the question is, are you deciding to live for crumbs instead of cake?

Dating for crumbs means you are willing to lower your standards and self-respect just to be with and/or have the attention of a man. You let him do one or more of the following 10 things:

1. Accepting late night calls
2. Accepting excuses for tardiness
3. Accepting forgotten birthdays and holidays
4. Accepting disrespectful language
5. Accepting constant sexual innuendo
6. Accepting dates at home instead of out and about
7. Accepting his temper or rages or extreme sensitivity to everything
8. Accepting pressure to have sex when you want intimacy
9. Accepting being invisible
10. Accepting being the last priority

Review the list carefully and see if this behavior is in your relationships.

Dating for crumbs becomes habitual. It could be you have accepted this kind of behavior from family members or friends for so long, it seems natural to accept it from guys you date. The truth is it is unacceptable if you want to live a quality life. Every person deserves better. Every person deserves respect. The only way to get either is to

see your worth and respect yourself.

Dating for crumbs does not have to be something you do for the rest of your life. You can change. The purpose of this guide is to help you recognize your value, embrace your freedom of choice, and teach you how to attract the right kind of attention and love into your life.

Chapter 5 - Why do we date for crumbs?

As mentioned before, we have fallen into the habit of accepting crumbs from significant people in our lives. These people could be parents, siblings, co-workers, supervisors or managers, or even friends.

Crumbs are acceptable to people with low self-esteem because they are getting a reward, no matter how small, from the people who matters most to them. Practitioners in the field of mental behavior say some people will do whatever it takes to get attention, even if it is negative. Attention means you feel alive. It means you are not all alone this world and have a shot at some form of acknowledgement. It is in our DNA to want attention and affection. For some people, if it happens to be crumbs, that is good enough.

It is worth looking deeper into this subject but that is not the focus of this book. Because you are reading this book, it means you are not willing to accept any more crumbs into your life. You want something different because you deserve something better than the toxic relationships you have been tolerating.

You are tired of dating jerks, crummy guys, and self-absorbed a\$\$ holes. You are tired of getting your heart broken. You are tired of the constant ache and anxiety in your relationships. But what else is there to do? How can you hope for something better when it seems all men are no good, taken, or bitter from their bad marriages? It seems you have no choice but you really do.

Dating for crumbs is not quality of life. You deserve the cake. I'm here to show you how.

Chapter 6 - 10 Ways We Accept Crumbs

Let's examine each of the 10 crummy behaviors we accept to get the attention and love we desire. We will see how they undermine your true heart's desire and hopefully learn how to change our patterns of accepting negative behaviors to accepting positive behaviors.

1. Accepting late night calls (and text messages)

Accepting or allowing late night calls seems innocent enough. You like this guy a lot and want to spend as much time as possible talking to him. He says he likes you and wants to get to know you. It all sounds good and you are just excited any guy is calling you. But this is not the best way to start a relationship and you end up feeling...used. Your time for sleep is interrupted and pretty soon you fall into a pattern that leads to other undesirable behavior and conversations.

2. Accepting excuses for tardiness

You and your guy have been dating for a while but he has a bad habit of being late. We are not talking a few minutes late; we are talking hours late. There are a variety of reasons why he is habitually late and while some of the reasons may be legitimate, they are not enough of an excuse to keep you waiting. He thinks you are obligated to wait for him and expects you to behave as if nothing has happened. He probably gets offended and defensive if you bring it up or is upset when he finally arrives.

3. Accepting forgotten birthdays and holidays

He not only forgets your birthday, he forgets Valentine's Day and Christmas too. His excuse is he does not celebrate or buy gifts during holidays because they have become so commercialized. He complains about all this despite the fact he accepts your gifts and would be angry if you forgot or ignored his birthday.

4. Accepting disrespectful language

Some say it's just a normal part of life and everybody is doing it. But if you cringe every time a dirty word comes out of his mouth, read on. Allowing profanity and other disrespectful language is accepting crumbs. You should not have to be assaulted in every private conversation you have with him. If your ears are burning or you feel dirty with every conversation you owe it to yourself to speak up or stop speaking to him altogether.

5. Accepting constant sexual innuendo

Like bad language, it has become the norm for men to use sexual innuendo with the women they date. For some reason they think this is cute and laugh it off. You are on the receiving end so it is not funny. Some of you may like it and think I should lighten up, but I simply cannot and will not lighten up. Allowing this constant barrage of suggestive language with a guy you are not even married to is to demean and disrespect yourself.

6. Accepting dates at home instead of out and about

When you first meet a guy who says he likes you he makes a date with you. You go out to dinner and a movie or some other outing. But pretty soon he starts hinting at wanting to taste some of your cooking. He might say he's running low on funds but still wants to see you, so you invite him to your place or you go to his for a romantic home-cooked meal. The next thing you know, one of those two places is where you end up all the time. You settle into a routine and rarely, if ever, go out anymore.

7. Accepting his temper or rages or extreme sensitivity to everything

Your guy has a temper or is prone to sulking when his fragile feelings are hurt. The smallest things set him off, but you think it's cute at first. He defends you against other guys and you feel safe and wanted. But pretty soon he turns his temper on you. At first he shouts but quickly apologizes and makes the excuse he's had a bad day. You let it go, but it happens again over something trivial. If he's not flying of the

handle he's in a corner sulking and making everyone miserable

8. Accepting pressure to have sex when you want intimacy

Too many men would have you thinking everybody is doing it, so they pressure you into having sex when all you really want is intimacy. It becomes a battle of wits to see who will win. But why should it be a battle for anything? Unfortunately women give in to having sex too early or too often because they think it is the only way to get intimacy. But men do not feel or get intimacy from sex when they are not emotionally invested in you. They just get a physical release and you are left feeling empty.

9. Accepting being invisible

Your guy is always busy with work, community activities, church, or some other important project. It seems the only time he pays any attention to you is when he wants/needs sex. When you want to talk he's preoccupied with TV, sports, texting, etc. He may speak to you in the morning on the way to work and even then it's only to ask if you feel like having sex tonight. You sigh and say you guess so. "Good!" he says and walks out with a spring in his step.

10. Accepting being the last priority

It seems you are never a top priority. Whenever you want time alone with him or attention you get pushed aside. You have to wait until everyone else's needs are met before you are even considered. He says it's because he's important or he's a nice guy and cannot help being there for others. He says you should be grateful to have such a generous guy for a boyfriend/husband. All you feel at this point is resentful. You are tired of being on the back burner and want more.

Those are the 10 crummy behaviors women accept that leads to toxic relationships and heartache. They could easily lead into worse situations of physical and deep psychological abuse. Depending on the woman, her belief system, or her level of self-esteem, she could become a doormat or victim of domestic violence. The stages of

these behaviors progressed from meeting a new guy to living with him to being married or in a long-term relationship with him. You can see how each stage moves into a deeper level of crumminess.

I explained each to give you a sense of the signs and symptoms of toxic relationships. You probably saw yourself in many of the scenarios. It doesn't feel good knowing you have allowed these behaviors over the last few weeks, months, or years. But there is hope and no need to beat yourself up over it. There is a way to change all this and begin having the cake you deserve. You can have better in your current relationship or in a new relationship. The choice is completely yours to make.

We will dive into a new way of thinking, changing, and behaving so you get all you dreamed of having in this relationship or a new one.

Chapter 7 - Taking it to the Next Level

Now that you know the 10 ways you attract crummy guys and toxic relationships what are you going to do about it? You probably want to know how to change things around, right?

But it can be confusing and scary to take your life by the horns and leap. You may feel hopeless because you are used to this behavior, but the good news is you can change course and learn a new recipe.

You have the power to create the life you want!

- You can meet and have healthy relationships with men who will cherish you.
- You can feel energized in your interaction with an emotionally available man
- You can live authentically with a soulful mate
- You can experience attention and affection from a respectful significant other.
- Your dreams of meeting the perfect man for you can come true.

The answers are found in the expanded version of this guide you just read. **No More Crumbs: How to Stop Dating (and Mating) for Crumbs and Get the Cake You Deserve in 10 Crucial Steps** shows you how to change 10 key things in your life so you start seeing results in less than a month.

- ✓ Discover the #1 technique to make quality men notice you
- ✓ Learn the 3 Truths that will make you instantly more attractive
- ✓ Find out how to use your intuition to successfully guide you in every relationship you have
- ✓ Learn how to get the cake you deserve instead of accepting nasty old crumbs
- ✓ Get actual scripts that show you what to say in different circumstances

To get all this simply Pre-Order a copy of **No More Crumbs: How to Stop Dating (and Mating) for Crumbs and Get the Cake You Deserve in 10 Crucial Steps!**

Click the **Pre-Order Now** button below to place your order. The cost is only \$14.95. But because you are such a special person, with a heart of gold and a determination to get into a healthy relationship, I'm going to take **\$4.95 off** and give you the book for only \$10! In addition, I will personally autograph your copy and ship it to you for free! You really can't beat that deal can you?

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This option is only available for pre-orders and people who have read this guide. If you are feeling generous you can pass this guide along to all your girlfriends, sisters, moms, and co-workers who are going through a lot of drama with their guy. You can even send it to the teen girls you know to help them know the signs of toxic relationships and steer clear of them.

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I wish you all the best and much success in your relationships. Feel free to contact me with any questions or comments you may have.

You will receive updates about the progress of the book and any tours scheduled for your city. If you would like me to come to speak to your group contact me about that as well. I am happy to come.

Be well,

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