



Simply Abundant VIP Podcast Group Transcript

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Title You Think You Have It Figured Out, But Still Have The Same Problems

All righty. Hello. Welcome. I am pretty happy to be here, as usual. I could actually record this podcast 24/7, and that would pretty much make my day all the time because it's one of my favorite things to do, and I'm really happy that you like to listen, and, let's see, what else can I talk about? Oh. I know. The topic, right?

Okay [laughter]. So this is something that, as usual, comes from so many people saying the same thing, or having the same problem, or what have you, and it dawned on me that I wanted to address this. It's called the, "I've worked so fucking hard on myself" dilemma, and it goes like this. "I've worked so hard on myself, and I can't take my focus off someone else." "I've worked so hard on myself, and I can't get a date." "I've worked so hard on myself, and I can't get a relationship to function." "I've worked so hard on myself I can't even speak to my parents." "I've worked so hard on myself I can't quit my job," and just go on from there.

I hear this all the fucking time. All the time. Yes. You don't get an award, okay, for doing work on yourself, and I don't even like to call it work. What you're doing is you're hopefully trying to get yourself to a happier place. I would assume that's the goal, and so you don't get an award, but you don't get there by doing nothing. Right?

And so you work with yourself to try and get off the dime, and change your life, and here you are, "I've worked so hard, and I still have all these fucking issues," and it's something I hear all the time in discovery sessions constantly, and most of the people I work with are smart. I seem to attract very intelligent people who can think their way out of pretty much any situation. They could be locked in a prison 10 stories beneath the Earth and probably get out of there quicker than they can out of their emotional dilemmas.

So they can't figure out, "I've done so much work on myself, why the fricking hell am I still struggling?" What is going on, right? And in some of these conversations that I have, especially in the discovery sessions, I do find that sometimes people can be quite combative, and the conversation is something I have to try and keep neutral because this isn't my issue, right, and I'm not going to engage and be combative myself because there's nowhere to go, but there's a huge sense of frustration that is driving the person to be combative, and they're going to take their anger out on whoever's going to listen because of the situation that they can't seem to fix, or can't seem to change, or can't seem to do a goddamn thing about.

Excuse me. Sorry. Anyway [laughter]. Yeah. I like to use the f-word, but I try to just keep it to shit, fuck. Anyway. So right there what it tells me is that somebody has all that anger and frustration that's misdirected, and therefore it's something to look at. And I also find that their focus is totally misdirected, too, because they're blaming something. A lot of people do a lot of work and still don't stop being a victim. A lot of people do a lot of work and expect the outside to change.

I hate to tell you, it doesn't work that way, and most people have done some kind of psychotherapy, right? And that's mental. I am not a psychotherapist. I don't pretend to be one. I don't offer it. I don't have an interest. I thought about it, and I went, "You know what? I'm not doing that." Why? Because what I do actually

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works for the kind of problems that people come to me with. That's why. And I know because of my history, and all the clients that I've had who have been helped. Okay?

And so when people come, and they're like, "Oh, my God. I've gone to therapy. I've read all these books. I go to workshops. I go to retreats. I go do all this shit," and all they've done is basically feed their intellect and come up with more mental strategies to make their life change, because if they mentally can make their life change, and you can temporarily, sort of, kind of, but anyways, they've done all of that, and then they're confused as to why, "I've done all this and I'm right here." And I know I always hear from people, "You're my last resort." "I don't know what else to do," and I'm like, "Great." It would have been great if I was the first stop that they make, but whatever. Who cares?

My point is that we have a lot invested in that. In all the work we've done. We have a lot invested emotionally because we're thinking, "I'm much better." "I'm at a higher level." I mean, I'm not saying everybody thinks these things, but these are the things I hear. "I'm at this level." "I'm smart." "I can figure it out." Well, you maybe intelligent, but that doesn't mean you're emotionally intelligent. Emotional intelligence is a whole other place. Emotional intelligence is not compartmentalizing, just to let you know. It's not compartmentalizing, and it's not about blame at all.

So those two things right there, if those are going on in your life guess what, all the work you've done has been mental. It is not emotional, or very little of it has impacted your emotions. So when I work with people which is different than therapy as I've said, and people start to vomit shit. They start to tell me all sorts of details, and I interrupt.

Why? Because two reasons, and then this goes back to how this is different than therapy, and how these podcasts are different than therapy, and when people start vomiting, they get lost in the details. You start going, "Blah, blah-blah, blah-blah, blah-blah," and you're lost in all the details. There's all of this intensity behind it, and all you're doing is trying to relieve yourself, and it doesn't really do anything for what I do. I don't listen to vomit. I already know what's going on. See, you open your mouth, and you say about two sentences, and I'm like, "Okay. I got it already. I already know. I don't even need all the details. If I have other questions, I'll ask you." And I will. And I do, but there's no need to vomit because all that saving up of all the energy behind it is what you want to look at. That energy behind the vomit. Okay?

So that is telling you something. It's what you've been storing like little nuts for the winter like squirrels do. Right? So it's like you're in a state of extreme vomit. Okay? And people will show up, and they'll do that, and I'm like, "Okay. You need to get out of your head. Just let's stop right now. You need to get out of your head, and we need to come back here to the present moment, and everything you're not feeling by vomiting," because that's the other thing.

So if I vomit, that's a pattern, and that means that this word vomit that I'm doing is serving a purpose, and that is to keep me in a pattern. It doesn't get me out of the pattern, and it doesn't talk to what the hell is really going on with me, but a lot of work that people do, it doesn't address this at that level of the energy, the emotion behind it. It may address the vomit, and the vomit is just a symptom. I don't know why I'm using the word vomit [laughter]. I am like, "Vomit seemed to be the word today, so."

I've had so many people tell me this, and go, "But I've done so much work," and, "I'm so frustrated," and, "I can't get a date," and, "I don't know how to date," and then, this is the best part that starts to happen by the way, is they start going all over the fucking map. That's the other thing that happens with people who have

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worked on themselves a lot by the way. Where they'll say the first sentence is, "I want a relationship and I haven't had one in 50 years." Oh my gosh. Okay. Great. And then as I start asking a few questions, and interrupting, and redirecting, then it comes to how they don't even care if they have a relationship. They just want to have sex, or they just want to date, or you know what, maybe it's okay being alone.

This is all based on fear, by the way. All of it's fear. Hello. Fear. Not love. Not kindness. Not openness. Closed off. Fucking walls up. That's the bullshit. And so people tend to not know what they actually want is my point. They say one thing. They say another. I listen. I don't listen to vomit because I already know it is not in the details, and it's never in the details. Please. We don't need to go there. So just know when you start to get into your details, if you hear yourself talking, that you're really not solving any problem. Okay?

And in this work, getting back to real quick how it's not therapy. I've had therapists as clients. I've had therapists who have recommended people to me because what I do actually works, and if you're using this podcast in the way to open yourself up emotionally, good for you. If you're doing this mentally, and you're getting all this information and spouting it off to everybody, you're not really feeling it. You're not doing shit with it. Okay? And I know this because, again, I talk to people all the time, and I hear it. I feel it.

When people start talking I actually feel what's going on, and I know on a deeper level where that pain is, and how much pain there is. So what's interesting, though, is when people don't want to get to the core of their shit. You can work on yourself forever, and if you don't get to the core of your shit, forget it. But you can numb yourself out. You can think all this intellectual scurrying around, all this intellectual activity is actually doing something for you, and therefore you don't really have to get to the base of your pain. And, frankly, that doesn't work. You have to get to the base of your pain. You have to go through your emotional shit if you actually want to have permanent change. Otherwise you'll get triggered, and all that intellectual work you've done on yourself is going to go flying out the window, and you're going to feel just as helpless as you did when you began.

You're going to feel just as out of control. You're going to feel like, "What the fuck am I doing?" I swear to you this is the shit that happens. I hear it all the time. Getting the hell out of your head is really difficult because most of us never learned how to do it as kids. We learned how to survive. So most people that come in are holding other people accountable. They have expectations. They'll say, "Oh, my God. I had the worst relationship." "I've had the worst experience," and that right there already tells me, "Oh, wow. What did you not learn [laughter]?"

You didn't learn something there because any relationship you've had that is, in totality, all bad or all good wasn't really an emotional experience. It was your perception of what reality was, where there had to be a good guy and a bad guy. And, of course, you're not going to be the bad guy, right? I have yet to have a client show up and go, "I'm the bad guy and my partner or ex-partner was the good guy." No, that doesn't ever happen by the way. And it just cracks me up [laughter] because it doesn't help you. It doesn't empower you. It disempowers you. It's so fucking disempowering. It really is. It's like when you're blaming other people or you're looking back and everything sucked, all you're basically doing is disempowering yourself and making it where there is nowhere for you to go. And therefore, you can justify, "I worked too hard on myself, it must be the world. It's not me." No, it's you. I promise that.

And I'm pretty direct and I don't let people off the hook. You can ask anybody that's worked with me. I don't have the ability to do that. I'm so committed to what I do and helping people that if I were just to go and soft shoe it like you come in and you vomit and I'm like, "Oh, yeah. Vomit away." I couldn't do it. I would feel like I

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was completely not needed. I could just step out the door and you could just keep vomiting, right? And that's not going to solve anything. My commitment is for you to see things that you don't want to see or you can't see inside of you because that's what's going to help you, right?

And hopefully, if you're just listening to my podcast and we've never talked, that you can do that with these podcasts. It's a hard way to go but at least it's something and it can give you something and that's the big thing. That's why I also came up with the podcast VIP group because that was another way people could also access information and get some more and that would give them more tools to use on their own as well.

So I'm always trying to look at what is going to be helpful because I want everybody to get this work. I really do. Because to me, it's the most life altering work I've ever done on myself. And I know because I always walked around feeling like total dog shit for years and didn't know why. I don't walk around like that anymore. And even though I have fears and I have stuff that I still have to work through, it's at such a different place. It's not even in the same place at all. It doesn't even remotely resemble how I used to think or how I used to feel or what I would want to do.

And I did a shit ton of work. I've been doing work on myself for decades, okay? Decades. And when I look back at all of the intellectual work I did, I'm like, "Holy crap, Tracy. You were stuck in a pattern." I was stuck in several patterns. It was all these patterns that would just go round, and round, and round, and round because that's what patterns do. They keep us stuck because it's what we know. And we're usually trying really hard to control everything so that we don't have to get out of the comfort zone of our pattern. Really. So when people come in and they have this expectation of holding other people accountable, like I was saying, it's such a pain in the butt to get them to say, "I'm accountable to me, and I have no control over other people."

As an example, I was having dinner with a friend, and she said that she had started to trust this guy that she was dating. But she wasn't dating him anymore as of our dinner together, and she kept talking about trust as an issue. And I do not coach my friends, okay? I have said this before. I don't. I don't coach people in my personal life. It's like it takes a different part of my brain to actually do it, and I'm not listening like I want to coach anybody [laughter]. Totally different.

But I said, "Trust is your own issue." And I had to say that because I'm listening to this same conversation over and over from her. And I said to her, "If you put trust on another person, look how emotionally crazy it can make you. You're making them accountable for your feelings." And so let's say that they seem like a - I have air quotes - trustworthy person, and then they start to act in a way that isn't consistent with being that trustworthy person that you saw them to be. What's going to happen? What are you going to do? Are you going to freak out? Probably. That's where you go emotionally crazy because you're trying to control it so that you don't have to feel your fricking feelings.

This is the problem. When I trust somebody and I don't trust myself. Okay? And that's what she's basically saying, "I don't trust myself to handle my emotions. I can't." She won't say those exact words, but she's expecting this guy to act in ways so that she never has to go there. So that she never has to be disappointed. So that she never has to know what it feels like to feel bad about this. And so she's not trusting herself to handle it. She's putting the trust in him, and he'll fail her at some point. Right?

Well, they weren't dating anymore. But if you're trying to control so you don't feel bad, or you don't have to deal with your feelings, or maybe you go into denial, or you try to say to yourself that something isn't really happening, you need to look inside. And, as I pointed this out to her, I said, "You've got to learn to trust

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yourself and handle your emotions and then trust everything else that comes from it." Because if you trust that life is basically good and that you can handle whatever happens, you get to maintain a sense of wellbeing, okay? This is where people miss this.

All of the work in the world is to lead you to a sense of wellbeing. And some people think a sense of wellbeing it to be numb. Some people think it's living in their comfort zone or their really small, controlled space. Like, "I'm not going date. I'm just going to be by myself." And that's predictable. And I know what's going to happen when it happens. And then, of course, the universe usually likes to like throw a fastball right at your head at that point and wake you up. And then, you're probably feeling a little nutty and out of control. And then you're trying to get everything back to where it was so it's under control. And it doesn't work that way. Your shit does not need to be under control like that because it's a mental control-- excuse me. Mentally controlling your emotional state. That is not emotional intelligence. That does not help you. It's just prolonging pain that you have locked up inside of you. And that's why when people work on themselves, they don't work at that level, okay?

You don't work at that level when you're a control freak. When you're a control freak, you're not working at the emotional level. You're working at the, "I don't give a fucking, trusting little finger to anything in the world. I believe life's out to get me." I hear that all the time. "The universe wants to screw me. I work my ass off, when is the universe going to reward me? I'm waiting. Where is my perfect partner? Where is my perfect job? Where is my perfect life?" It doesn't work like that.

So when most people who come to me are in a place where they trust themselves no matter-- I'm sorry, where they don't trust themselves, no matter how much work they've done, it's all mental. Smart people show up on my doorstep weekly, and whether they work with me or not, many of them share the same freaking story. Not in a bad way. It's actually kind of-- it's not cool because they're suffering. But it's enlightening is what it is. And it's enlightening how some people will say, "Oh, my God. I totally want to do this work with you. Blah, blah, blah." And then they disappear.

I pretty much know if they don't sign up when I'm on the phone with them, that they're probably going to disappear. And I say that not because it's a horrible thing. It's the same-- it's related. It's, "I'm willing to work on myself by reading things. Perhaps, going to therapy and working on the mental things like that that. And I'm going to do this because this is too risky to commit over here, to working with Tracy because I might actually experience real emotional change."

There's something that scares them about it. And I'm going to-- my next podcast is actually another one on commitment, just a little bit different. Some of the topics are similar, but there are different angles of the same topic, right? But my point is, the circumstances are the same. But their reaction to their circumstances and the feelings-- I'm sorry. The circumstances aren't the same. I don't know why I just said that [laughter]. What am I saying? I'm saying that people that come to me, all their circumstances are not the same. But their reaction to the circumstances and their feelings about their life are similar. Most who have attachment issues are outside their body. They're not even in their body. They don't know who they are because they created a facade. They've created a character. They created something that says, "Hey, society. Accept me. Hey, mom and dad. Accept me," or "Don't accept me," right? Go in the way of rebellion.

But the problem is for most people with attachment issues, it undermines every way of life that feels good. And coming back to what I said, well-being is what matters me. If I'm going to go and work with someone, or I'm going to read a book, or I'm going to do whatever it is self-help wise that you do, I have to look at what it is

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that I'm doing. Am I approaching it the same way I always approach it? Am I going to read this book and try and implement things mentally? Or am I going to read this book, and read it slowly, and try to emotionally inspire change that way? Have an emotional reaction and do something with the reaction. Am I going to get deeper?

When people are really defensive-- because I do get people that are defensive. Like I said, some people come in and they're kind of pissed off that they even are calling me, right? I'm kind of like, "Hey, you don't have to be here. It's all right with me." But they're kind of pissed off. And they're looking for somebody to reach inside of them and change them. Or they'll say, "Tracy, can I do an energy session?" I'm like, "Okay, it's temporary. It's not going to be permanent in the way you think it is. And if you're going to do my magical rewrite, guess what? That's also not going to solve all your problems. It's going to shift things, it will. But it's not going to shift you out of fear. Because fear is a fucker and fear will run your life, okay?" And so, when you work hard on yourself and you're upset about it because you're still in the same place, guess what's there? Fear. Fear is what is making you be where you are. Not the universe, nothing. You are.

So most people, though, with attachment issues - going back to that for a second - they formulate their entire life based on insecure attachment. It can be what you decide to do for a living, what you decide to live, what you are going to choose to do on a daily basis. It's going to be who you choose for a relationship. It's going to be the kind of place you live in. It's going to be all this shit.

And most people don't have a clue about it. And I love when people have been listening to my podcast and they're like, "Oh my gosh. Okay, here's something different." Because I look for the nuances. I look for the nuances of what emotionally drives us. I look for how we operate on a deeper level, because my thing was, I am smart, right? They wanted to skip me grades in grade school. Okay? I've never had a problem in terms of intelligence. And that is a problem [laughter]. Because I had somebody say to me once, "Smart people are their own worst enemies." And in a sense, I was. Okay?

And seeing from my own experience, I work really hard on myself, and I couldn't figure out why I was stuck in dysfunctional relationships, and why I struggled so much with work, in my business. Why? Yeah. And so I was all about trying to fix this fucking problem, whatever that problem was, except I didn't know what the problem was. I thought it was outside of me, and that if I could just get myself to act right, then the universe would grant me all sorts of magical powers. Not really, but something of that nature. And it doesn't work that way.

You can be the smartest person in the world and go round and round with this. And that's why I love how I'll get people who are very intelligent, [laughter] and they'll be in a session with me and I'm like, "Ah, this person's in their head. Uh-huh. Yeah. And they're bullshitting me right now because they're bullshitting themselves. Uh-huh." And I'm not saying this as a derogatory statement, I'm saying this as it's just funny, because I know those patterns because I've had those patterns. And the pattern of, "I've worked so hard on myself, I deserve something for it." And this is the thing you do, and this is fucked up.

So let's say you'll come into a session, and I have a couple of coaches that I've been training, right? Actually, I have three coaches I've been training, and some of them have had this experience with people. And so when I'm working with my coaches, this is something I help them with where people will come in and they'll start saying, "I know this, I know that, I listen to Tracey's podcast, and blah, blah, blah." Well, great.

So this is the problem. And this is what I used to do, actually, when I went to therapy. So I do that, right? "Oh man. I got it nailed. I know this shit." But guess what? It's not helping you if you don't get deeper. So people

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will do that, but they're intellectualizing their whole life. And it's sort of like a way of creating distance. It's a way of keeping the comfort zone alive, it's a way of keeping the coach out and going, "Hey coach, you can't come in here. Sorry. If you come in here, then I'm afraid of what the hell's going to happen."

But most people don't even know that. They're just so caught up in the, "I have it all figured out. I get what my shit is. I know." Problem is, you're not experiencing it. Problem is you're not emotionally available to it, to change anything. And when I work with people, I don't play that at all, at all. I go right for it. Like, if you decide, "Hey, I want to do discovery session with Tracy," just know there's no hiding out. I don't let people hide because it's a waste of time and a waste of energy. I'm going to find it. It's like a treasure hunt; I'm going to find what is underneath the surface, and we're going to go for it. And you are going to have emotional shifts, you are going to have emotional epiphanies, your life is going to change.

But a lot of people that work so hard on themselves aren't really big on their life changing by them having to feel their feelings, their old hurts, their old pain because that's how you stored it all inside of you. So until you go there, it doesn't matter. And it's not about, "Oh, I'm going to cry myself a river." Crying isn't necessarily what you have to do to feel your feelings. Sometimes gagging is [laughter]. Sometimes feeling like you're going to come apart at the seams, physically, is.

I know that when I've experienced some really intense emotions that are old, old, emotions, because anything intense is old, and I felt like, "Oh my god, I'm going to lose my friggin mind if I have to keep feeling these waves of intense emotion." But it's like riding a wild pony or a bronco or whatever. Like those bull riding, right, but you do it at a restaurant, whatever it's called, right? Mechanical bull? Yeah, so it's like that.

And, again, it doesn't necessarily mean you're crying. So most of us fear our emotions, and so as long as we keep working hard on ourselves, like I said, intellectually, and we bring that to whoever is healing us or helping us, and look at me I'm so smart, I've got this figured out, why isn't my life working? Give me that magic potion over there so my life will work. Damn it, I have all the intellect to figure it out and it doesn't work! There's no easy answer.

And you've been, probably, trying to make it easy. I'll go to that retreat, I'll go to the workshop. And I'm not knocking retreats and workshops because they can be a catalyst for you. They can be an opening of a door, but if you don't follow it up with something it's going to fade because you in that workshop or retreat, you might have had some emotional epiphanies depending on who's running it, but you might not have anything else. And then you're going to be scratching your head going, "Why the fuck don't I feel different? I did when I came back, and then I didn't."

We don't change our pattern just by listening to somebody. If we listen to somebody we have to take that information in and challenge our emotional state. And that means to challenge the mental control over your emotions, which doesn't help us once again. It's to be emotionally managing ourselves with our emotions. And it can be done because emotional freedom is really at the basis of the work that I do. Emotional freedom is not what you get when you read a book. It gives you a better understanding, but really it doesn't matter because I could care less if the mental understands the emotional. It doesn't matter. Because what happens is as you shift your emotions and you become freer, your thoughts shift. Your mental shifts, okay? That's what creates that.

So if you want the law of attraction to work for you, you better get to your emotions. You better get to your subconscious patterns because just thinking a new thought isn't really going to cut it. So it will, again,

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organically come because you've emotionally shifted. So you may get new tools and go hog wild until you get to the point of being triggered. And that's when all the, "I worked so hard on myself mentally," becomes a moot point because you're now triggered.

And that's what I talk about at the beginning when people are frustrated when they come to me. It's like I remember thinking I knew so much and I could say the best advice and look like I was living in the most perfect way ever, but I was all fucked up inside. And mind you, I just figured something - excuse me - figured that something outside of me would change and I'd feel better one day and I could go along like this until something out of my control happened and I was triggered. The baseball bat, whatever. Something happens. We're triggered every day. It depends on what you do with it. Most people try to numb it out and compartmentalize it or shove it somewhere so they don't have to deal with it. Because who wants to deal with shitty emotions? Nobody.

So all the good work that happens-- I have quotes going on, air quotes once again. But all the good work that happens or that's happened, that I worked hard on myself, goes down the shitter because I'm reacting in a way that I've always reacted. And then that'll frustrate me, right? Or the person, whoever. People I'm talking about always have reacted that way. "Shit. I just went and took this class. Aren't I supposed to feel different?" No.

And even if the reaction, okay, is just inside of you-- and for a lot of people, it might just be a mental reaction. And for me, when I was all calm, cool, and collected, that's how I would be. Some shit would hit the fan, and I would never allow it to show on the outside of my body, okay? I had to stay cool and calm, but inside I was a bowl of anxiety. Inside I was like, "What the fuck?" Yeah, I was.

So when I started doing this work in unraveling all my shit, it was really, really, really, really fricking painful. Because I was so emotionally cut off, I didn't even realize how cut off and shut down I was. For years. Because emotions seemed like something dirty, something horrible, get them out of here. I want to be intellectually in control. I've created this great image. And the great image was just bullshit. And of course, I could speak the language. That's what people do who've worked so hard on themselves, right? They speak the language. It's the language of mental awareness; it is not the language of self-awareness. Okay? Big difference.

I have mental awareness; I can see my thoughts. I can see how my thoughts are patterns. But what I can't see is the shit underneath it that actually matters when I'm in that space. So that's why I say most people that come, they're mentally aware. They're not self-aware. Self-awareness comes from doing the kind of work that I do. Once in a while people-- and I'm not saying that they're completely not self-aware. I don't want to make it sound like they're not. But to the degree that you would have to be to change your life permanently, yeah, that's a whole different place to be. So and I'm calling all of this out because I don't want people to feel bad that have worked hard on themselves. You only know what you know, and you only know what you know based on your past experiences in terms of how you've operated. And that problem you have, it fits into a pattern.

So if my pattern is to go read a book and intellectualize my self-shit, okay, then what I'm actually doing is I'm staying stuck in this pattern like a circle because that's all I know and that's how I operate. Instead of going, "Well, how can I challenge myself here? How can I go deeper?" And that's what the opportunity is whenever you have a reaction to something. You get to do that. You get to take that reaction and you get to do something about it instead of the same old, same old about it. And that's where you can get deeper. If I pay attention to just my reactions, I can change things in my life. Okay? If I notice that I get ticked off at something

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simple or I get ticked off at something big, it doesn't matter what it is, how big the trigger is because a reaction is a trigger-- well, excuse me, there's a trigger outside of you and it causes a reaction. So when you have that reaction to something, it's fear. There's fear.

If I react to something, there's fear. If I respond to something, there's love, there's calmness, there's openness, there's a flow. Totally different. Okay? So when I get people who are really good at this intellectualizing and staying in their comfort zone, one of the things I say is to look for the reaction. What's your reaction? Pay attention to it. Because if I pay attention to what my reaction is, this is the cool thing, "I then am going to know what's happening inside of me." "Okay. I'm having a reaction to this person, and I'm not liking what they're saying because they're disappointing me, and that makes me feel anxious. I can feel my stomach going into knots. I can feel disappointment, and I'm trying to not feel it, and so maybe I start babbling about something that has nothing to do with it, or pleading, or begging, or getting angry, or what else?"

I mean, there's so many different reactions, right? If I pay attention to that, and I go, "Wow. I'm negotiating with this person because I'm not wanting them to disappoint me, so I'm trying to change what's coming out of their mouth right now, so I don't actually have to feel what's coming out of their mouth because I'm not feeling my own damn feelings. I've got to feel what's going on with them so then I know what my feelings are." This is what we do.

You don't have to do this by the way, but this is what most of us do. So then I'm reacting to it, and I'm feeling out of control, and it's a great opportunity, though, if you can catch yourself, and instead of outwardly reacting or stopping yourself in the middle of reacting, going, "Okay. I've got to stop for a second. Okay, I need to go and sit with myself for five minutes. Whatever." And you sit there, and you feel that fear, and that anxiety, and whatever it's creating in you, and you just feel it. And you go, "Okay. What is this really telling me? What is this reaction telling me? What am I afraid of?" And that question actually is, "What am I afraid of?"

And you feel into that tightness in your body because when you're reacting you always have tightness somewhere in your body. Look for the tightness. And I go there, and I'll go, "What am I reacting to? Oh. I'm reacting because I think that I'm going to be abandoned," or, "I'm reacting because I had my hopes up and now they're being crushed." "I'm reacting--" and so then it's to go, "Well, why is that so horrible?" and to feel it. You don't have to ask yourself, "Why does that feel horrible?" just notice why does that feel horrible. "Why do I feel like it's the end of my life?" "Why do I feel like I can't handle this?" and just feel it.

And then, this is the fun part, and it depends how intense all of this is by the way. If it's super intense all you can do is feel it sometimes, okay? And then next time you perhaps can go deeper, but what I usually try to do is I try to feel what I can do from an emotional space that's opposite of what I normally do. That's opposite of my reaction, but that's in alignment with what my goal is of well-being in myself. And well-being in yourself, by the way, is not at a cost to other people, okay? I don't need to go take it out on somebody, or blame them, or beat them up to make myself feel good.

It's to really feel that and go, "All right." And I do it daily. I look for where there is fear. When I react and I go, "Oh. Look at that." And I might not outwardly react. I'm inwardly reacting, and I just feel it, and I go, "What are you doing, Trace? Hmm. Look at that." And I'll go, "Where is that tied up in? Oh. Look it. There's fear. Oh. My fear comes from a rigid rule that I have about--" it could be dating. It could be work. It could be anything. And I'll go, "All right. So I have some kind of fucked-up rule in my head. Oh. Because the rule is tied to what other

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people think. Oh. And I'm not going to look perfect. Oh. So that invalidates me. Oh." And I'm feeling all this, right?

And it's not that I'm even having every one of those moments, but the general feeling is I'm going to be looked at as being discarded, and I don't want to be discarded. If I don't want to be discarded, then I got to take care of myself. And so maybe I need to actually say all this out loud, which is really vulnerable to say, especially if you don't know what's going to happen, which is better, because if you don't know what's going to happen, that's actually an opportunity for growth.

So if I know this and I say things, I'm giving myself really a boost of "Wow. You know what? That takes a lot of balls, Tracy, to actually say what's true." Or my actions are going to come off as what's true. I'm going to speak it and do it because at this point in my life, I will be damned if I let my fear fuck me over and put me into a position where I am not interested in revisiting.

In other words, if my fear takes me back to some old belief that I have and says, "Oh yeah. That old belief you have that you're still working on getting the patterns all cleared up so that the belief will just finally go away." I don't want to do that anymore. I'm so committed to my well-being that I do scary stuff all the time. All the time. Emotional risks all the time. You have to. If you don't, you're not growing and you're not living a real life. You want to be a real human being, not a people pleaser, not a perfect person, not a caricature.

So a lot of people work so hard on themselves and then the whole bullshit guru on the mountain crap that I just-- please [laughter]. It's like our celebrity culture, right? It's such bullshit. But nobody's perfect, and there's no idea around people who-- "Oh. You figured it out." That doesn't mean they're perfect and so they could intellectually know shit and they could say shit. I try to live this shit. I do. You know why? Because I, again, was so committed. I'm like the smart person going, "I'm so smart that I can't think my way out of this. And I've been working on myself for a really long time. And boy, oh, boy, I still have the same effin' problems." Yep. So you want to change that. And you really have opportunities. It's like I'm dating somebody, I've been dating somebody, I don't know when the hell this podcast is coming out [laughter]. So by then, I don't even know how long it'll have been.

So anyway, I've been dating somebody and he says things at times where I'm paying extra attention. I'm always paying attention because I like to listen, obviously. And I'm curious. I'm interested. I'm engaged. I'm happy to be there. And what's interesting is how I pay attention to him. And what I do now is completely night and day away from where I used to go. Because I used to listen to people and then I would personalize it. And then I would try and figure out my strategy of how I was going to react or my strategy of what I actually wanted to have happen. And I would act from that fucked up, manipulative place not even know that I was doing it, by the way, at the time. Most people, we don't know we're doing it.

And I don't do that anymore. This guy is very emotional expresso, which is really freaking awesome, just awesome. And he would talk. And I'd just take it in. And I'd notice where I'd go inside, right? If I went to my head and I started reacting in fear because I could hear some old voices that I have coming up, I'd have to drop down into my body to feel whatever the hell was going on. And I realized I had a lot of preconceived notions and old patterns that were about distancing or removing me from situations where there was emotional intimacy. And not that I was going to do that. It was just that what happens is you do work, okay? When you work on yourself, but you work on yourself at an emotional level, not on a mental level, okay? I'm going to clarify that.

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What happens is you'll have certain situations that you've cleared it, like you've cleared all these patterns out of. But then you have a new situation comes up, and then the patterns show up, but they show up differently and they show up pertaining to that situation because they're still attached to a belief. You can't get rid of your belief until you've exhausted all the patterns or most of the patterns, I should say, that would come up in different situations whether it's personal, professional, what have you. Because the same belief manifests differently with different patterns in different situations.

So anyways, but I could see it and I could feel it. And for me, I just kept really digging deep because I wanted so much for myself to be emotionally present. This is why it's shifted for me. Because I have come to a place of it meaning that much to me rather than, "Am I being validated or invalidated? Am I personalizing? Am I going to assume?" All that shit, I don't do it anymore. And if I start to, I catch myself. And so, I've had to really dig deep and say, "What do I want in my life?" Well, I want to have a happy, healthy relationship. Okay. If I really mean that, then I'm going to have to be vulnerable and honest, aren't I? Like when I spent the night the first time, I-- the words out of my mouth the next morning were, "I'm scared," right? I never would have said that in the past. Are you kidding me? And I don't do it going, "Oh, what's the outcome going to be?" I don't do it that way. But most people who've worked hard on themselves have just found another way to manipulate.

See, when you've intellectually worked hard on yourself, you're trying to time your shit and say the things that you think are going to manipulate somebody into whatever it is you want. Oh, yeah. But I took time. And I had dug deep at that moment. And it's to be out of control when you do that. And being out of control is awesome. It's not being crazy. It's breaking a pattern that has been in control. And when you start to do it, you make a difference in your life by doing the counter-intuitive emotionally inspired action or word. In other words, you become vulnerable. You say something that's true. It sets you free. And it takes you a step out of that fucked up pattern and your fucked up comfort zone. And it means you actually start changing yourself.

So if you can do that, all the work you've done on yourself will pay off. You're not going to get a brownie button or an award. But you will not be left to the devices of your brain that it's just going to say the same crap to you over and over, and the same fucked up patterns, and going through the same pain and same fear, and reliving it. It's you're not going to do that. So look for the triggers that are going to give you an emotional reaction and get into the reaction. Again, get into the feeling of it. So you want to continue to do it and get deeper and deeper and deeper. You're not going to do it by thinking you can change a pattern. It's not going to happen. So all the work you've done on yourself unless you can bring it deeper, it's never going to serve you to read another book.

So anyways, stop vomiting, stop mentally agonizing over everything. And get to your feelings so you connect to that subconscious patterning that's coming from your shit poor beliefs. And you can do something different. All right, folks. That'll do it. Anyways, have a good one and I'll be talking with you soon. Bye bye



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