



Simply Abundant VIP Podcast Group Transcript

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Title Dating Available vs. Unavailable People

Greetings. How is everybody doing? Not that I will know because this is not a two-way conversation [laughter]. Let me name the obvious, right? Okay, so I was kind of excited about doing this show today and I was looking at my outline and it is a long outline so I may not get to the end of it but I'm going to do what I can to get there. So yeah, so the topic, I thought this was kind of an exciting topic as well. The dating, yes, available versus unavailable people meaning emotionally. It could be physically as well. Physical unavailability really means emotional unavailability because nobody can be fully in two feet committed if that's the case.

And this is really for those people that have insecure attachment issues where it's become-- I don't want to say you're so stuck let's say in insecure attachment relationships and dating styles, but you might be and so this could be a little bit illuminating as to how it's different and perhaps what you can do about it. Because if you want to challenge yourself and you're an insecurely attached person, you have an avoidant personality or-- not even personality, I hate calling it that because it's just so silly [laughter]. Wait a minute, wait a minute, wait a minute. Let me back up. It's to the avoidant characteristics, the conditioning, the anxious conditioning, right?

Or avoidant anxious or anxious avoidant or avoidant anxious avoidant or whatever the hell you are, okay? It really doesn't matter but it's where you fall in the category of insecurely attached. This should apply to you, right? Because the big challenge for most people who fall in that category is to start dating somebody who is actually available. You will be in for a surprise [laughter]. It will be what you really didn't know it to be. You will find every fear you've ever had in your entire life comes up. Because a lot of times you get into a fantasy as somebody who is insecurely attached. You get into the, "Well, if I only met the perfect person," which, by the way, is an insecurely attached statement that you think it's the other person, that miracle person will show up.

Anyway. What happens is everything comes out of the closet at that point. You find that you have excuses and depending on where you are in your growth you're either going to let those excuses take over, and you're going to run away, or you're going to find reasons to stop seeing this person or you're ready to challenge them. So you can feel okay once you're out of a situation that's an insecurely attached relationship. You can, right? And I have worked with people, and myself included where, "Hey. I'm not in this situation anymore. This is awesome. I feel some kind of freedom. I feel some value for myself. I'm feeling good on my own. And hey, I'm ready to start dating." Which you should.

There's this thing where people think, "Oh. You've got to wait a long time." But you really don't because dating other people teaches you so much about yourself. When you are isolated, and you're not dating you're in total fear. If you are isolated and not dating you happen to be not only falling into the whole avoidant issue, but you are one million percent afraid, absolutely. And you're not at a point where you want to challenge that, and that's okay, but just recognize it. Some people get into this whole comfort zone, and they think that they have evolved or gotten to this, "Wow, I'm really comfortable and I'm not dating at all." Well, yeah, because you're not triggering any of your fears, so try dating and then try dating somebody who's emotionally available because you will move into this whole other arena with yourself.

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There's not the craziness of, "Will I hear from this person or not hear from this person?" They're consistent, so all of that chatter just goes. They're very open and they're clear and they're patient. And what I mean by patient is they don't have the same issues-- okay, they don't have-- how do I put this? They don't have the same hang-ups. They have their own hang-ups, but not when it comes to getting into a relationship. And I know because I've found myself here [laughter]. And I thought, "Maybe I should talk about this on the podcast because other people may experience some of the things that I've experienced with myself in moving in this direction-- in having somebody in my life that I'm moving in this direction with," right?

So it's interesting how most people who are dating, and I don't that this is-- I think this just falls into the insecurely attached people where they are not living in the moment on a date, right? When they start dating somebody, they start living in the future. And that can be scary because the future may look like the past for them. "Oh, my god, what if this happens again? Oh, my god, what if they're not really this? What if they're that? What if, what if, what if?" The "what if's," which give most people anxiety and makes you feel ungrounded and maybe clingy or running away, okay.

So that's a challenge right there is to stay in the present moment, and really pay attention to yourself and getting to know this other person. "Do I enjoy this? Do I enjoy their company if I want to be around them?" that sort of thing. Not am I going to marry them. Or oh my God, I don't like how they wear their hair. Or I don't like that shirt they're wearing. There are people who definitely get down to get to check all the checkboxes and it could be anything. Anything. I don't like their eye color. You know what I mean? Stupid shit. Okay?

But if you were trying to avoid, you will find every excuse. So when you're waiting for Prince Charming or Princess Charming to appear and you got this list, you're going to exclude everybody. I mean, this is the thing. It's always going to end up excluding whoever, whoever it is that shows up. So you could be asking the universe over and over and over for that person, and they're going to show up. And they're not wearing the gift wrap that you want them to, you're going to be disappointed and you're not going to be able to do it. Or you're going to stand still and say, "Fuck this in my head with its stupid ideas about what makes a great mate or what makes a great relationship, and I'm going to give this a chance. I'm going to see where this goes."

So I think that most people who are insecurely attached have to stop and look at what they're looking for, okay? Now I'm talking about once you're out of an attached relationship, and you feel pretty grounded in yourself. You don't have to be in a perfect place. You just have to be open enough, flexible enough. Not rigid. That rigidity is really going to do you in at some point in terms of-- all rigidity and rules will keep you single also because, again, it goes back to what you will find acceptable in someone else and what you don't find acceptable. And a lot of that has nothing to do with if you really get along with this person and if it would be a good relationship, okay?

And that is the truth for everybody. Every single person I know in a successful relationship will speak about their mate as the nicest person they've ever met, just nice, kind, sweet, whatever. And I believe that. And when you have somebody who comes in, and you're dating them, and they like you, and they tell you, all right. So if you're an avoidant, that might freak you out. Imagine you're an avoidant or you're even an anxious/avoidant, right? Or, an avoidant/anxious [laughter]. Whichever comes first for you. Anyway. But just imagine somebody comes in your life, and they do not fit the package you had. Your perfect package. So they tell you they like you, you might run. I've run from that I can't tell you how many times.

So I basically used to run from anybody who was available is what I figured out at one point and thought, "Wow. Look at that." I don't do that anymore. I don't run. And that's been pretty exciting I would say over the last couple of years of learning not to run or finding when I'd want to run or having that awareness of yourself, okay? So,

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anyway. So this package, the person. We'll call them a package [laughter]. They show up, and fear comes up. You don't even know what the fuck for. You don't even recognize it as fear. This is the other thing. You don't recognize it as fear. You're just going to have a wall and the big... there's big pieces to this, okay? So pay attention on this one.

When you find that this person who is saying that they're liking you and they continue to like you and they're consistent and that they're consistent in their behavior, they're consistent in what they say and do, right? And it's not that they're even thinking, "I better be consistent." They're just doing it. So when that fear comes up, your old ways might be to find everything that's wrong with this person. Everything. Well, they like me so there must be something wrong with them. They like me, so, oh my god. What the hell does that mean?

And that's where you go into that whole future place that you don't need to be but you bring the past forward and all you do is see a recreation of all your old shitty relationships, right? Or whatever. But you're going to see that. But here's the thing, you don't recognize fear as fear. You're going to think it's all the things you think are wrong. You're going to think, why do I want to run away from this person? You're not going to feel it, you're going to think it because you're going to be avoiding that feeling that's inside of you.

Like for me, it's like a wall. Like my whole torso feels like a big ass wall and I recognize, "Oh, my god. That's fear and what I usually would do in the past versus what I would do now, totally different. Because, for me, I'll be hell bent on letting fear control my life, especially my love life. I will work through my fears, and I do. I do it all the time, every day because it matters that much to me. Because I want experiences that are actual experiences, not an armchair experience where I'm just sitting in my chair dreaming of some perfect love that doesn't exist. Perfect love exists by being in it, and I'm calling it perfect because whatever that is for each individual, what works for them - and I'm talking about love; I'm not talking about attachment - it's different.

And the other part of this is, you have a wall because there's an element that is missing when you are an insecurely attached person meeting somebody who's available. Do you know what that is? It's the hook. The hook is missing. The hook of, "Oh, my God. My subconscious has lit up my whole body, and I have that crazy intense chemistry with this person standing in front of me, I get that deep feeling of connection. And it's not a deep feeling of great connection. It's a deep feeling of, "Fuck, I'm going to be rescued," or, "Oh, good, I've met my dad again [laughter]. I've met my mom again, wow, and I'm going to go through the same shit I've gone through before because I'm already attached." That's what's missing.

Oh, yeah, that pull-- that deeper, "I can't live without them," feeling, or, "I need them in that way," okay and needing them in that way that they can't give. Or they may have given you bread crumbs and you're just waiting for more. Yeah, available people don't come with that. Sorry, you have to go to the baggage claim to go get that other shit [laughter]. And so it's like taking a trip to another country, literally, in a good way-- in a really good way. But you got to get past yourself.

If you really want to move on from insecurely attached situations, I believe having an available person in your life can help you do that because as you're moving forward, and you're moving through your fears because you're taking action. You're not just sitting back and going, "I'll just wait and see what they do." Because a lot of avoidants do that. At least I know a lot of female avoidants do that, where they'll just play hard to get. Or they'll be, as they like to say-- well, they don't like to say resistant. They like to say reserved. I say resistant. Same thing. Pulled back, not open, closed off. That's what they are, and they're waiting for someone to make it safe or to prove to them, "Oh, it's all okay."

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So then this person comes along who's consistent and feels safe, and it's all safe-feeling. And that's freaking you the hell out on some level. For some people, it's overwhelming. They can't handle it. They're gone. For other people, they may fall somewhere in the middle where they think they can handle it. And they're like, "Okay, I can kind of handle this. Maybe I'll just see them once a month, and everything will be fine." And if somebody's available, they're not going to go with that, by the way. That's just ridiculous and controlling.

Or you have the other party where it's, "Wow, look at what's coming up in me. I don't want this ruling my life anymore." Just like me. I don't want this shit ruling my life I want to live in a free expression of love and experience it. And I truly, truly believe that the universe brings us people, situations in our lives across the board, personally, professionally-- that if we just accept everything as it is and understand that there are things in our lives for us to learn and experience and grow from, and that is the purpose of all of it. You take a totally different perspective on this stuff. You don't look at it as threatening, and you don't look at it as, "Ooh, I better avoid that." No. Why would you avoid it? Don't avoid shit. Go for it. Do it. That way, you get the lesson, and it could be pleasurable. It doesn't have to be painful. But a lot of times, we're in so much pain. To release the pain, it is painful. But then when the pain's gone and you're not holding onto your old bullshit of, "I got to feel that attached feeling, that live-or-die feeling. Oh my God, I want to die for them." You've met them, and you know them a week, and you want to die for them. No. No. That is something completely different. That is attachment and a fear of abandonment right?

Now, I'm not saying that people don't like each other right off the bat because I believe people that are available can tell, "I like this person," versus people that are insecurely attached are back and forth, back and forth, "I don't know. I don't know if I like them. I don't know what I want here. Do I want anything? Maybe I want to be single." And I used to do that shit. I've stopped, thank God. Thank God. The thing that I've noticed, which is one of the coolest things that I discovered about myself, was that the idea of being alone and having my independent lifestyle-- not that it wasn't appealing anymore. I just didn't want to run back to it. I didn't find myself-- even if I dated somebody a few times or for a while, I found that my desire as of the old days would be to run back into my life, have total control over my schedule, have total control over whatever it was I chose to do even if it was I chose to stare at my ceiling. I found that that wasn't so appealing anymore, yet I liked my life.

I don't know if that makes sense, but there is this idea for people that are avoidants that there's some kind of safety in being alone. And yet they hate it because they're lonely and they really do want a relationship. So, it's a quandary. And until you're ready and you have the courage to deal with your fears, you're going to stay stuck. Because what unavailable people do, is you get pulled into the attachment of your fantasy. And with an available person, I guarantee you're not going to go into that fantasy because they're not acting in a way that's disturbing. When you're an insecurely attached person and you meet another insecurely attached person, there is an element of fantasy that happens because you recognize that maybe there's certain potential there. But you want more because you realize there's already something missing from the connection. And so you're already off in fantasy and you're hoping, "Oh my god, I hope that this person gets a clue. I wonder, maybe they'll show up on my doorstep, or propose marriage out of the blue", or wherever you go. Just some crazy shit, and it's based off of this person turning into somebody else.

So, when it comes to people that are available, not that it's boring because it's not, but it's not that high drama. It's not that high intensity. It's not that, "Oh my my god. What will I do without them? It's a whole other level and that is actually scary [laughter]. Which is funny because if you think about attached situations, those are actually really scary. But you have less fear walking into that, because it's familiar, than you do walking into a situation where it's somebody with open arms. Seriously [laughter].

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People have big fears that have insecure attachment, right? I need a shorter term than insecure attachment. That's a mouthful when I say that. Anyway, you're going to look at what is missing with an available person. And that is what's missing. That intensity or that urgency or that pull towards them that you can't control. And it feels out of your control. And you start strategizing about how to get it in your control pretty much from the get-go. You're not being authentic. You turn into inauthentic. And then if you meet somebody who's available and you're not, you will be very inauthentic. You will operate like a fricking robot. Because you're just going to be, "This isn't fun. This isn't good for me. This sucks. I'm not getting anything here." And that's because you're looking for that liftoff. You're looking for the thing that is not going to exist there.

So when people speak of wanting a healthy, happy relationship, which I hear all day long, they are fooling themselves. They're full of shit usually. Because you have to be able to do this, to go through your fears. Because it's not that it's boring or horrible or anything. It's that your fears have deadened and numbed the part of you that opens the door to love. It's like you've put - I don't know - duct tape around [laughter] the door or you've boarded it shut. You might even be numb. You don't even recognize that it's fear that's drawing you to go, "I don't want to talk to them. I'm going to go away now. I need to go find somebody else," or, "I need to be alone." You're not going to have the experiences you want this way. I promise you that.

So as I said, emotional availability. Being available is not intense. It's not overwhelming, and it's not about someone trying to get you to be somebody else. That's the other thing. Insecurely attached people are always working on getting the other person to somehow do what they want or be what they want, and that never works. Or maybe when you've beaten them down enough, maybe it does. Just thinking of [laughter] my parents [laughter]. Yeah, that's a whole other issue. For them, not for me. I'm not in their marriage. So anyway, you get to be who you are when you're with somebody who's available. More who you are than you've ever, ever been and that's the coolest part. They are not judging you. They just accept you from the get-go.

And if you are, again, in that place where you can feel your fear, where you have self-awareness enough to know what's going on with yourself, you're liking the fact that they're really comfortable too, like, "Wow. We get along. Wow. This person totally accepts me. This is kind of different. I don't have to perform. I'm not people-pleasing. I'm not having to dress or act in a certain way that's going to get them to give me what I want. Which is not really what I want, it's what I say I want."

Because I tell you, if you were on a date and you're insecurely attached and there's another insecurely attached person there and let's say you've been dating them for a while. And of course, they're avoiding or maybe you're being anxious, they're avoiding, vice versa, whatever it is. And let's say, all of a sudden, one of you is emotionally available. Oh, well, hell no. That's going to pull the rug out. All those dreams of, "oh my God, if he or she would only—" what's going to happen is if he or she only does what you want, all of a sudden, you're going to freak out [laughter]. You're going to freak out because it comes back to you.

This is my whole point. It comes back to you. It is not about anybody else but you. And that is the beauty of this. It is not about the other person. It is about you. It is always going to be about you. And that's just how it goes. So that's the good news because that means nobody outside of you has to change, like that would happen anyway. It means you get to change, if you want. Or you can just keep living the same old experiences over and over again, looking for something that doesn't exist, thinking that it really is the other people.

And I know when people listen to this, they intellectually get all this crap. But to emotionally get it is a whole other thing. You can start working with yourself, intellectually, with the things I say. Yeah, mentally. Totally. But to

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challenge yourself emotionally, whole other ball of wax. I kind of wonder what the reference to a ball of wax is. I don't know what that means. Maybe I should look that up.

Anyway, you have to challenge your fears as they come up. And as I said, you're going to find it's what you think they do wrong and how it might not work. And all of it's superficial like you want them to have a certain job, or you want them to earn a certain amount of money, or you want them to dress a certain way. Or you want them to have a different body, or a different weight, a different height, a different nose, different ears. I mean, really.

And the thing is, all of that stuff-- let me just give you this. Almost all of that, 80% of that shit, is all from your past experiences. It is all from the cataloging you have done based on your conditioning. So, in other words, the things that you think are important aren't important most of the time, just so you know, when it comes to that checklist because we derive that from a state of lack. "Well, I haven't had that, so maybe if I had that, a relationship would work." it's just not true because it is about the heart. It's about love. It's about that openness and availability. And, of course, you want to get along with them. I'm not saying you should go out with somebody you don't get along with.

But it's about those things rather than the superficial shit because the problem with the superficial stuff is, again, when it's from your past experiences-- it's not even necessarily from your own past experiences. It could be what you've observed working or not working for other people. It can be like that and that, for most people, is something we don't want to admit to. Oh, you mean-- my idea of the perfect woman or perfect man has to do with what society says? Why, yes. Yes, it does, or your family, or your past relationships, or lack of relationships. It all comes from the same fucking place. Yay [laughter]!

And the other part of this is you're not only in the past but you're in the future, and you're never in the present when you have insecure attachment issues. When you are used to getting breadcrumbs of attention, or breadcrumbs of love, or breadcrumbs of consistent meaning, inconsistency, you're going to have a hell of a time. You're going to have a hell of a time with somebody who's available because they're not going to fit any of this. They are not going to fit any of it. And when you're in the future, okay, you're designing the future and it's based on the past because that's the only place it can be based on.

Because if I live in the future at any point in time, it is only the experiences I've had in my life. And of course, because this is mental, I'm not even talking about the whole emotional or spiritual aspect. But you're taking all of these mental concepts, all right? And you're futurizing your life. And you don't even know who or how you're going to be at that point in your life. You don't know what experiences are going to come. You don't know how much self-growth you're going to have. You don't know how much self-awareness you're going to have. You don't know what the fuck is going to happen between now and then.

But we do this, "Oh, my God. They're this way. Oh, I can't handle that. I can't handle it if they do this or that." And they're overlooking the most important aspects of somebody standing in front of them. "Do I get along with them? Do I enjoy being around them? Do I have fun with them? Do I laugh? Is it easy? Do I feel at ease? Am I connected to myself around them? Am I able to?" If the answer is yes to all of that, then you should be right here in the present moment, experiencing those feelings. Because this experience, whether it has legs and it goes on, or it's just one date, or whatever, you get to experience rather than living it out in your head, or waiting for somebody who you've already been with and this is just a different face to come around. Okay?

You need to be in the moment and not know what or how a relationship is going to go. I live here. This is where I live. I do not know what is going to happen. I refuse to go further and go, "Oh. I wonder if we're going to be

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together forever. I wonder if we're going to be together next week. I wonder what we're going to do on Friday night." I don't do that. The reason I don't do that is because I don't do that in any part of my life, whether it's my business, my friendships, whatever, my family. I stay in the moment.

And even if I find that I might go ahead, I bring it back. Because I recognize that I really-- this is the beauty of surrender, by the way. I really have no interest in knowing my future by thinking about it. I'd rather design my future by experiencing my present and living in it [laughter]. Because then my future becomes my present, and so I'm always present. And guess what? When you are emotionally present, emotionally available to the moment, it's a whole other experience. All of your relationships are, dating included. That is what's bitching. I love it.

So it's just better to be in the moment and take care of your feelings, because that is where you also feel your feelings. When you feel fear, you can feel your fear right now. You know, you can induce fear for the future. You have anxiety about, "Oh my God, this is going to happen." And when you live there, you are shortchanging your experience of life all the time. All the time. I don't care what it's about. All the time, but especially when it comes to people and situations that come up in the dating world. Romantic, what have you.

The universe brings us people and situations, and I believe everything is a gift. All of it. Every single person I come across, and I date, or I've met over my whole life, basically now. I wish I would have looked at it this way years ago as far as everything is a gift. It is all an opportunity for me to learn and to grow and to love and to experience. So why wouldn't I be grateful for what I have when it comes to my life and then the opportunities I have with love? I fucking love that the universe is that generous. I do. And most people don't see it this way because we're still looking through a tiny pinhole of how we think life needs to show up for us for us to be happy, and it just doesn't.

It is to embrace life as it is because this will help your dating life. If you embrace life as it is, you're not resisting it. You're not saying no. You're saying yes, and you're living in it. And this is fun, so much more fun. But you got to get past your fears. The only way to get past your fears-- and I'm saying past them like going through them. Because you'll always have fear, but you need to go through it to experience what the hell is going on. You can't just toss them to the side or go, "I'm going to ignore fear, and I'm going to be courageous." It doesn't work that way. You have to go through the fear so you know why you have it and so you stop mentally trying to manage everything. You want to live from a state of curiosity and a real place of "I don't know".

I say "I don't know" all the time. I say "I don't know" to so many things, okay? Even when it comes to my love life. I don't know. What do I know? I know I get to enjoy today and I get to be in this person's life today. That's pretty cool to me. Will I get to be there tomorrow? I don't know. With an emotionally available person, you pretty much do know but you're not living there. You're living here, right here.

And this is all good because this also means you can be surprised. It's not all planned out. Because when you're trying to control every aspect of your life because you feel scared, because you feel insecure, because you get insecurely attached, what ends up happening is you are so attached to your patterns of control that you've got no room for surprise. So you try to destroy things before they even happen. Or you make it into an anxious situation so you can either distance or you can get caught up in that drama and not recognize your own feelings. You want to feel your feelings and keep surrendering to all sorts of good shit that shows up that shows you are supported by life, and life wants you to get rid of your crappy-ass patterns.

Your crappy-ass patterns are what make you miserable. The universe isn't making you miserable. You are. So when it comes to dating somebody and being open, it is to own all that stuff. Own it. Just go, "Wow, I've got some crappy-ass patterns. I can still date. I can still be emotionally available. I am not perfect." Because it's not about

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being perfect. It's about being open, and it's about being in the present moment. And it's about allowing yourself to go where you never have gone before. You are exploring a whole new planet, right? And knowing the future with someone who's available-- because everything can be great. Let's say that you're in the relationship, and you have made plans. And you're thinking, "Wow, I've made plans with this available person." And it can be great in many ways, but there can still be fear. And you just have to keep working through your fear. You have to feel your feelings.

And some of it is, "If this person is available, maybe they're going to find out sooner or later they don't really like me." Or, "They're available, and maybe they're going to leave me or abandon me and that goes for anything. But I'll tell you, we know when we have somebody who's insecurely attached who's, let's say, an avoidant. We know at some point it's going to end. We know somewhere inside of us it is going to end. Now, can that change? Yes because I don't want to freak everybody out there. But it would require both parties changing. If you're in a securely attached situation, it requires two of you, not just one of you. Because you cannot fix the other person so don't even try.

And don't even try to play games with people that are available because they're not even going to play. They're just going to either go, "Hey, guess what? I don't think this works for us." But they're just not going to engage. It's not where they're going to be coming from. And sometimes people that are insecurely attached try to provoke or manipulate the other person into acting in certain ways that they're used to, these old shitty ways, and getting back into the yo-yo relationships and that kind of crap. You don't want to do that. And then you've got-- but you'll do it subconsciously if you're not aware, and then you have something to complain about. And you can go, "Look. This relationship failed, too." Well, yeah, hello. So that's what we do.

So the whole idea of being with someone and allowing yourself to be open and available and vulnerable is kind of scary. But the point is you want to experience yourself and with somebody who is available, it means that you get to do that rather than focusing on everything that doesn't work like we do with unavailable people. And we're being unavailable too by the way. Where we tend to focus on all of the issues and all of the things that don't work.

When you have someone who is available, you can really focus on your own kindness, your own compassion, your own love for yourself, and then you give it away. It's all there. There's so much that's there. That's the exciting part. And I love that, I love it. I love experiencing myself like this and I like experiencing my fear. Because every time I go through my fear because I make it an experience rather than just a thought, okay? It changes me. It changes things. It's really cool.

So it's very different than the clinging and craziness from insecurely attached situations. You put yourself in a different position altogether and you can let go of these patterns because the fear holds these patterns in place of how you've engaged in relationships in the past. So look at how you approach your relationships and your dating. Are you playing games? Are you hiding? Are you reserved? Are you acting in ways that say, "I'm closed"? Open the fucking door. You will not fall apart. And if you do, then sit with it. "I'm falling apart. Okay. I guess I'll feel those feelings of me falling apart. What a great idea."

Yes, it is a great idea. You want to do that. Feel your fricking feelings. It's all good [laughter]. It is all good. Don't be afraid of them, and the only way you won't be afraid of them is by going through the fear you have of them, right? It is. It so much is. See, we complicate this, and it's so simple. And I get it. And this comes in stages. It's not like it comes all at once. It really does. But the more experiences you allow yourself to have being open, it takes you to the next place, and the next place, and the next place. If you're just thinking about it, it's not going to take you anywhere.

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Most people that are in insecurely attached situations are playing a game. I've done a podcast playing games from the journey of attachment, right? And people do that, the manipulating, and all of the thinking, thinking, thinking, and "Why aren't they calling?" or "Why are they doing this?" or "How can I get them to do what I want?" Screw that shit. I mean, that is a lot of exhausting work. I'm so done myself with that in my life. I won't do it. Because as I'm talking, I can feel the contrast. That's why.

I say that because it's taken me a long time. Because I didn't really recognize for a very long time that change didn't take place in my head, that change took place in my physical, emotional, spiritual being. That's where it took place. My head is the last place it takes place. In fact, some things my head will say and I'll be like, "Okay, head, you are stuck in 20 years ago. I'm not there with you. Thank you, though," and that's really the extent of it. Because we are used to making things impossible when we've been in insecurely attached situations because insecurely attached situations are impossible. They're impossible relationships.

Available people are the ability that you've craved, that you've been crying for. "I want an available person. I want happy and healthy." Well, here's your chance, but you've got to do it with yourself first, and the only way you're going to have an emotionally available relationship with yourself is to get through your fears. Feel them in your body. Like I said, mine I could feel in my torso. It's like a big wall. Feels like a big metal wall, right? That's one aspect. Sometimes it's a fluttering in my chest. Sometimes it's a constriction of other body parts. It just depends, okay? And it's different for everybody. And it's to find it and root it out. Sit with it. What am I afraid of? And feel it.

And then you're going to go, "Oh my gosh, it's this. Okay." So I can take a step in this other direction over here, and that's probably going to shake me up a little bit, but it's going to free me. I know it will. I just got to get to the other side. And you do it, and you've gone through your fear, and you go, "Oh my God, I've grown. Holy shit, I can handle this. I can feel my feelings and be okay." So when you have two people coming together, as in an available relationship, and enjoying themselves and finding common personality, so that it becomes so much more than that old kind of attachment. It's a different attachment. It's a secure attachment. And a secure attachment is, "I'm safe, you're safe, we're both safe". I don't have to worry about anything. They're not worrying about anything. We actually get to focus on other things besides the state of the freaking relationship all the time, which is what happens in insecurely attached relationships.

And that's why you have to look at what you're actually attracted to. Most people that are insecurely attached again, are attracted to the urgency to the "I'm flying on Cloud 5055." Not going to work. Got to get down to earth, and you got to see what you're avoiding in yourself. Because you're avoiding something in yourself when that's what you're looking for. So I think it's scary and I think it's good, and I love it. And I'm grateful. So for most of us, to place our trust in the universe, we find that very difficult. And even when I talk with clients who have come from a place of, "Oh my gosh, I want this. I want this." They have a lot of trouble trusting that the universe is going to actually deliver what they want. And it will, but you got to trust yourself. And it is all about trust. And believing that life is basically good, that is what's going to allow you to get into a relationship that's a healthy one.

Life is basically good. Not a thought, a feeling. Otherwise, you're living in such limitation, you don't even realize it when you have-- I mean, honestly, when you think you've figured everything out, when you-- instead of saying I don't know, when you think you have it all figured out, you've just kept reapplying the same shit day in, day out to stay in your avoidant world or your anxious world. Your brain can't be the leader in love. Your heart has to be. And it's okay to not be in your head and to maneuver and manipulate. It is wonderful to be connected to yourself.

So just open up. Trust. Feel your feelings. Go through the fear. It will be okay. So I hope I've given you enough contrast on what it looks like and ways to check your fear and not let it drive you. All righty? Any questions? Join

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my VIP group. That place you can ask questions. I mean, that's the reason for the group. You can ask me questions because I never really get to them when they're in my inbox. I don't. I apologize to everybody, but I just have time constraints that don't allow me to. So if you're interested, go sign up. All righty, everybody. Have a good one. Bye-bye.

ACTION ITEM

To be in an emotionally healthy relationship, you have to wade through the fears and insecurities that have held you back, and welcome the triggers that come your way. It's to acknowledge that even though you have crappy patterns, you can still date. You don't need to be a "perfect" person who is 100% emotionally ready to be in a relationship. It's actually being in a relationship where you face your demons that you will *become* emotionally ready. It's all part of the process, and you'll grow much faster with someone than on your own.

This week, whether you're in a relationship or not, accept where you are, surrender to what is and be emotionally present with yourself. Focus on your own kindness, your own compassion and your own self-love. Only then can you give it away. And let me tell you, there is so much there to give! Do something for yourself just because it feels good. Say "yes" to something you would ordinarily say "no" to (maybe dinner with an acquaintance, or a networking event that you're sure you'll despise, or a date with someone who checks none of your boxes). The act of surrender will keep you focused on the present instead of trying to control what may happen in the future... which is key to being in a healthy relationship.



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