

KOVAC PERSPECTIVE



ACCESS IS NOT THE SAME as *Intention*



Just because they keep
coming back doesn't mean
they're *coming forward*.



DATING OVER 40

Healing. Discernment.
Purpose. Peace.



Kontina Vanessa Clark





ACCESS IS NOT THE SAME as *Intention*



One of the hardest lessons to learn in dating—especially after 40—is that someone's continued presence is not always evidence of their purpose.

Just because they keep coming back doesn't mean they're *coming forward*.

Many people confuse access with intention.

They assume that because someone continues to text, call, visit, flirt, or occasionally reconnect, commitment must eventually be the destination.

But access and intention are not the same thing.

One simply keeps the door open.

The other walks through it.



BELIEVE WHAT THEY TELL YOU

One of the greatest acts of emotional maturity is believing people when they tell you who they are.

If someone says,

"I'm not looking for anything serious."

"I'm not ready for commitment."

"I don't want a relationship."

Listen.



Not because those words can never change—
but because you should never date someone's
potential while ignoring their *present* reality.

Hope is a beautiful thing.
Denial is not.



You can't build a future on
words that contradict actions.

You can't create security with
someone who refuses clarity.

You can't experience peace when
you keep dismissing what your
spirit already knows.

Believing them is not giving up.
It's growing up.

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WHY DO THEY KEEP COMING BACK?

Let's be honest.



It can feel confusing when someone says they don't want anything serious, but their behavior says otherwise. They keep showing up. They keep reaching out. They keep pulling you back in.

Why?

Because *access* serves them—in ways intention never could.

POSSIBLE REASONS THEY KEEP COMING BACK:



They Enjoy the Benefits Without the Responsibility
They like your time, energy, and emotional support—but not the commitment.



They Like Knowing You're Still Available
Your consistency reassures them that they haven't truly lost you.



They Don't Want to See You Move On
It's not about choosing you—it's about not wanting to lose access to you.



They Keep Their Options Open
You may be one of several people they're keeping close "just in case."



They Fear What They Might Lose If They Let You Go
You bring value to their life—so they hold on, even if they don't intend to build with you.



They May Be Confused Themselves
Some people haven't done the inner work to understand what they truly want or are ready for.



They Don't Want to Be the "Bad Guy"
They won't fully commit, but they also don't want to release you—so they linger in the in-between.



*None of these reasons are rooted in love.
They are rooted in self.*

Your job is not to figure them out.
Your job is to *protect your heart*.

You can't control why someone keeps coming back.
But you can *choose* what you will—and will not—accept.



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CHEMISTRY CAN BLUR DISCERNMENT

Let's be real.

It's easy to confuse how someone makes you feel with who they really are.

You laugh together.

The conversation flows.

The connection feels good.

But good feelings are *not* a solid foundation for your future.



Emotions can be powerful.
But they should never overpower discernment.

SIGNS CHEMISTRY IS CLOUDING DISCERNMENT:



You ignore red flags

because the connection feels too good to be questioned.



You overlook inconsistencies

because you're focused on how they make you feel in the moment.



You make excuses

because you want the potential to match the chemistry.



You rush the process

because you've mistaken intensity for alignment.



You give access

before you have evidence of emotional availability and integrity.

ASK YOURSELF:

- ♥ Am I paying attention to who they are—or just how they make me feel?
- ♥ Am I investing in reality—or potential?
- ♥ Am I mistaking chemistry for confirmation?
- ♥ Am I letting emotions lead before God has confirmed?

Remember:

Chemistry can spark interest.
But discernment confirms alignment.



Don't let connection convince you to ignore direction.

The right relationship won't just feel good—it will be good for you.
It will *honor* God, *protect* your peace, and *support* your purpose.

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ACCESS WITHOUT RESPONSIBILITY

is a one-sided relationship.

When someone keeps coming back but refuses to commit, they are taking—never giving.

- ♥ They take your time without investing in your future.
- ♥ They take your emotional availability without offering stability.
- ♥ They take the comfort of your presence without the responsibility of partnership.
- ♥ They take the best parts of a relationship without the work that makes it last.



God did not create relationship to drain you.
He created it to develop you.
Not deplete you.

WHAT TAKES RESPONSIBILITY LOOKS LIKE:



Clear Communication

They express their intentions openly and consistently.



Consistent Follow-Through

Their words match their actions over time—not just when it's convenient.



Emotional Availability

They are present, not just physically, but mentally, emotionally, and spiritually.



Willingness to Sacrifice

They are willing to do the hard things that protect and build what matters.



Building Something

They are not just passing time—they are creating a future.

Remember:

- ♥ Access asks: "What can I get?"
- ♥ Intention asks: "What can I build?"
- ♥ Access takes from your now.
- ♥ Intention invests in your forever.

You are not hard to love.
You are just called to be loved on purpose.
Not for convenience.
Not for company.
But for covenant.

*Don't settle for access
when God is preparing commitment.*

The right person won't make you question if they're serious.
They'll *prove it. Consistently.* With action. *Over time.* Without you asking.

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INTENTION LOOKS DIFFERENT

Let's stop guessing and start seeing.



Intention is not what someone says in the moment.

It's what they prove over time.

It's not found in their words—
it's revealed in their *direction*.

ACCESS SAYS:

- ✗ I'll let you in—just enough for me.
- ✗ I'll be around—when it's convenient.
- ✗ I'll say the right things—without making a move.
- ✗ I'll enjoy the benefits—without the commitment.
- ✗ I'll keep you close—without a clear plan.

VS.

INTENTION SAYS:

- ✓ I want to build with you.
- ✓ I will show up—consistently.
- ✓ I will align my words with action.
- ✓ I value you enough to lead with responsibility.
- ✓ I am moving toward something real—with you.



THE PROOF IS IN THE PATTERN



TIME

They make time—not just when it's easy, but when it matters.



EFFORT

They invest without being asked, reminded, or convinced.



CLARITY

They communicate with honesty and directness—not confusion or mixed signals.



CONSISTENCY

Their actions match their words—even when no one is watching.



COMMITMENT

They pursue a future with you—not just moments with you.



GODLINESS

They honor God in their choices, their boundaries, and their pursuit of you.



A GENTLE REMINDER:

You are not being “too much” for wanting more.
You are being *wise*.
You are not asking for too much.
You are asking the *right* person.



The right person won't make you wonder.
They won't make you question.
They will make you feel *secure*—in your heart, in your future,
and in your walk with God.

REFLECT:

- ♥ Am I confusing attention with intention?
- ♥ Am I accepting inconsistent behavior because I hope it will change?
- ♥ Am I investing in someone who is not investing in me?
- ♥ Am I aligning with someone who is moving toward me—or away from me?
- ♥ What evidence do I have that this person is truly building and not just passing time?

YOUR HEART IS NOT A WAITING ROOM

It's a sacred place.

You were never meant to hold space for someone who can't decide if they want to stay.

You were never called to be a placeholder for someone's potential.

You were created to walk in covenant—not in confusion.

Ask yourself:



♥ Am I allowing someone to keep me in limbo?



♥ Am I mistaking consistency of contact for consistency of commitment?



♥ Am I healing in this relationship or losing more of myself?



♥ Am I guarding my heart—or handing out access too freely?



Your heart is not a place to wait.
It's a place to be protected.

Proverbs 4:23 reminds us to guard it above all else—because everything you do flows from what you allow in.

KNOW THE DIFFERENCE

Someone Who Keeps You Waiting

- ♥ Makes vague promises.
- ♥ Avoids labels and definitions.
- ♥ Only shows up when it's convenient.
- ♥ Reveals little about their life and future.
- ♥ Asks you to be understanding instead of being certain.
- ♥ Drains more than it builds.

VS.

Someone Who Intends to Stay

- ♥ Communicates clearly.
- ♥ Defines the relationship with confidence.
- ♥ Shows up consistently with accountability.
- ♥ Integrates you into their life.
- ♥ Makes plans with you, not around you.
- ♥ Builds, protects, and invests even when it's hard.

GOD'S DESIGN

God never intended for His daughters to live in emotional uncertainty.

He designed relationships to reflect His love—steady, faithful, and true.

*The right person will not
make you compete for clarity.*

They will bring clarity.
They will bring peace.



You cannot pour your life into someone who refuses to pour into yours.

Choose wisely. Love wisely. Guard faithfully.



PROTECT YOUR PEACE

Peace is a priority, not an option.

You cannot build a peaceful life with someone who brings uncertainty.

Every time they come and go, your nervous system pays the price.

Over time, confusion becomes exhausting.

Hope turns into heaviness. And your joy gets replaced with "what ifs" and "maybe this time."

You were not created to live on emotional roller coasters.

You were created to walk in clarity, stability, and rest.

PROTECTING YOUR PEACE MEANS:



Saying "no" to what drains you.



Stepping back to gain perspective.



Trusting God enough to let go of what isn't aligned.



Choosing obedience over attachment.



Walking away from anything that keeps you from walking with God.



“

Protecting your peace is not about being cold or closed off. It's about being wise and honoring the woman God is still shaping you to be.

You can't pour from an empty cup.

You can't build from a shaky place.

You can't thrive in chaos.

Peace protects your purpose.

”

BOUNDARIES AREN'T BARRIERS, THEY'RE PROTECTION.



Set Boundaries
Without Apology

You don't owe anyone unlimited access to your time, energy, or emotions. Boundaries communicate value.



Discern Early,
Not Late

Pay attention to patterns early. You can love someone without ignoring what God is showing you.



Release Without
Regret

Letting go of what isn't for you makes room for what God is preparing for you.



You have the right to protect your heart.
You have the right to peace.
You have the right to wait for what's real.



God is not in a rush. But He is working.
Trust Him. Protect your peace. Keep walking forward.
The best is still ahead.

Reflection Questions

- ♥ Am I confusing someone's access to me with their intention toward me?
- ♥ Have I been hoping someone will become who they've already told me they are not?
- ♥ Am I holding onto consistency of contact while ignoring the absence of commitment?
- ♥ What boundaries would protect both my heart and my peace?
- ♥ What would change if I believed that God's best for me would never require me to convince someone to choose me?
- ♥ What patterns do I need to break in order to walk in alignment with God's plan?
- ♥ What truth do I need to remind myself of when I am tempted to settle?
- ♥ How can I honor God more in the way I love, wait, and release?



JOURNAL PROMPT

Write a letter to your future self.
Encourage her to trust God's timing, honor her worth, and never settle for less than the love she deserves.



♥ You are worthy of love that leads. *Choose wisely. Trust deeply. Walk boldly.*)
Your future is brighter when your heart is protected.



♥
*"Above all else, guard your heart,
for everything you do flows from it."*

— Proverbs 4:23

Final Word

SIS, YOU ARE NOT HARD TO LOVE.

You are discerning. You are protecting your heart.

You are choosing purpose over potential.

The right person won't just keep coming back—
they will keep showing up with intention,
investment, and integrity.

You don't need more access.

You need alignment.

You don't need more attention.

You need commitment.

*Keep your heart guarded. Keep your standards high.
Keep your eyes on God. He will lead you to who
is right for you—and it will be worth the wait.*

Kontina Vanessa Clark