



Simply Abundant VIP Podcast Group Transcript

Release Date 5/19/17
Title Why We Ruin Healthy Relationships

Hello there. How are you doing [laughter]? One day someone's going to answer me back as I say that and scare the shit out of me. Okay. So here I am and what's funny is I have no idea when you guys are going to hear this at all. I got pretty far ahead in my recording of a lot of these podcasts, and so at this point, I have no idea. All right, so. Not that it matters anyways, but I did want to say that I totally love the feedback that I get from people who listen to the podcast. It keeps me doing it because I know that it helps. I know that most people who find this useful are meant to hear it. That's just what I feel. And I always feel like everybody I talk to I just adore.

When people call for discovery sessions, I really like that because it gives me an idea of what people are struggling with out there who may be listening to the podcast. So if you're interested in working with me, you can always do a discovery session. And of course, if you feel the podcast resonates with you, go ahead and send me an email. And I will do my best to get back to you in a timely manner which sometimes it's a little bit of time. And if you have a bigger interest like in transcripts and things like that, I also have a VIP podcast group, and you can find all that stuff on my website. But anyways, I just wanted to mention that I do love the feedback. And when I look at social media feedback I get, I'm just appreciative. So I appreciate you guys. Thanks. Seriously, I do.

All right, so. Where are we? We are in the case against a healthy relationship. Who the hell wants one of those [laughter]? I don't know. Hey, can I have a dysfunctional relationship, please? I don't even think you have to ask for those. They just show up, don't they? Yeah, they do. And then we wonder why, and we scratch our heads, and we think it's that person. Oh, my God, what's wrong with them? It's not me. Couldn't be me. I'm okay. Yeah, all right.

Anyway [laughter]. Struggle is what we look for. When we cannot have a healthy relationship, we're looking for struggle. And we need drama, we really do, or some kind of dramatic arc in the relationship or in getting into the relationship. Some aspect of it has to have drama, has to have struggle. Why? Because that's what we're used to. If you go back to, let's say, your childhood, and perhaps there was a struggle to feel like you received love. It's not to say that you're parents are jerks. It's not to say that at all. It's to say maybe you struggled to get attention. Maybe you struggled to get consistency. Maybe you struggled to get emotional intimacy. Maybe your parents were so blocked they didn't even know it.

You have no idea sometimes where people are at. And a lot of times because as a kid you just personalize everything because that's what children do. They see the world as an extension of themselves. But we don't really know what's going on with our parents a lot of the time, and sometimes we do anyways, but there's struggle. And perhaps, we watch their relationships, their relationship with each other, if our parents are together, or they're with other people, and we just see struggle. And then you just turn the TV on or a movie or anything and you hear struggle, right? So there's a need to have that, to have drama in a relationship. The push-pull. The, I don't know, the nagging. The feeling. Dissolution. Feeling distance. Feeling anything that puts a wall or something between you and the other person, okay?

Intuitive Reinvention™

And that drama is what most unhealthy relationships thrive on. There can be drama in a healthy relationship, but it's not the same thing. It's not even in the same ballpark [laughter]. I know I've described available versus unavailable, but, oh my God, not in the same ballpark, same planet, really. It's like one's on Mars and one's on Jupiter or something, okay? And so the need for the struggle and the drama is what we hold on to. And we do it in more than our relationships, we do it all over the freaking place. Because sometimes we don't just appreciate what comes easily. We don't appreciate what just shows up and has a sense of ease to it. It's like when people win a lottery and they lose all the money, they got that easily, didn't they? Plus if they have a bunch of scarcity money beliefs, of course, they're going to enact what they enact in their daily life with millions more dollars to do it with or what have you.

And so the point is it's what you're used to. And a healthy relationship, as much as most people say they want it, especially when people come to me in a discovery session, "I want a healthy relationship with myself and with another person," or something along the lines of health. Obviously, people don't sign up to work with me to get unhealthy [laughter], you know? Not really. That would be a little strange, and so what they want is sometimes so foreign when all they're used to is struggle. And when people start talking to me and they start talking about the struggle, and they get into minutia which I just stop because there's no need to go into a bunch of details about it, because it's just saying there's a state of struggle and I need that drama.

And so the drama just keeps you in a loop. It's where you focus. You don't focus on love when you have this going on. That's impossible. You have way too many obstacles to have healthy. And so, some of us thrive on all the obstacles, all the drama, and therefore, we really don't want a healthy relationship. I know it sounds crazy, and most people would say, "But I really do. I just can't help that I do this stuff." Well, you can help it when you start to look at yourself, right? And not in a negative, "I'm a jerk. I'm a screw-up. I'm any of that."

Not in that kind of way, but in a way that says, "Hey, I participate in my life, and I participate with other people. And because I participate, I obviously have an impact. I obviously have cause and effect in my life, and therefore, I need to look in the mirror and see what I'm doing to help create the struggle, the drama, the shit, that I constantly focus on and bitch about and want to change." And then I expect my partner to change it. And then they don't change it. And then I just stay focused on what won't change and I focus on all the problems. And it's not to say that healthy relationships don't have problems. They're different kinds of problems. They're not this need for inconsistency.

There is this need for inconsistency in an unhealthy relationship because they're not used to consistency. Because the conditioning that most people have had that are in unhealthy relationships is somewhere along the way there wasn't some kind of consistency in care. That's not to say, again, that your parents had to be complete assholes or anything like that, although in some cases, you know [laughter] - in some cases, there is definitely some characteristics of dysfunction with the parent. And I'm talking about extreme dysfunction.

And anyways, it's this whole idea that we get into though of how much push-pull do we need? How many obstacles do we need? How many arguments do we need? How many obstacles are problems that we never, ever get around?

I know I've used this example a million times, but, when I look back on my mom just constantly complaining about my dad, that's all I remember. I don't really remember her saying anything that was positive about my dad growing up. Not really. And actually in her whole life. I don't remember very much as an adult her also saying anything very positive about him. And that is sad, right? But that was my example, and for me, it drove me crazy.

Intuitive Reinvention™

I used to cringe every time. I'd be like, "Oh my God." I couldn't stand it. I hated it. I did. I hated it. And I use that word because it was that strong with me.

Whenever I'd hear her say something about him or to him that could've been phrased in a nicer, kinder, gentler manner, or that she always felt like a state of struggle, and I just remember going, "I'm never going to have a relationship like this." And I really haven't had that part of it, the mean part of it, the "let's be nasty to each other in that way". I've had people after relationships get nasty in that way with me, but not during it, and I don't do that because it was one of those things as a kid that I just couldn't get past.

But what else? Well, I didn't get past the need for struggle. Oh, hell no. I kept that in my relationships [laughter]. And when you really look at the fact that you create problems outside of you that have to be solved outside of you, it really keeps you distracted from your deeper feelings. It keeps you distracted from what's really going on inside of you. You can't figure it out because you're waiting for something to be fixed outside of you, so then you go, "Oh, okay. Now I can look inside." And it doesn't work that way because it's a conditioning that you've gone through that says, "Oh, I got to look outside of me to figure it out."

And that way, you never get into a healthy relationship either. To be in a healthy relationship, you have to look inside. You've got to be connected to yourself emotionally. You've got to be open. You've got to be willing to progress things. You have to be willing to have consistency, as I was saying, and there's inconsistency in unhealthy relationships.

Now, let me take that back for a second [laughter] and not really, but because I'm going to use the word "consistency" again. The only place that most people have consistency in an unhealthy relationship is in the fantasy, because it's that fantasy, not reality, but the fantasy that lives in our minds of what we want to have happen that is so far removed from reality in happening, but we might have a consistent fantasy about it, a consistent fairy tale goal about it. Okay? And we can stay there for a long time.

I know I've addressed fantasy in other podcasts and it really comes back to how we will build a story. Call it an assumption, a story, something that says, "Oh, this can have a happy ending even though my contribution to this relationship is completely dysfunctional. Oh, but I don't know that because I'm busy blaming the other person and then we can't figure out why we're miserable, okay.

But anyways, that consistency of something that's not in reality should give you a clue. You want to have consistency in your reality if you choose to be in a healthy relationship. There has to be a consistency of positive actions, there has to be a consistency of care, there has to be a consistency of openness and communication and love, and a lot of times, most of us aren't drawn to that even though we want it deep inside. But you got to get past all these layers, or however many layers it is for you, of shit that's in the way of it. Otherwise, you're just going to stay on the merry-go-round and go around in circles because our patterns in this situation when it comes to having a fantasy as the outcome.

So our patterns are to look for safety so we can create the fantasy that is under our control. So the fantasy is totally about, "I'm going to be safe. Everything's safe for me. I'm going to be okay." And in some fashion, whether it's "I'm with this person or I have a fantasy of leaving this person." But we control that story, we control that fantasy, and we stay stuck in it. And the funny part is we really don't control shit except for the story, right? I can control the story in my head, but I don't know what's going to happen with the circumstances outside of me. I don't know what another person's going to do, or I can try and predict it because a lot of times we have that solid, frickin focus on the other person. We can't stop focusing on them.

Intuitive Reinvention™

And we're not focusing on them like, "Oh, my god. I love this person and adore them." We focus on them like they're the fucking problem because they're not fitting into this story-- this fantasy that we've created of them being consistent when they're wildly inconsistent. And yet we don't look at our own inconsistency. We look for someone else to make it safe.

I was talking to someone today, and she had sent a message to her guy that she's dating, okay. And when she sent the message, I asked her because, let's say, he's not a big texter, okay. And she needs to be connected more than he does. And so she sent a text to him - I think it was two days before - and she was really uptight because she never heard from him because what I find is a lot of people who have insecure attachment, they don't say what they actually want or what's really true. They sort of put it in a way that they're hoping they get a response.

That's all, and they're not really saying, "Hey, I'm reaching out because I just felt the need to connect with you." Instead, they're saying other shit and then my client was hanging by a thread because two days later, she never heard back from her text message and so she went through all sorts of stuff. She went through feeling that pit in her stomach to, "He's gone. He doesn't give a shit," to anger. You name it, okay? And it's funny. I'm saying this and I'm like, "Wait a minute. I had more than one client who had this happen today [laughter]." Well, they were in that place today and that was going on. And I said, "But you're not saying what's true if you are tied to an attached position with this person. You're waiting for them to give you the outcome because going back to your focus is on them." Your focus is, "Please validate me. Please tell me something so I'm okay because if you don't, I don't feel okay. I feel bad or I feel there's some fatal flaw I have."

And so, the story, though, that's in our head in these unhealthy situations is this person, that in her case that she sent the text message to, needs to fit into that story. And it's a really teeny, tiny story. It's not a big story. It's not a story with multiple outcomes or I should say multiple possible outcomes. There's just one and it has to be the one that's in her head, or she is out of control inside of her body. And it's really difficult to have a healthy relationship when your focus is the other person and what they do or do not do. It is.

Because yeah, of course, you're in a partnership with someone, but when your wellbeing is about them all the time, "Oh good. It's okay. I got a text this morning." And it's funny because I'll hear that, "Oh, I got a text this morning. I get a text every morning. But really, I don't want just a text in the morning. I want more." And before that, they were like, "Oh, if I just got a text in the morning I'd be fine [laughter]." And I laugh because we don't really know why on a deeper level why we're doing it, we only know at the surface level. The surface level of need. And you're my problem and you're my solution. And I, therefore, am in a state of struggle. Because right there look at that self-induced struggle that my client put herself through with this text message and then waiting on pins of needles for some sort of response. And I said, I go, "Why don't you say how you actually feel?" Not that you need to send a long ass text with multiple storylines of, "Well, I'm feeling this and I'm feeling that." Because those long ass texts messages about feelings are not necessarily about your real feelings. They're about your feelings at the surface level of what is being stirred up by this other person because that's what you're allowing.

In a healthy relationship, you have constant communication, okay? There is an openness of communication so you don't need to send text messages like that unless you're not being open. That is the truth and the truth is there's consistency. I keep saying this because there is. There is a consistency. There's is a predictability. And for me, I love it. I do. I will never have what I had in the past again because why? Because I'm actually or was actually ready for having an emotionally available healthy relationship with someone. And until you are, you stay stuck in these cycles and then you beg or plead with yourself to have healthy or the universe, "Why is the universe withholding somebody who could be great for me?"

Intuitive Reinvention™

Well, to be honest with you, I don't think we're ready until we're ready. And that could be in the next minute. It doesn't have to be months or years away. But you really have to do things as in experience things. The word do and experience, those are good words. You have to or you're an armchair explorer and you're never going to know what your shit is.

Every date, every relationship we have, is an opportunity for growth, for our own growth. And if you look at it that way, you can really change the way you show up because dating, love, relationships, triggers everything. Triggers all of your insecurities. And if you're making a case against what a healthy relationship is, you're not going to want to give that shit up. You're going to be stuck with it. You're going to be stuck with this cycle that never ends. Okay?

And I say "never ends" because it can end. It just takes you to be engaged in ending it and wanting more than not wanting [laughter]. I was going to say three words at once. An emotionally available or healthy, happy relationship. Another thing that people who make a case against healthy relationships do is they have unspoken expectations. And let me sigh. Right? Rules of pain. That's what unspoken expectations are. They are a fucked-up way to live because it's ways that you not only beat the other person up, but you beat yourself up. And in an unhealthy relationship, they run rampant. In a healthy relationship, it's just not happening. It really isn't.

And that again goes back to the transparent communication. It goes back to a willingness and a desire to be there, to be open-hearted, to be fully engaged in your own well-being and therefore you have it to share with another. You have that generosity. We are not generous when we are in unhealthy relationships. We're sort of drawing the horses, you know what I mean? We are putting up the walls. We are in protection. And when you're in protection, you're guarded. It is hard to get rid of that and go, "Well, pfft, I'm not going to guard myself today." But you will because if you see your partner as the enemy, or you see your partner as not going along with the picture you have in your head, the fantasy at the end of the day, and you're looking for struggle because it's what you're used to, you're not going to give that up so easily.

You got to work through that shit. You got to get to why you do what you do. You got to feel those friggin' feelings. Yay. And my clients just love it. They're like, "Okay. I'm feeling my feelings." But it's more than that. But when I say that, a lot of times, feeling your feelings, there's specific things you can do around feeling your feelings that help you, which is to recognize-- and anybody can apply this, in a relationship or not, but usually relationship just because you're being triggered. So you get triggered and you have a first reaction. Some people stay in that reaction, like "I got to get out of here", or "fuck them", or "I can't believe it. They're an asshole." Or "Oh my God. This isn't the person for me." Or something dramatic. Okay? Going back to the drama that is necessary.

So it's a dramatic reaction, whether it's just in your head or comes out of your mouth, right? And if you stay there then you're going to gather evidence. You're going to gather steam on it. This is what we do in unhealthy relationships. We build a case and we look around for more evidence of why this won't work, or why this is bad, or why I don't want to be here, or any of that. Okay? And then, it blows up from there. Eventually, there has to be some drama that's going to come from that in some way, shape, or form. Whether you give the silent treatment, whether you yell, whether you leave, whether you do something, okay, to upset the apple cart, it's really about that struggle and drama you're creating.

Now, instead, which is what I'm talking about with feeling feelings, it's to have one of those reactions, perhaps in your head, and maybe sit with it for a minute and go, "If I react to my reaction," right-- "if I react to the, 'Oh, my God. I got to get out of here--'" if I say that, "I got to get out of here," then I sit with the feeling that surrounds that, right? And usually, if you feel the need to bolt to get out of there, it's a good indication that perhaps you

Intuitive Reinvention™

need to just sit there with your uncomfortable emotions. Just sit there and recognize, "If I bolt, it's the same story, different day. I'm doing the same pattern as I always do. I'm not changing a damn thing in my life." Okay?

And then, if you recognize that, and you can feel it, and you feel a sense of surrender to that-- because I know whenever I've had reactions to things, if I feel into it and I go, "I can't do what I've done in the past. It's just not available to me anymore--" especially now, it's not available to me anymore.

A lot of my negative, obstacle-building behaviors have fallen away, and they've done it over time, bit by bit, piece by piece. And so even if I have a reaction in my head, I don't follow through with it because I realize, "Oh, I can't do this because it's not what I want to do anymore, number one. Number two, I already know where that's going to go." Right? I know if I have that reaction and I follow it with the normal "action" that I would take, I already know where that's going to go, and I'm not going to be happy with the results because I'm stuck in a fucked-up pattern.

So at that point-- I hope I'm explaining this well enough that you can use it. But anyways, at that point, I go, "All right, Trace. So what do you got inside of you? What's going on in there?" And then I feel those feelings, whatever that happens to be, wherever I happen to be, whether I'm with the person, I'm alone wherever it happens to be and, actually, whoever it happens to be with. And I can catch it, and I can feel it, and I can go, "Oh, wow." And usually, it's fear of some sort. There's fear in there.

Whenever you have a reaction, reaction means fear. You can put an equal sign between them [laughter]. And I mean, really, think about it. There's a fire in your house. What the hell do you do? You react, right? "I got fear," not, "Oh, goodie. There's a fire burning down my house." No [laughter]. You have fear. So it's the same thing. And then you go, "All right. I got to feel the fear. What's going on with me? I'm going to sit and feel this fear. It's going to tell me something."

And so the fear is going to tell you something. Usually, for me, it's through pictures because it's more intuitive. It's subconscious. It's not that I'm thinking and analyzing, because I'm not in my head. I'm literally feeling the physical feelings in my body with the emotions attached to them, and it's usually old shit. And I'll sit there and I'll go, "Oh, look at that. Oh." And I breathe into it. And then I go, "So, since my old option of--" let's say, in this case-- I don't know. I use as an example running. Okay?

So the old example would be I'd run away, or hide, or what have you. Okay? And I've already said that wasn't available to me anymore because-- can't do that. Okay? And if you're not in that place, but that is available to you, you can still sit with it and go, "But I don't want to choose that right at this moment. I actually want to see what I can do here." So feel it. And then as you're feeling it, and you're feeling the fear because, again, it's going to be fear of some sort. You feel it and then you go, "What's the thing I can do to challenge it or that's counterintuitive?"

So let's say you have a fear of-- I'm trying to think of something. You have a fear of intimacy, emotional intimacy. Okay? Most people don't seem to have a fear of physical intimacy that have attachment issues or have any kind of issues that I usually talk about, right? There's more of a fear of emotional intimacy, of losing yourself, of being engulfed by someone else's feelings, of wanting to create distance, so whatever.

So there's a fear of being absorbed [laughter] let's say. It's kind of funny how I'm just like, "Okay. What? What? What?" All right. So you got that fear. And so if I am afraid, let's say, of being engulfed, and let's say I'm next to the person that I am afraid of being engulfed by, maybe I hug them. Maybe I give them a kiss. Maybe I tell them that. Maybe I just draw them closer to me. Seriously, it's how you break patterns. It's incremental at times. And

Intuitive Reinvention™

at other times, you don't even know what you're releasing. You could be releasing something huge just with something that small, okay? But that's what feeling your feelings does. It leads you to other choices. So you want to do that as often as you can because it's going to make you healthier, and it's going to make you feel more stable.

You have to be stable emotionally, to a degree, not that it's a perfect formula because I'm not even talking about perfection, but to a degree to have a healthy relationship because you have to keep dialog open. You have to keep your doors open. You don't get to shut them up, shut them down, and run away. That creates drama in the relationship, and that would be an old pattern. All of these things are patterns, and they're all meant to be broken, always, especially the unspoken expectations, "Oh, my god, please."

I had a client who was saying that she expected respect from this person she was dating. And I said, "Okay, so you're feeling disrespected. Do you even know what that means? Is the guy really disrespecting you? What standard is that? What standard is it? Is he being mean to you and calling you names? Is he not keeping his words and actions matching? What is going on?" And it wasn't any of that. It was an unspoken expectation.

"Well, he should be consistent. Well, he should be contacting me. He should treat me like I'm special." And yet, this client wasn't treating herself like any of that. And she wasn't being consistent, and her words and actions weren't matching, toward herself or toward him, right? So then what she's doing is beating herself up for her shitty choice in this guy which-- that's beside the point, the guy, right? He's not really even involved in this story because she's so wrapped up in these unspoken expectations as though he has ESP and what she is looking for.

And I'm not saying that he-- again, it's not about him. It's about her, but she wasn't treating herself appropriately. It's your words and actions need to match if that's important to you. Respect matters. Okay, then, you got to do that. And then she's like, "Well, he has to be kind." "Is he mean?" "No." "So what do you mean by kindness, and are you being kind to yourself?" "Well, not really because I'm sitting here feeling bad for myself and as though I'm a horrible person, and he doesn't want me. And he didn't really do anything," okay.

But it's the story that she's building in her head based on unspoken expectations that aren't based in reality. Get rid of your expectations, okay. And what I mean by that is there's a lot of rigidity as you've heard on many podcasts around rules. And they're rules of pain because it's just used as a way to distance ourselves from someone and to distance ourselves from ourselves. We do it all the time, and then we feel bad, and then we can't figure out why we feel bad. And it's just a cycle; it goes around and around and around. And it just sucks, it really does, because we don't see, in the bigger scale of things, how much we affect these relationships that we complain about, and we don't see how much we run from the possibility of a healthy relationship because we have all these needs to have our unhealthy needs matched. We do.

Please show me I suck, or at least please show me I suck in a sense that just verifies how much I think I suck. I think I suck, and so, therefore, you need to show me how much I suck. And we do it over and over again. It's insane that we do this to ourselves but we really do, okay. And it's not necessary. It's so not necessary. But, again, when you're stuck in that cycle you can't see that, you can't feel it, you don't even know why you're doing what you're doing. And so it's kind of like a spinning top, and it's so that you stay in control of this fucked up story.

So then the fantasy of being rescued or the fantasy that the person you have in front of you is going to turn into someone else or the fantasy that they're going to be constant and they're going to make it safe and you can do whatever you want. That's the thing I've noticed with a lot of my clients when they're dating is they're looking for the other person to make it safe for them first, and then they're like, "Oh, okay, now I can be safe." But the truth

Intuitive Reinvention™

is you have to be safe in yourself, you have to feel your feelings, and you have to take care of yourself and your needs and your desires. And if you don't and you're putting it on someone else, you are setting yourself up for constant disappointment. You're not setting yourself up for happiness. You're setting up drama and struggle because that's exactly what that is.

Most people need struggle to feel like they got something - I'm telling you, like I said at the beginning - and it just creates so much shit. But when you're used to it, it's what you do. It's so what you do. So a lot of times people who are trying to keep things under control through the fantasy, the consistency of having the same fantasy, right, there's a consistency there. They're always looking at the same story, the same ending. And the problem is that life actually controls things. Life does. Life was doing what it was doing before you got here and life is going to keep doing what it's doing after you leave.

So why is it the expectation that your story in your head is more important than anybody else's, right? Why is it that you have to have your story be the story? Can't you get rid of the story? You can, but it's tied to all this old crap. And the way to get through it is what I've said with feeling your feelings. Because when life actually controls things and meanwhile we're beating our head on the wall trying to control it or trying to impart any energy toward it, our will towards it, we're in a losing battle. And we do it on purpose because that's what we've watched, that struggle.

And instead of working against life, we can work with life. Having healthy relationship is working with life. It is surrendering to what is. It is going, "Here is a human being, and I'm a human being, and we like each other. We love each other. We care about each other." Right? "And I have an investment in that, because I care about me and he cares about him." Right? And that's really what you want. We all want that.

When we say it and then we don't do it, that's where we get in trouble, because when we don't do it, it's because of all these other beliefs and patterns we have that support our dysfunction. So you got to have the awareness. The things I'm talking about, write it down and go, "All right. I need to have awareness around all this shit because obviously it's happening for me that I don't have a relationship that's functional, and I know I have to be part of the dysfunction and the struggle because it's what I know. It's what I'm used to. It's what I was brought up with."

Great. So here's a chance to do something about it if you truly want to have a healthy relationship. And when people start dating people that are emotionally available, it's tricky. It is hard because they may have some of that shit left over. They may still think, "Oh my God. He hasn't text-messaged me since this morning." "Oh my God she's gone." Or "he's gone". And it's just not true in a healthy relationship. There's stability. There's a different kind of safety. But I'm telling you if you don't have any safety inside, even if someone else is providing that safety, you're going to go bonkers because you're still going to need that struggle and that drama to go on, and then you're going to be wishing and praying for safety.

And if you can watch that whole thing I just described, that's a pattern. Patterns can be broken, but it's a pattern. It's a pattern of distancing. It's a pattern of being able to isolate. It's a pattern of blame. It's a pattern of not having anything function. And it's really to get in your body, feel your feelings, and get honest. Even if you're in a dysfunctional relationship, be honest. Not honest where I have an attachment to this person doing something or giving something to me. That's not really being honest. That's really being manipulative [laughter].

It's to say what's true and let the cards fall where they may. In a healthy relationship, I don't really think there's a struggle and fear of abandonment. I don't feel that. I haven't experienced that in a healthy relationship. In an

Intuitive Reinvention™

unhealthy relationship, there's all sorts of fear because you feel like that person's going to leave you at any second, right? You start feeling like, "Shit. If I say that, he or she might leave." But the truth is they're going to leave no matter what you say or do if they're going to leave at all, so that doesn't even matter. But we put a lot of weight and a lot of meaning on it. And all the shit we put meaning on is what keeps us stuck because we think in a manipulative, strategic way when we need struggle and we need drama, when we need the dysfunction. We are strategizing always.

And when you step out of strategy and you step into feeling in your heart, you actually can step into your authenticity. So anyways, I hope that's helpful. And I love doing these podcasts and I'm always open to ideas, although my marketing person and I were talking in a meeting the other day, and she just kept writing down ideas of things that I was talking about without me knowing that she was writing down ideas. So I've got a lot, plus I have a lot of outlines I've written. But I'm always curious. I always like to hear. So anyways, please share if you would like, and thank you so much for tuning in. Have a good one. Bye bye.

ACTION ITEM

One component of an unhealthy relationship is reacting to situations out of fear. These emotional reactions, however, aren't confined to intimate relationships. They happen all the time—with friends, family, colleagues. So whether you're in a romantic relationship or not, this is an important exercise.

Maybe someone challenges you at the office, asking where you got your data and you fly off the handle, feeling like you've been put on trial. Or perhaps a friend flakes on plans at the last minute, and you go into a tailspin because you don't feel like a priority. The next time you feel yourself reacting emotionally, pay attention. If you can sit with your feelings in the moment, great. If not, come back to it later—the feelings won't be hard to summon. Feel your feelings and look for the connection to fear. Are you afraid people will find out you're a fraud, or that you'll be replaced by a younger, cheaper employee? Are you afraid you don't have enough value for anyone to put you first, or that you'll never be able to prioritize YOURSELF?

These fears are based on old beliefs, and they run deep. It can be hard to pinpoint them, but I guarantee they're under there. And once you identify the fear, you can start to make different choices. So next time you're triggered, you can catch yourself and say "It's not about the quality of my work, it's my fear of being replaced." That instantly makes it about you instead of the other person, which means you get to choose how to act. What if that fear didn't exist? If you were to look at the situation objectively, how would you feel and respond?

Reactions are emotional triggers, and they can be incredible learning tools. It's never about the other person. It's always about you and your fears. Look for them.



www.tracycrossley.com

Copyright ©2017. All rights reserved.

Intuitive Reinvention™