

i'm tired of failing the last relationship that I had like hit me hard i can succeed at everything else in life

0:06

and relationships are the one thing that I cannot succeed at and I don't understand why i don't really see the

0:13

person that I could see myself with i probably am not building the bond with anyone i guess I don't really get close

0:18

to anyone you're way over in the ethical camp you just don't see much point in opening up it sounds like you've never really experienced it and that's the

0:25

problem is you have never really experienced the richness of human relationships

0:33

[Music]

0:42

[Applause] [Music]

0:48

hey guys welcome back to I Wish You Knew i'm your host Adam Lane Smith with me today is Emily we're going to be talking

0:53

through some of her challenges probably attachment challenges I don't know it's my first time meeting her and we're going to have a great conversation i

1:00

invite you to listen in drop comments below ask questions we are here to talk with you and today I'm talking with

1:06

Emily hi Emily hello nice to meet you you too what is it that's bringing you in here today um I'm I've been watching

1:15

all of your podcast um cool and just trying to learn a ton um and learn a ton

1:21

and learn a ton i know what you mean um you know and um

1:26

so yeah when you guys had the opportunity for someone to come here I I was just h maybe that could help me

1:32

maybe I should do that so here I am yeah what's the number one problem in your life right now that you're wanting my help fixing and it can be anything

1:39

um I think taking that that leap from yes I've learned everything I can learn

1:46

to now it's time to practice everything I've been learning um I think that's the

1:52

biggest struggle yeah that's where most people get stuck you can't intellectualize on your left brain your

1:57

right brain doesn't trust the information you have to have experiences yeah you do talk about that a lot so it's like it's still Yeah still struggle

2:04

where it's like what what experiences are you have you not had yet what experiences are you looking for or what

2:10

are you wanting to overcome specifically um you know it's this

2:16

um dopamine dominant brain that I have to work i have to get better at this and

2:23

I have to get better at that and I don't have time for this nor do I want to make

2:29

time for this because I'm good the way I am um and so I know that there is more

2:35

and there's better um with the connections and having

2:41

people in your life um and I I do everything on my own so I do feel like a

2:48

lot of burnout um but I still I absolutely refuse to like okay I know

2:54

this could help me but I'm just going to keep doing what I'm doing because what I'm doing is really working for me and

2:59

I'm mostly happy and I think that that's like all anyone could really want is to be mostly happy so like I'm mostly happy

3:07

but so that's why I'm like do I actually really want to make a sacrifice here to

3:12

maybe gain something here and yeah the the thought process is

3:18

there the action is like not happening hey guys just pause for a second i know

3:23

that here on this program we talk a lot about attachment issues and about fixing them and how great that feels but I know

3:30

that a lot of you in the comment sections have told me that you feel overwhelmed and intimidated at the idea of trying to go through and fix your

3:37

attachment challenges some of you are in relationships and you don't know how to help your partner repair their

3:43

attachment share their feelings and be more connected to you in a productive and loving way for those of you out

3:49

there who are struggling I want you to know that we offer a special program designed to work with you on a strict

3:56

schedule even if you only have an hour a week the attachment repair program is

4:01

designed to help us all of us certified attachment specialists inside the program walk with you through your

4:08

journey on a measured stepbystep process for fixing your attachment issues this

4:13

is great for individuals or for couples who are wanting to overcome their attachment issues and never be haunted

4:19

by those problems ever again so if you're afraid of rejection if it's hard to share your needs and if you're

4:25

feeling stuck and nothing else has worked join the attachment repair program today and let's work together on

4:31

building a great relationship for the rest of your life uh three questions and I'll take them in order um have you

4:38

identified your starting attachment style so far no because I refuse to identify but if

4:44

you were to if I were to tell you anything about me I'm like she's really avoidant yeah so so more avoidant

4:50

tending absolutely yeah um any any internal inferiority complex any feeling

4:56

like I'm not good enough I'm unworthy of love anything like that or is it more purely like eh keep other people out

5:02

don't don't rely on people don't let Yeah no I absolutely think that I'm deserving of love um but

5:10

I I guess where I struggle maybe is

5:16

um maybe I don't I I know I want it but I don't want it at the same time um

5:22

which I think the the tradeoff is is scares me okay um

5:29

weird question and but I want to just hear what your answer is um you want it but don't want it mhm is it and I

5:37

understand that i hear that a lot is it that you you aren't sure if you're going to get this much and then have to trade

5:43

this much away to try to get that much is that what it is yeah I think with anything there's there's a give and take

5:49

and um you're right i feel like in any relationship and I guess the fear is

5:55

that there's more um unhealthy relationship than any healthy relationship and in past experiences I

6:02

probably didn't have the um the knowledge or um experience to have that healthy

6:10

relationship or to build a healthy relationship so I'm afraid that I'm going to invest this time this

6:16

energy and and anything else that comes along with it and then

6:21

and years down the road or even months down like I invested this and

6:27

and then it was they just it didn't mean anything to them anyways and like so

6:34

like I think I'd be I'm I'm afraid of being devastated because I lost what something that I invested in

6:42

again okay i hear that um let's the the

6:47

way we fix that is to make sure your next relationship is your last one so let's not invest anywhere that you

6:52

aren't 100% for sure yeah to get there we have to make sure that you know how

6:58

to number one gauge the investment in the beginning and then how to have an ongoing continuous assessment number two

7:06

and the third piece that's usually missing for a lot of avoidant people is they don't realize that they can

7:12

actually do that with the other person it's it's like an internal me alone process kind of thing that's the other

7:18

piece that's missing and that's actually going to be what really confirms that it's the right relationship for you it's not you on your own trying to measure it

7:24

it's actually you and then the other person measuring and taking notes together um and I'll I'll tell you what

7:30

to do about that but it's I don't want to say it's the way that you see if you're

7:35

a right fit but it's also the way that you become a right fit at the same time the right person for you is going to

7:42

measure openly with you and have those conversations and then you guys adjust together as you go and that will confirm

7:47

that this is the right fit for you um but by being able to do that they demonstrate that they probably are the

7:53

right fit i am Do you believe in Do you believe in soulmates or anything like that no good i don't either i think it's

8:00

No I think it's crap um I think it's crap i think that there's probably millions of people out there that you're compatible with to be honest with you uh

8:08

and we just have to find those people and filter properly so that you can really connect with one of them and have

8:13

an ongoing connected relationship okay uh in the past in in past relationships that you've had in general have you have

Understanding the Dopamine Cliff in Relationships

8:21

you had the the dopamine cliff that you fall off at 5 to 7 months does the joy

8:27

end for you or do you do you tend to bond a bit maybe they fall out of love what is it um no i think I I think I've

8:35

been lacking like the um a lot of the skills that it takes to like um to build

8:40

a healthy strong relationship so um and I I probably am not building the um the

8:48

bond with anyone i guess I don't really get close to anyone um and um I don't

8:53

you know I'm not the just I do my thing i'm not really like

8:58

I don't just I just kind of kind of stay like okay you do you I do you we work together we got this okay um that's more

9:05

of like a belief I have so like um I guess I've probably left um all the

9:11

relationships I've had um or told them to leave okay so you're the one that ends your relationship
yeah okay yeah

9:19

cuz Well so I do invest in the relationship and then I'm like "Okay I'm investing in this and I'm not
getting

9:24

anything out of it." And so it's like okay I've tried and I've tried and I've tried and granted now that I
look back

9:31

and now that I'm actually starting to learn more because um kind of what happened to me and what
led me um here

9:38

is that like I was like um I'm tired of failing like the last relationship that

9:44

I had like um hit me hard like it I there I was um

9:49

seen someone was probably leaned had a lot of avoidant tendencies um even more so than me um
and so when that ended um

9:59

uh that was probably the only relationship that I probably would have fought for um and

10:05

um when when that ended I was like okay like I am I don't know why I'm failing

10:12

at this i can succeed at everything else in life and relationships are the one thing that I cannot
succeed at and I

10:19

don't understand why so I went on this like I'm like forget everything else because I know the
investment with the

10:27

right relationship would pay off 10fold but I think um the odds of being in the

10:32

wrong relationship at least um up until recently my belief was that it was it

10:37

was the odds were way way more likely that I'm going to be in an unhealthy relationship um so um and a lot of that

10:46

now that I'm seeing is is due to my own fault i didn't think I had any needs like you know like that's a huge one i

10:52

don't need anything like and then after like oh okay well I'm not getting out of this anything out of this rel

10:57

relationship i'm doing more laundry and I'm doing like I was like and I'm like

11:03

okay I just I don't want to be someone's secretary i don't want to be someone's housekeeper so I'm like all right well

11:09

time to move on like you know so I never thought like oh I I need this and I need this i didn't know how to communicate

11:15

those needs and um I've learned so much already from you so where I am today is is not who I was even a year ago so but

11:23

um I started just I'm going to read every single book that I can i am going to learn listen to everything and I just

11:29

book every several books a week I'm reading on the on the subject because I do know that um having that right person

11:37

you can build something like you have twice two two people to build something

11:42

beautiful versus like just one person and the other person taking and and I

11:48

guess that is what I I really just would stay away from because that's what I'm like no it's always going to be just me

11:53

trying to build something and not someone else just taking And um so that's kind of what's kept me all right

12:00

well I can't succeed in this so I'm just going to keep going down this path until I finally just decide no I'm going to

12:05

figure out what I'm doing wrong there has there's so much information out there I'm going to find I'm going to

12:11

find figure it out um and you had a wake up moment from this last relationship what was so special about this last one

12:17

that really hit hard um cuz that can be a key to help us figure out how to help you bond going forward

12:23

i I actually just I really thought think that he was someone that I could build

12:31

something with um he had all the the qualities that I admire in someone and where the other

12:39

relationships were kind of like okay yeah like I I put the effort in and I'm I don't really see

12:45

the the the person that I could see myself with

12:51

um do you really quick you said he was more avoidant than you this time do you

12:56

do you tend to be with avoidant men do you tend to be with anxious men which absolutely no
anxious no okay okay yeah

13:03

um I actually really prefer avoidant um and I uh um I I think I would just like

13:11

if someone just wanted to be around me too much I'd be like "Okay this is too much just leave me
alone." Okay like um

13:16

and the um I would say qualities of uh someone and and like I I really hate the

13:22

word avoidant i absolutely hate it um I uh um so like someone who operates in their

13:29

do the dopamine dominant the part of their brain yep um they're going to be

13:36

they're going to be harder working they're going to be um they're usually independent they're going
to be um

13:42

intelligent and I'm not saying that everyone other people are not but like usually these are uh
dopamine dominant

13:47

qualities um so and they're qualities that I really admire they're logical

13:52

they're um they're good with money like all these things that I think are like these are really good
traits and um I I

14:00

really like that in a person um not the whole I need this from you and I need

14:06

that from you and like so like I I really think then I think that's unfortunate that like um

14:15

avoidant attachment is um demonized as much as it is that people think that

14:21

it's it's such a bad thing when I I really do see it as kind of a it's a

14:26

it's a good not the avoidant attachment more the dopamine dominant is such a

14:32

good thing um for me anyways and not for everyone because they are the people who are you know leading you in in the

14:40

um wherever you need the in the workforce and the army and that like those are usually your people who are

14:46

operating in that do I can't that dopamine dominant part of their brains

14:51

um but I do think there's that that need for everyone in it you know like

14:57

sometimes you mentioned the hunter gatherer and um you have these people who are the nurturers and um I think

15:03

there has to be there's a role for each person and um some work really really well together and they should stay that

15:10

way and I think it's more that they need to learn the skills that it takes to be in a in a relationship the maybe not

15:16

nurturing all the time but hey you need a pat on the back okay I'll pat you on the back like I kind of just I think

15:22

that's a good thing I hear that you you are looking for a man it sounds like who's a high performing man yes he will

15:29

tend more an more avoidant yes he will have a lot more masculine traits we call it almost like a hyper masculine sort of

15:34

focus um avoidant people usually don't want to be called avoidant they want to be called like survivalists lone wolves

15:40

i And I hear that i do um because it's what it's built for is hardcore survival and if you're more avoidant yourself

15:46

you're going to be looking for a man who's going to augment your safety and survival in that capacity yeah um you

15:52

did say in there that you well you don't want him to be chasing

15:59

after you from needs and emotions and feelings and I hear that like an anxious person what What do you want to be to an

16:06

avoidant man what role do you want in his life are you wanting to just kind of be a companion for him on weekends are

16:13

you wanting to be someone who steps more into that feminine role and and calms him down in the evenings and rests him

16:19

and helps him be more productive what are you looking for what would be ideal for you yeah I think those those sound nice because I do you know I do really

16:27

get burnt out i'm doing some of these things like I I do believe in the masculine and feminine feminine um I do

16:32

want to spend more time um cooking and cleaning like I like I do

16:38

you know and I I am also mowing the lawn and shoveling the driveway and chopping wood and I'm just like by the end of the

16:44

day I'm just like man it would be nice to have someone that actually contributed and in the household um

Navigating Relationship Expectations and Masculine Dynamics

16:52

so what would I bring to a relationship um is someone who is in that that more

17:01

were that strong masculine um I could still be that feminine i do want to be

17:06

the person who they come home to and relax and they would give me that um the ability actually to relax cuz I don't

17:12

feel like I ever get that because I feel like I am living in this like survival mode all the time you know I do have

17:19

this fear of someone hurting me or like something

17:24

bad happening um how if this happened how would I protect myself um and I

17:30

think to have a man that would be there I think I could some

17:36

relax more in his presence too so I think having someone um with those with

17:41

those strong um qualities would allow me to relax more into my own so and I think

17:47

it would make a really really good fit for him to be able to come home and just

17:53

you know have that quiet have that nurturing that I am capable of it's just I don't have the opportunity to ever

18:01

give it it's a luxury isn't it you have to be safe enough the walls have to be high enough the gate has to

18:06

be locked can't be wolves circling around outside trying to eat you yeah okay okay and that's why I think you're

18:12

seeking out these very very masculine men who have avoidant traits and dopamine dominance and all of that i

18:18

agree um what we're going to need to do is make sure that you're pairing up with high performing men when that's really

18:24

what they're we'll just push the avoidant thing side high performing men to pair up with a high performing man

18:30

who does at least have the insight about what you can even offer him that's that

18:35

might be part of the problem and you correct me if I'm wrong but a lot of these high performing men they have no

18:40

frame of reference for understanding a feminine woman caring for them they don't know what their needs are beyond

18:45

like sex right like hot hot meal and sex and that's it get out of my face do my laundry kind of thing the things you've

18:52

been exhausted by doing in the relationship they don't usually understand emotional intimacy that's usually the uh that's the salary that

18:59

the woman usually wants to be paid is give me that emotional intimacy and that safety as well mhm the nice thing about

19:04

avoidant women and and uh high performing women uh is is usually you guys are you ladies are low drama very

19:11

low drama right because drama is drama is death so you're not going to bring a lot of drama to the table correct me if

19:17

I'm wrong do you bring drama to the table no yeah usually drama is pointless and stupid you you kick your own butt if

19:22

you caught yourself doing that generally a waste of energy the the challenge the challenge for most for

19:28

most women like this and let's talk about this is upfront on dates they

19:34

these women are usually more closed off on the first few dates and a little more

19:39

hesitant and letting the man kind of ask the questions and then being a little more guarded with her answers has that

19:45

been something that you kind of do on first dates um are you more guarded i'm not really sure

19:52

i don't go on a lot of dates so um I don't I don't know that maybe I am but I

19:58

do think a lot of people probably just assume I'm not interested but yeah probably not interested so I don't know

20:05

interesting okay well where do you usually meet the men that you date i don't date you don't okay no where have

20:10

you met the men that you have been in relationships with um how how have you met those men

20:17

um are they friends of friends are they no I I did I've been on a dating app so

20:23

I I met someone through there um and then I think uh yeah the last

20:31

before that was um work and then yeah both two two from

20:36

work yep a lot of women date through their workplace because it's where you are all the time it's your social circle

20:42

yeah yeah so that's about it okay um another one that women often date

20:47

through is like their community or their friends do you have a good friend network a lot of women like this don't

20:53

um I have friends i don't usually do a lot because I got a lot to do um but I

21:00

have friends i just I haven't met anyone through friends okay do your friends know you do they really know yourself or

21:07

does everyone know just a little bit so that no one can put it all together and use it against you um no i think they do

21:13

i think there's a lot of very superficial um and I'll tell you like some of the most uh tragic things that

21:20

have ever happened to me nobody knows like I'll never tell anyone any of those things and maybe they'll find out um and

21:28

at your funeral yeah maybe something like that but yeah okay um but so I

21:34

might have one friend who knows knows quite a bit about me but um and a lot of

21:39

them and and I wouldn't I would still consider myself close to them we just don't have any like conversations that

21:46

are very deep um it's just like hey let's go do something fun okay let's go do this in what way is that close then

21:52

i'm curious um it's probably close for you from a frame of reference but what how why would you say close um I mean I

22:00

I don't know i guess I never really thought about it um I feel close to them i feel like um Does that mean you trust

22:08

them is that maybe what we're saying yeah I do trust them how far do you trust them it depends on what I would be

22:16

asking of them okay so I mean would you trust them

22:21

to not use things against you if they knew things against you about you yeah I

22:26

trust them in that would they tr would you trust them not to reject you if they learned things about you or not pity you

22:32

yeah I do would you trust them to be fair and balanced in a transaction with you yes yes okay if they could get away

22:40

with taking from you would you trust them not to do that yeah I trust them not you trust them ethically then what

22:46

what has made you hold back on sharing things with them i just don't see the need like I just don't know what the

22:51

point would be like they got their own things that they got going on like and I

22:57

don't really I'm I can handle things on my own and I I guess I don't feel the need like I'm not going to talk about

23:03

anything that's this happened to me horrible it's kind of like no point in crying about

23:09

it's like anything that's been bad in my life it's always like well here's the bright side of this you know like like

23:16

you know so it's like like well that sucks but oh well I'll get stronger from it so gotta um would you do you think

23:24

they would describe you as close to them i don't know

23:30

okay um that would be an interesting if I could give you some homework that would

23:35

actually be an interesting test to go through uh but I'd be curious to see because that that might be

23:43

Well let me ask a couple more questions before I just make blanket statements um is it okay if I just very gently briefly

23:50

touch on maybe family and ask i know it's it's touchy people are avoidant usually for a reason there's an

23:55

environment we form in it doesn't usually mean our parents are evil monsters or anything like that i won't go there but um family are you currently

24:02

close to any family members um I would say yes but it's the same like they

24:09

really don't know anything about me pretty much anything about you at all i mean yes

24:16

they would probably think they know a lot about me but I don't really tell a lot about me so okay both I think

24:24

are you afraid of bothering people with the things about you are you afraid that they'll be

24:30

used against you or you'll be rejected or what is it what's the What's the hold

24:35

back i wouldn't use the word afraid but I um concerned i I think most time I I

24:42

just I wouldn't see the point like I don't there's utterly no purpose okay

24:50

have you in in prior romantic relationships have you ever felt

24:55

really accepted by the other person like they fully knew you um

25:01

fully knew you no I don't think so except maybe maybe

25:08

the last one and it might have not have been because they opened up it was me

25:13

because I actually um

25:18

felt content oh content yeah and I don't know

25:25

no not safe okay uh no i just felt like um

25:33

I I don't know i really don't i No that's okay yeah you might have I You're

25:38

No I'm I'm going to I'm going to lay it out i I see it so we're we're digging something on something really good um

25:43

was it maybe when you were with that person did was there like a warm sensation in your chest did it feel Did

25:50

you feel relaxed in their presence did it feel like you weren't scanning for threats did it feel like you could you

25:56

could tell them more than you normally would yeah I I did i trusted them in a

26:03

way that [Music] um they could I knew

26:09

that their feelings were real even if they never expressed them and so it was

26:16

like this unspoken feeling yep um but I never felt

26:26

um I guess at the same I never felt just like not worried in a way but I felt

26:32

like maybe they did they knew who I was without me ever saying anything okay and

26:38

I and I don't really understand why i just think there was this this deeper connection um where nothing had to be

26:45

spoken understood understood loud and clear okay i've got some ideas i'm going to bring them up here in a second um

26:52

last question with that one you earlier you said I thought and then you

26:58

corrected and said I think that that could be the right person for you what what made you think that that was the

27:04

right person for you um because they did have those qualities

27:09

that I think like I just I don't want to talk in that

27:15

that thought because I still do believe that um you know any determination of a

27:22

person I stand by it most of the time so like I don't usually have a lot of

27:28

regret in a lot of the decision decisions I make because I do think them through thoroughly um so if I thought

27:35

something I'm thinking it currently um or I still have that belief so um if I think they're a good person

27:45

then I think they're a good person yeah okay i hear that what What was it that broke you guys up in that relationship

27:50

and just briefly I'm sure we want to protect their privacy and everything i hear that you know I I couldn't really

27:56

tell you i I just don't know i think there was I you know I I he was a little

28:01

more um had those strong avoidant tendencies um and I think he was afraid

28:10

of being too I'm just telling you what I think so I really don't know the truth um I can tell you exactly what happened

28:16

and and it doesn't really make a lot of sense to me um how far were you guys in

28:21

the relationship when it ended was it 7 months 12 months um yeah it was on and off all too many times on and off too

28:27

many times how long it was i think to see if we had gotten it probably was right around that mark um Okay

28:36

yeah it was probably around that mark 7 to 12 somewhere in there yeah but it was on and off like I said so but yeah hey

28:44

guys just pause for a second i know that here on this program we talk a lot about attachment issues and about fixing them

Understanding Attachment Issues in Relationships

28:50

and how great that feels but I know that a lot of you in the comment sections have told me that you feel overwhelmed

28:55

and intimidated at the idea of trying to go through and fix your attachment challenges some of you are in

29:01

relationships and you don't know how to help your partner repair their attachment share their feelings and be

29:08

more connected to you in a productive and loving way for those of you out there who are struggling I want you to

29:13

know that we offer a special program designed to work with you on a strict

29:18

schedule even if you only have an hour a week the attachment repair program is

29:24

designed to help us all of us certified attachment specialists inside the program walk with you through your

29:30

journey on a measured stepbystep process for fixing your attachment issues this is great for individuals or for couples

29:37

who are wanting to overcome their attachment issues and never be haunted by those problems ever again so if

29:43

you're afraid of rejection if it's hard to share your needs and if you're feeling stuck and nothing else has

29:49

worked join the attachment repair program today and let's work together on building a great relationship for the

29:55

rest of your life the problem with two avoidant people is that there's not the glue that's supposed to be holding you guys together so that you guys will

30:02

you'll reach the end of the dopamine at 5 to 7 months and then it's it'll be off and on and off and on and maybe we

30:07

should break up okay well no maybe we shouldn't okay and kind of like back and forth was it that or was it more turbulent and more fighting was there

30:14

yelling was it like that fighting if it was not fighting no fighting no it was

30:20

kind of like Okay it was silence like okay I can tell something's wrong

30:27

and all right you're gone okay oh okay yeah the double avoidant thing there's

30:32

there's very little glue holding them together that's the problem i mean I think I had I was a little frustrated

30:38

and when I'm frustrated I probably just look out the window i like okay I can't

30:44

I don't know what to say i don't know how to respond so I'm just going to look out the window and I think he tried

30:50

talking to me and Interesting and then and then he left

30:57

[Music] um and then he just didn't come back okay and how long has it been since you

31:03

guys were split uh almost almost a year a year now okay okay do you guys still

31:09

talk at all no no okay is that a relationship you would want to try to

31:14

rekindle or are you looking forward to something else um just so I know where you're looking

31:20

i mean there there's still a lot of love there um but whether like I feel like I

31:26

did do everything that I could um I did reach out after um after he left i said

31:33

there was not it was not a fight it's like we had plans to go do something the plans didn't work out

31:39

um and um it really wasn't it wasn't my fault it was nobody's fault the plans

31:45

didn't work out um we're going to supposed to go shooting and my parents end up on our

31:50

way over to help you do this i was like "Shoot I'm supposed to go shooting." But um and that was that and it was like it

31:57

wasn't a norm it wasn't a fight it was just like "Okay." I was just like "All right this I don't know what to say like

32:03

my parents found their way over i can't go right now." And um and okay well

32:11

so understood yeah so it's kind of I reached out afterwards and um

32:19

What did he do he responded um but he didn't he didn't want to see

32:25

me so I was like okay okay was it a forceful no thank you was it blocking

32:30

was it just hey you know what thank you but I'm not interested right now no he I

32:36

think he might have been but I just think he wasn't ready um I think I did send him one of your videos
um yeah I

32:43

told him like I found this really interesting way that could be

32:48

very beneficial i don't remember how I one of your ways of speaking and and I really love the ways
that you have to

32:53

speak i think I just really connect with those and I do enjoy them um and um he

32:59

he responded he was I was like would you like to hear it yes you can send it to

33:05

me and then I sent it to him and then I waited a few days and um I said it's

33:11

been a little while so I don't remember exactly but you know I asked him he's like well I don't know
and then um like

33:17

okay well I don't know how many times I'm gonna keep reaching out to you so understood
understood okay you ready for

33:23

what I think okay here we go um I think that you have not had oxytocin bonding

33:30

through the course of your life mhm and this is very common for avoidant people um they in childhood for whatever reason

33:36

for a variety of reasons it can be sometimes it's really hurtful behaviors from parents sometimes it's just absence

33:41

from parents sometimes parents have trauma sometimes you know they're both working themselves to death 18 hours a

The Impact of Childhood on Trust and Relationships

33:47

week and you don't see them you're raised by a nanny i've had plenty of those but for whatever reason in childhood a person does not get the

33:53

oxytocin bonding that they need and their brain begins to block that and thinks other people are arbitrary that

33:59

they're not to be trusted I can't reach out there's no point in opening up and connecting to people there's a variety

34:05

of things that we can do and we can build ethical avoidant where we just believe other people just there's no

34:10

point to these relationships or opening up people get stressed out i can't really trust them to open up anyway so

34:16

I'm just going to do my own thing going down that spectrum toward more manipulative tendencies of as you as you

34:22

begin to believe people are malicious and evil and I don't think this is you but other people will be um they they

34:29

think that other people are evil evil evil and they have more manipulative tendencies because they can say "Well

34:35

you would do worse to me if you had the chance so I need to survive and protect myself against you." They view people as

34:41

predatory that's manipulative avoidant down here and then off that spectrum is personality disorders and things like

34:46

that it sounds like you're way over here you're way over in the ethical camp you just don't see much point in opening up

34:52

it sounds like you've never really experienced it and that's the problem is you have never really experienced the

34:57

richness of human relationships so when you say there's no point in opening up I hear that and I'm like there's a

35:03

tremendous amount of point but but you've never ever felt that and until

35:09

this most recent relationship with this person it sounds like it sounds like to me what happened was and this happens a

35:15

lot you got out avoided by an avoidant and and they they helped you feel cared

35:22

for they helped you feel seen visible loved in some ways and that started a release of oxytocin in you as your as

35:29

your when I when I said the word safe I probably miscalculated avoidant people don't like that word safe because it doesn't nothing is ever safe but what

35:36

what happens is your sympathetic nervous system comes down in their presence and you said it yourself earlier a masculine

35:42

man they hold that frame so that you can be feminine inside of it what that means is your sympathetic nervous system comes

35:48

down and then your oxytocin receptors they're usually blocked like this they're blocked instead they open up and

35:55

you can start to release oxytocin and bond with another person that it's that warm feeling in the chest but it's also

36:00

feeling seen feeling accepted by that person feeling known by that person and it's okay feeling like you can you don't

36:06

you don't stop worrying but maybe you worry a little less maybe you sleep a little deeper maybe you just long for

36:12

their presence oxytocin makes us feel compulsively affectionate we want to give affection we want to receive that

36:18

affection as well so we will even a year later still have that feeling and and

36:24

for the average secure person they grow up with so much oxytocin from both parents and then from grandma and

36:30

grandpa and aunts and uncles and siblings and then they build it into friendship and they're known by their

36:36

friends and when something happens to them they go and they they seek

36:41

connection with humans because then they they say "Well this happened to me and I'm not collapsing but this happened

36:48

this was a painful experience i am in pain." And the community comes around them and says "Well we still love you."

36:53

And they they come close to them and nurture them and it releases oxytocin in the brain which reduces pain physical

36:59

and emotional it releases then as oxytocin goes up GABA is released gamma amino acid which suppresses cortisol so

37:07

that person now if they had a spike of cortisol and pain and stress it gets crushed and they actually feel in their

37:14

nervous system and their body actually calms down and they become more resilient this prevents things like PTSD

37:20

from forming trauma doesn't really form into long-term behavior pattern or fear

37:25

your nervous system is calmed and say "I don't have to feel scared because my my my group is taking care of me." And you

37:31

feel safe and then they help you sometimes solve problems or solve residual issues or help you make sure it

37:37

never happens again so you're now safer in the future and more protected so so the purpose biochemically is to suppress

37:45

cortisol reassure that the pain will be less and then actually make a plan to make sure that that avenue of getting

37:50

hurt is actually blocked off so you become through life more and more protected not insulated but more and

37:56

more protected with the community if that makes sense does this make sense so far yeah and the biochemical markers

38:01

that are there make you feel warm and and snuggly and happy and and then it it

38:07

releases serotonin so you feel that contentment like you said you feel that deep rich contentment and and and you

38:14

you got a taste of it it sounds like about this big usually it's about this much right and it's just this

38:19

overwhelming flood of it so when you say like I don't know the point it's that's fine no jud no judgment at all most

38:26

avoidant people have never felt the point at all but that is the point that is the point for you and that's that

38:32

richness so is this tracking so far does this make sense yeah I think actually that does make sense cuz with him being

38:38

um more avoidant I think that's why I was able to like relax into his presence a little more because I felt like he

38:44

probably took some of that responsibility of my my stress away where it was I could just

38:51

really relax at home with him and I felt that yeah i felt just that

38:57

content not that and quite frankly that's a man's job that is a man's job is to provide that safety and stability

39:03

for you someone along the line many people have not provided that for you but that is a man's job so number one

39:09

there's our our first criteria don't ever ever ever invest in a relationship where a man isn't minimum providing that

39:15

for you ever again number one make sense now that's the base minimum and guys can make you feel that way at first and then

39:21

duck out but that's that's at least the base minimum he has to provide that for you in the future perfectly okay to

39:27

expect that in fact good men expect that you will expect it so if you're not asking for that or requiring that then

39:34

that's a signal to the healthiest men that you don't know what you're doing in a relationship and that makes you look

39:40

like you're unstable or you're a red flag you're confusing you're settling for less and they don't know why so

39:45

they'll back off from you and they won't offer that make sense so expect it you

39:50

don't have I don't I don't want to say demand but don't settle for anything less let them know let let people know

39:55

that that's what you're looking for okay number one um number two just like you weren't aware of this until more

40:02

recently you can only be with a man who is also aware of this already you can't be with

40:09

a man that you're going to have to go out and try to educate him and be like well there's this nervous system and

40:14

here's the parasymp like watch this video of Adam now watch these 10 you know 10,000 extra videos from Adam now

40:20

like you you shouldn't have to go rescue a man and convince him that you have value before you do that that's what is

40:26

that in sales terms that's called uh cold audience you don't want to be selling to a cold audience of men who

40:31

have no never ever ever heard of of emotional intimacy or oxytocin ever before um that

40:38

that's that's you're going to spend the next 50 years trying to convince some guy that that's gonna and that's not going to work instead we need to go to a

40:46

what's called a warm audience you need men who at least have some awareness that this exists already um I have

40:54

hundreds or thousands of avoidant men flooding in right now that are learning this and growing so there is there's a

40:59

lot of men that have this awareness already they just need some awareness okay so you you don't you want to be

Building Connection in Relationships

41:05

selling this properly to a man who who says look I want a woman who comes in who works with me to he's not going to

41:12

say safe but works with me to to build this kind of a connected relationship i

41:18

I actually want the connection he may not know the words yet but connected calm peace right right did the did the

41:26

man most recently that you were with did he say he wanted peace did he use that at all that's usually the word that more

41:32

um enlightened men use i think the best compliment he gave me was I'm too dependent on you and it

41:40

scares me and I was like what that tells me you

41:45

that tells me you were doing your job in the relationship the feminine job very well yeah so um and I I do actually I

41:52

did take that as a compliment and it kind of confused me but um um when he said that I was like "Oh do you know do

41:59

you know what he meant now now yeah yeah and now I look back I'm like "Okay I

42:06

Yeah that means inside relationships you do some things very very well you're doing your job inside of them you're

42:13

you're helping him his nervous system come down." Avoidant women again low drama avoidant women you come in he

42:19

doesn't have to be guarded and scared about you and you're not going to jump at him and tackle him to the ground and and cry and demand you know a pony and a

42:26

new car and everything you're going to you're going to work with him so his nervous system will calm down in your presence it's really initiating that

42:33

that parasympathetic nervous system um which you're going to have to be in to really draw him and invite him into that

42:40

you're going to have to spend more time in your parasympathetic nervous system with him higher oxytocin bonding higher

42:45

GABA higher serotonin there's ways we can help you get there now actually um

42:51

before you're with him but you're going to have to be there so that you can pull him into that more if that makes sense

42:57

the more and the more that you're in it the more you can pull him in now we need a man who's not going to be resistant against that

43:04

yeah i i think I have a strong um and I learned oxytocin phobia from you um and

43:10

I have a very very strong oxytocin phobia where someone's even so when you

43:16

say like what's the point in sharing with people I actually wonder if that's if it's even a little bit more than that like that's terrifying even if people

43:23

did accept you it would be probably scary i No I don't feel that way i really just

43:29

feel like um I don't I like the worst things that have ever happened and I was like it's

43:35

either that's life or h like I need to do this anyways you

43:41

know like so um dissociation from pain and then you just muscle through that's

43:46

I mean that's that's the avoidant brain is for that yeah and and again I think that's a great quality so like why would

43:53

I need to talk to anyone about something horrible that happened was like I got this like I'm I'm pretty strong i'm

43:59

resilient and I got this so I really don't want that to change about me um

44:04

when I speak of the oxytocin phobia I'm more like you're sitting too close to me

44:09

you want to touch me like I don't trust you what are you doing did that activate

44:15

with him um did you have that with him or did you Did you want the closeness no

44:20

no well I think it was just close enough um

44:26

I wasn't I didn't change completely i did actually flip a little bit um anxious or at least I think I did um and

44:34

again when I that's why I was like I don't know I don't know that I have an attachment cuz I was like I kind of

44:39

thought that I could have been anxious because I was like I cried like

44:45

I that's the oxytocin so you get the oxytocin and it is highly addictive it's already in you and you already have an

44:51

addiction to it you needed it you biochemically need it mice need it wolves need it chimps need it humans

44:56

need it it It's something you need you can survive shorter term without it your

45:02

life quality and expectancy does go down so let's fix it so you don't die young but um it is a biochemical need and you're

45:10

now aware of it you can't turn it off now once you've activated it which is why you're a year later you're still

45:16

remembering him and you're still like that would be nice that's that good thoughts that that's what that is is I

45:22

would like more of that in the future perfectly natural now it will make you feel vulnerable to that person and the

45:28

research is really clear on this that if you have it with one person only your fear level goes up you actually get more

45:35

like I'm too dependent on you that's what he was saying i'm too dependent on you i only have oxytocin with you it

45:40

makes me feel scared it makes me feel vulnerable it makes me feel you know if something bad happened to you I would

45:46

get I would actually be sad and that's unacceptable in a survival circumstance but you know if you ever chose to use it

45:52

against me or if you went weird on me and and you weaponized it I would be vulnerable to you or if I just maybe I'd

45:59

get distracted at a moment when I can't afford to be distracted what the hell is happening to me that's what he's saying

46:05

the thing the the research is clear that when you have oxytocin bonding with multiple people the research seems to

46:10

suggest three is optimal two is okay three is best um which is why I asked

46:16

about family and friends you're you're going to need to have this with family and friends you're going to have to diversify that so that you don't number

46:22

one go out starving for oxytocin and go dating it's like going grocery shopping while you're hungry you're you're going

46:27

to need to have some oxytocin with one or two family members or friends friends

46:33

is okay if a family is not okay friends selectively friends is okay too but we're going to have to get you there

46:39

okay so with if you were to build that oxytocin bonding with a friend because I I don't know it in any other way other

46:45

than a romantic relationship um so yeah I talk to my friend i don't really need

46:51

to open up to them about anything you don't need to unless unless you want to build oxytocin you want to be build

46:58

oxytocin improve your immune system improve your bonding hormones improve your neurotransmitters and then have a

47:04

successful romantic relationship you're going to have to have two good friends if you want a successful romance down

47:10

the road you're gonna have to so with friends it's it's opening up about Good question it does not have

47:18

to be traumatic pain in the past that actually sometimes that can be pointless this is not I'm not going to say "Okay

47:24

okay Emily go home pick a friend take them out for drinks and cry for 6 hours." Absolutely not that is pointless

47:30

like who is this here's what it is though we need them to know you currently and we need you to receive

47:37

your brain and this is going to sound like fofy flower language so forgive me but your brain needs to know that these

47:42

people see you they accept you currently as you are they're not going to turn against you they're not going to try to

47:48

change you by force they accept you for where you are and that you can work together in confidence with them in the

47:54

future if something is dangerous if something is frightening you can go to them for assistance and also that they

48:01

can come to you for mutual assistance as well that needs to be on the table but there needs to be a need to remove any

48:06

variables that might make you feel like well but if they knew this thing or if they knew this other thing or if they

48:11

heard this thing or we need to remove that piece and that's that's what the oxytocin kind of is for is removing that

48:17

so that you say if I had an if I had a need they would come to my aid and assist me be out of affection out of

48:25

kindness out of warmth i know and you're you're smiling i know the skepticism well I feel like I don't they I don't

48:34

need to go to them for anything they're going to need to come or they're going to want to come to me and I want to be

48:40

the person that that can be strong enough to when they come to me are you

48:46

afraid they're going to lose respect for you if you're less perfect on the outside um or that they'll pity you um I

48:54

don't know what I'm afraid of i don't know that I have feel like I'm afraid of

48:59

anything i just feel like you know I I got to be the one who does this i got to be the one who does this and um why do

49:06

you got to I guess it's just I I was always older than all my friends um and so I was

49:15

like who's going to be the DD i have to be the responsible one i have to make sure that they stay safe you know um

49:23

okay i still want to have fun with them but I have to make sure if something bad happens

49:29

I'm aware enough to know what's going on around me around us to be the one that

49:37

makes sure that everyone else is okay um and I guess like I I'm okay with that

49:44

because I'm they feel like I'm I'm good at it um and I don't mind that and then

49:49

maybe they are able to relax a little more and enjoy like and I use drinking

49:54

as example because I think of that often where it's like oh you got to be careful i want to ask you two things then is it

50:01

okay if I dig on this a little bit okay um so there's something called reciprocity in human relationships we

50:08

need reciprocal relationships that we are not a charity case we can't be

50:13

overgiving because we get resentful but if we're undergiving we actually start feeling very uncomfortable and healthy

50:20

secure people and and avoidant people actually as well interestingly um they they it makes their skin crawl to be

50:28

perceived as a charity case they don't want it now the unhealthiest people are

50:33

totally fine with it being unbalanced in their favor and they're very comfortable with it so if you build relationships

50:39

that are very very non-reciprocal like that where you're giving and you're the

50:45

strong one and everyone else can put upon you in that way but you don't reciprocate that to them and allow them

50:50

to give to you the mostly people you're going to pull in is going to be the unhealthy people that that want it

50:56

unbalanced in their favor and the healthiest people are actually going to pull back so when I asked earlier do you think you're close with do you think

Importance of Reciprocity in Relationships

51:02

they would call you close they might say "Well she's really kind to me but there's a wall and I don't know how to

51:08

get in there i don't know if we're close or not i don't know what she thinks of me." Um we we signal trust to people by

51:14

by opening up to them we signal confidence in them by opening up to them when we close off like that we either

51:20

signal disinterest or lack of trust and the symbol the signal that sent is I don't trust you i don't accept you i

51:27

don't think that you're okay for me so I will keep you out that might be what you you might be accidentally sending that

51:33

signal to people if you were in a situation where someone was always the strong one for you always the smart one

51:40

always had the answers always was holding everything down but never opened up to you about their challenges ever

51:46

and it was one-sided in your favor continuously how comfortable would you feel

51:52

um I I really try to accept everyone so it's like you know like um but how how

51:57

comfortable would you feel if you were always being given to by that person and you never knew what they wanted in return ever um guess I've never put

52:05

myself in that situation right and why not um

52:12

what if you didn't know their motives at all as their motives for being that kind

52:18

to you i wouldn't let them right right and that's that is over time going

52:25

to potentially limit some friendships and relationships you're either going to be limited to people who pull back and

52:31

they actually will stop bringing their problems to you is sometimes what they'll start doing where they won't bring challenges to you the healthier

52:37

people cuz they feel so bad and they'll be confused about it um or the unhealthy people will bring all their problems to

52:44

you and dump on you so that you get a lot of drama in your life but the unhealthy people the healthiest people will

52:49

will pull back and that's that will start killing relationships they need reciprocity from you for them to

52:55

maintain it they actually need you to open up about challenges not crying about the past and things that can't be

53:00

changed but today where you're at today what you need today showing them a

53:05

little openness in that regard so that they know that you are telling them they're worthy of trust does that make

53:10

sense trying to think of ways I could do that i'm going to show you no I will show you because it's not something you've ever

53:16

experienced before and you didn't experience it much in childhood either mhm so I have I have five kids and and

53:21

I'm training them on that right now of what reciprocity needs to look like what's fairness in a relationship um

53:27

what is generous reciprocity where you care for each other and you give you give abundantly to each other and ask

53:34

you ask for something but you don't you you ask for less in return you ask for less and you give abundantly and when

53:41

both sides are doing that with each other oxytocin makes that possible it actually compels you to be affectionate

53:47

and to give in abundance and it compels you to want to be fair to the other person it's it's the biochemical that

53:53

makes us in some ways be a little more ethical with the people around us because we care about them so we want to

53:58

take less from them and then we want to give more to them um even to the point that they've they've done interesting

54:04

studies where they take dads with their newborns and they measure how affectionate and playing they are with the newborns before then they squirt

54:10

oxytocin up half the dad's nose and then measure it afterward the dads are way more caring and playful and and

54:18

interactive after the oxytocin it makes you be affectionate to the other person um so we want to inspire this in other

54:26

people in the right people and then we want to inspire it in you for those right people because they're waiting for

54:33

that signal from you and if you're not doing some of that with them the message is eh I don't like you
i'm not really

54:38

into this thing you're close you'll say "Yeah we're close." And they're like "She thinks we're close."
That's I'm I'm

54:45

glad but I responded back to their text so we're close she She barely responds

54:51

to my texts ever like I like I don't know she's I don't We're pretty close i

54:56

don't I don't even I don't even know what food she likes to eat but you know I'm I'm glad she scares
me when someone

55:01

knows that they remembered what how I like my coffee like I'm like then I start to feel like

55:06

a bad person because I don't remember how to I don't remember this stuff about them interesting

55:13

interesting why does that make you a bad person because I do have I think I I think I do have really
good people in my

55:19

life and and they want to do nice things for me and they do remember those things and and you
what shoot them if they try

55:27

um I've really been practicing this um so I'm not really good at this either

55:34

cuz it's like "Oh you want to hang out okay well you can hang out with me if it

55:40

makes if you really want to but I'll be working while we're hanging out." Um and

55:45

I feel guilty because it's like I'm not being a good friend um or they'll they'll help me with something
u so I do

55:52

let people help me as I'm working on it um okay i struggle with it because So

55:57

they're trying they're really trying i it's really hard and um it is and they'll reach out like um they'll reach

56:04

out to me and say that oh you know I' I've been thinking about you and I'm like

56:10

why why of my organs are you trying to take Yeah like is there something wrong with

56:16

me why are you thinking about me like um this is going to have to be fixed for you to be in a

56:22

relationship be and you're going to have to practice it on lower difficulties with friends instead of jumping into a

56:29

romantic relationship because what number one what you're going to do is jump in a relationship with a man who doesn't want to give to you and doesn't

56:35

understand emotional intimacy and then you're going to jump in and try to be struggling through this with him and he's not going to know what signals

Improving Communication with Avoidant Personalities

56:40

you're sending but the biggest thing I'm hearing is that you don't know how to collaborate with other people to actually work on this together so The

56:47

biggest thing with avoidant people survivalists sorry the biggest thing with survivalists is they they do

56:55

exactly what you're doing like you want to hang out with me and then they start running a calculation in their head they

57:01

go inward instead of instead of openly kind of talking it through they go inward and say you want to hang out with

57:07

me but I have a lot of work to do i'm going to have to be working you're going to think that I'm upset at you or I'm

57:12

going to be a bad friend so I'm disrespecting you so maybe I should just shut this down and not meet with you and then the only thing they verbalize out

57:18

loud is "Not today sorry." And then the other person has said "Hey can we hang out not today sorry." And that's all

57:24

they hear over and over and over and over and over and so all they hear is this endless message of no no no no no

57:32

no they don't hear the all of the inner work if they heard that inner process they would they would understand you

57:38

they would actually feel loved even by being included in all of that that you're considering them they and then

57:43

they'd they'd actually have input and be able to say "I understand you're busy i would love to just be near you let's be

57:49

let's just share space because that actually would satisfy my need to share space with you and then get lunch with

57:55

you when you're when you're ready that's all I need." So yeah by all means or can we pencil in a day when you're not going

58:00

to be busy when you might have two hours just two hours to hang out i want to be sensitive to your schedule as well

58:07

externalizing that context is crucial so when I say opening up to people that right there actually is a big part of it

58:13

is instead of going inward and making a silent decision and only informing them after the decisions made it's actually

58:20

saying "Okay you want this here's a confounding variable how can we fit

58:25

these things together?" And allowing them into the decision process they don't make the decision for you you

58:31

don't surrender but you you allow them into the decision process and you think out loud a little bit does that make

58:36

sense yeah actually I couldn't agree more with that like I'm always calculating in my head like well if I

58:42

give up this time for this time and then even though I enjoy my time with my

58:47

friends that means my to-do list is going to get longer and it's not that I can't and I should prioritize them i

58:54

know that like I know some of the things on my to-do list I put on my to-do list um that I I could but I struggle with

59:02

taking off my to-do list because I have a lot of priorities and I'm not prioritizing them and that's where that

59:08

guilt comes in because I'm always calculating that yep well this is how many hours I have to

59:16

here here and here and there's really just not enough hours in the day for me to do it all and your brain is not here's what's here's what's the killer

59:22

your brain is not prioritizing your relationships because when you have low bonding and low oxytocin you enter a

59:29

very mechanical state and you deprioritize relationships so then it just gets worse it enters this downward

59:34

spiral your brain has been in a perpetual downward spiral to get that fixed we actually need to bond you with

59:41

those people and connect you and it will actually be easier because then your brain will prioritize those relationships which might even sound

59:47

scary cuz then you're like then I'm just going to drop everything in my life and I just become a social person my life is ruined no it's you will properly

59:54

prioritize it but the best people in your life will say "Please balance our

59:59

friendship so that your life is good and if I can facilitate you in your life in

1:00:05

some way and then help you prioritize me as a friend by helping balance then I

1:00:11

win and you win so let's take care of it together." Building those mutual arrangements is actually what allows you

1:00:18

a huge range of additional options you didn't have before it allows you tons of resources it allows you help and they

1:00:24

they feel gratitude that they have been allowed to help you now they don't feel like a charity case they don't feel like you've pied them they don't feel like

1:00:30

they're they're sucking you dry they don't feel bad and they can with confidence now ask you for things and

1:00:36

then give to you the more I give to you the more I can ask from you and in an open transparent kind of way right does

1:00:42

that make sense yeah so I could say something like um I'd really love to hang out with you i have this and this

1:00:49

to do yes is there any way that we could do this exactly exactly no that's

1:00:55

exactly um Hey that that whole thought process you just described to me hey you know what i I get really busy i

1:01:01

depprioritize relationships and then I feel guilty about that and I really care about my friends actually that right

1:01:07

there would be a great conversation to go to a friend and have proactively that that I could do cuz I I usually it's

1:01:13

doing stuff and I know I lose people that hey let's go do this hey let's go

1:01:19

do this and it's just like it's not that I don't want to go do those things and I think eventually they fall off because

1:01:25

they don't want to ask again and sometimes I'll be like I got this this and this to do and that'll be my

1:01:31

response and then they'll just say okay and then I'm like oh why didn't they

1:01:36

offer to help me and then we could have gotten even though it's my responsibility to do that but it's like

1:01:41

hey you need to do this i need to do this let's both do this and then we go have fun the best way I've been able to describe this is when right when we were

1:01:47

kids we were in school and our teacher and in third grade was teaching us math and my teachers would yell at me all the

1:01:52

time because I'd do the math in my head and then I just write down the number and they'd say "Adam show me your work." And I'd say "Why i can just do it." And

1:02:00

and I'll never forget I had an amazing teacher in fifth grade his name was Mr courtney and he said "Adam," he finally

1:02:05

explained it to me in a way that made sense he said "Adam when you when you do it in your head and you give me the right answer the right answer means

1:02:11

nothing it means nothing because I don't know if you guessed and just got it right maybe you guessed on all of these

1:02:18

and got it right somehow maybe you're just maybe you don't know how to do it you just guessed maybe you sort of know

1:02:24

how to do it but you're going to get messed up you got lucky maybe you copied off of somebody he said "I have no idea

1:02:30

when you show your work it actually shows me how you're thinking and then as your teacher I can correct your thinking

1:02:37

but I can also verify that your thinking is correct and and that you can do that then I can predict that you're doing

1:02:43

right and I'm so grateful to him to this day cuz that's the same thing in our relationships if you just give them the

1:02:49

answer even if you give them all the right answer they're still nervous because they're like "Well is Emily is

1:02:55

she a good person or is she like pretending to be a good person i don't really know her

1:03:00

thought process on the inside at all." But when you when you open up like that hey you know what i i really want to

1:03:06

prioritize you i get so stuck and I'm I I run myself down and my schedule is is

1:03:12

fuller than it probably should be and I'm trying to figure out how to balance this it's really a challenge so I would

1:03:18

love to spend time with you in the future uh is this time good for you rather than today could we do it

1:03:24

Thursday having that open conversation shows your work and not only does it yes

1:03:29

it's a good answer but it calms them because now they can understand how you think and then they don't get bruised

1:03:35

because when you say just no it bruises them that's hurtful and you don't mean to be but it's just a no I have this I

1:03:43

have the sorry I have this what you're saying is you are less important than that and I don't care and if you say

1:03:48

that 15 times they're like she doesn't want me she doesn't like me i'm I'm out and you're like why are they gone we

Improving Relationships Through Open Communication

1:03:55

were so close and they're like "She hates my guts she's not interested we were never close." That's I think that's

1:04:01

what's happening and that's if you can fix this here's the homework I'd like to give you is this mhm so far we're going

1:04:06

to get on romance here in just a moment I swear um but this this will help you inside an intimate relationship as well

1:04:12

i would recommend pick two friends pick two friends that you you feel that they are they have good ethical character

1:04:18

they're not going to use this against you they're not going to you know laugh at you whatever it might be pick two good ethical friends and go to them and

1:04:24

have this conversation i'm realizing that I don't really open up to people about my

1:04:31

thoughts and I'm realizing that I dep prioritize my friendships cuz I'm so focused on tasks and surviving and and

1:04:37

stress i don't like that and I need some help overcoming it and I need some help

1:04:44

some patience and some understanding i'm telling you so that you don't misunderstand and wander away or think I

1:04:50

don't like you and I'm telling you so that when I then have conversations with you you'll understand the context going

1:04:56

forward if you ask me to spend time together in the past I would have said no because this and this if you need

1:05:02

more if you need more context ask me if you want me to make a shift you're welcome to ask me and if I'm kind of

1:05:10

distant and you don't know what's going on ask me questions i'm also from my side going to be trying to make more

1:05:15

effort to explain more to open up more to give you more options to let you know I am busy but I can do this can we do

1:05:22

this for our friendship so that we don't lose each other and you might be cringing right now thinking about this i

1:05:28

like it i never thought of it as an option i thought I just have to work harder so that I have more free time

1:05:34

that's the trap that's what's going to kill you in every relationship is that and when you get into romance that's exactly it too when you're frustrated

1:05:40

and you just look out the window and they just and you're like that that's you saying I can't work with this man I'm gonna do this I and I can't work

1:05:47

with him inside relationships he will be the right man for you when he

1:05:53

tries to work with you on these things that is the biggest signal okay something will go wrong or something

1:05:59

will be off and he will come to you and say there's a pro there's a challenge and I want to work on it with

1:06:06

you and he's going to take his own side and and and and say this is what I need to do and here is what I need from you

1:06:14

during this process can we do this together that will be the right man for you okay when I say there's millions of

1:06:20

them who can do this that's that now to signal to him in advance of this that you're the right woman for him you need

1:06:26

to be doing that for with him during the dating process during the early conversations hey you know what i'm

1:06:32

really sorry i'm going to be 5 minutes late is that okay for you can we just can we agree to move it instead of well

1:06:39

I just I'm going to show up 5 minutes late and apologize and I'm going to you know buy I'll offer to buy his dinner or hey I'm going to be 5 minutes late you

1:06:46

know hope that's okay right like hey I'm I'm going to do this this is a challenge or hey I want a long-term committed

1:06:53

relationship is that what you want too being that open and in conversations laying things openly on the table and

1:06:59

being calm collaborative if you find yourself trying to make a decision on the inside without his input that's

1:07:05

where you're failing the relationship if he's making decisions silently on the inside without open and communicating

1:07:11

with you and getting input he's failing in the relationship does that make sense that's the avoidant trap right there

1:07:17

okay that's that's the signal that he's going to be right for you and if that's what you guys are doing hey there's a

1:07:22

problem and before I make a decision I want to bring this to you and get your input here's my thoughts here's this

1:07:27

here's this what are you seeing from your side what are your thoughts what what's a good decision for us to make together that's any two human beings who

1:07:35

do that can pretty much make a relationship work and that's the magic does that make sense you're not going to be able to do

1:07:41

that if you just try to jump into a relationship and do that the pressure will be too high you need to practice that with friends first as you practice

1:07:47

that with friends your oxytocin will go up your demeanor is going to change you're going to be a little more bubbly on dates a little more relaxed you're

1:07:53

actually going to start asking more questions on dates and those questions you ask are going to be signaling to him that you're a person who asks questions

1:07:59

which is good because avoidant people don't ask questions unless it's like I need I need crucial data i need data

1:08:05

just enough data for my decision asking more questions giving more context you're going to be a little more open

1:08:11

with people than you normally would be you're going to provide a little more context which is an invitation for him to ask questions too and then you're

1:08:17

going to give fuller answers i know it's it's nerve-wracking i know your your security clearance is going to relax

1:08:23

just a little bit um this is how you're going to signal to him and then this is how it's going to go great during the relationship but you got to practice

1:08:29

with friends first and then and get your hormones up yeah i smiling because I see everywhere I'm going wrong because I

1:08:35

really didn't ask questions i just thought you know what if it's important for them enough for them to tell me they'll tell me i don't i'm not going to

1:08:42

ask any questions that That's where you're going wrong that's That's very much where you're going wrong ask more

1:08:47

questions healthy people want you to they take it as a sign of interest they take it as a compliment they they take

1:08:53

it as you are curious about me and you're telling me i'm worthy of your interest it's amazing um and they take

1:08:59

it as a sign that like during hard times then you're going to ask me questions instead of going internal and doing that

1:09:05

i i'll never forget um one of the times that i was in a really deep stress pit

1:09:10

in my brain i've been married 16 years and my wife just came to me like in in a day or two pretty quickly and was like

1:09:15

"Okay you seem really stressed i just need to know two things one is it me or number two is it work?" And i was like

1:09:21

"Nope it's work." And she said "Okay cool i can relax i know that you're not mad at me now second thing i want to ask

1:09:26

you how can i help you what do you need i can't take your tasks from you but what can i do that will help you or

1:09:32

reduce stress what can i do to assist you during this time and i said "Oh i i didn't think about that." Uh well here's

1:09:40

Well here's a couple things she said "Cool i will take those on that will free up you know an extra hour a day for

1:09:45

you to breathe go outside take walks go get back to your normal life get some sunlight breathe eat a better meal

1:09:52

whatever you need from me let me know and we'll do this." And I was like "Amazing." Now imagine if she had just

1:09:58

sat there and said "Well when he needs something he'll ask me." Or "He seems

1:10:03

stressed i don't want to bother him." And she just looked out the window right yeah i mean that seemed normal up until

1:10:10

now i know that's how you've survived then they'll tell me that's how you've survived

1:10:16

that's how you've survived um does this so far is this making sense yeah it makes a lot of sense start Start by

1:10:22

asking your friends for help with this you can actually ask your friends for help fixing the friendships does that

1:10:30

make sense relationships should be collaborative like that in the future when you have a boyfriend you can actually say third or

1:10:37

fourth date you could say "I just want you to know in the past I have tended to kind of go internal and try to fix

1:10:43

things on my own and I don't want to do that." Right i don't want you don't have to go into grueling detail i don't want

1:10:48

to do that anymore i really want to work with you so if you ever see me getting really quiet and looking out the window

Strengthen Relationships Through Communication and Support

1:10:54

right that's going to be the great that's going to be the term if you see me getting quiet and looking out the window or I'm I'm stressed but I'm not

1:11:01

talking about it please just ask me and that will jog me and that will remind me that I'm supposed to be talking and then

1:11:07

I want to and I that from that point on it's my responsibility then I will talk more and I'll ask you more questions but

1:11:13

please just be my spotter right at the gym if you're lifting heavy weights you got a spotter so you don't on your

1:11:19

throat be my spotter and then you say "What do you need me to be your spotter for what what relationship behaviors do

1:11:25

you want to keep an eye out for so that we don't accidentally screw anything up and he'll say "Oh you know what i do that too i overthink i get in my head."

1:11:32

If you ever see me overthinking and women always do if you ever see me overthinking women spot this a mile away

1:11:38

and I'm in my head and I'm buzzing call me out and let me know that I'm in my head ask me some questions and kind of

1:11:44

just let me know that I'm I let me know it's getting a little much and then you should make sense mhm that's how you as

1:11:51

a feminine partner can also really guard him and spot him women are very hyper attuned to those s those emotions that

1:11:57

that man is feeling i'm sure you knew when that man was stressed out right like you could probably smell it and detect it in the air before he even knew

1:12:04

it letting him know just like my wife does for me letting him know you're st buddy you're stressed and I just need to

1:12:11

know are you mad at me or are you mad at work or are you stressed by work no it's it's always work okay it's work no

1:12:16

problem cool what can I do to help right yeah make sense if you don't ask

1:12:21

questions though that's going to fall apart he's going to say "She doesn't care about me she just pulled away she's mad at me." Or "She doesn't even really

1:12:28

care she when I when I get stressed she's not there for me." Or you're going to get really nervous and anxious and be

1:12:34

like circling around like "What's up babe how you doing?" Like anxious people

1:12:40

do that's gonna that's going to turn you to that anxious approach where you're just like poking and prodding and stressed people don't like to be poked

1:12:46

and prodded you don't no mhm okay cool um ask for help with your friends do that with two friends start moving

1:12:52

forward like that and then every time what's great is you're going to when you have that conversation what's amazing is

1:12:58

your cortisol level is going to go up you're going to be right now you're like "Yeah that sounds good Adam." And then after this in an hour or two you're

1:13:04

going to be like "That man's an idiot like I'm not going to do that that's going to ruin everything." It will and

1:13:10

and your your your cortisol will go up and you're going to be like kind of nervous to have the talk and you're going to think of all kind of reasons

1:13:16

not to have those conversations with your friends and you're going to do it anyway because you sound tough which is awesome i like that you're going to do it and you're going to get through it

1:13:23

and you're going to release a flood of oxytocin and serotonin into your brain at the same time and at that moment

1:13:28

you're going to go "Oh that's why Adam wanted me to do this." Cuz you're going to feel cared for accepted loved all

1:13:33

those gross feelings words that we use you're going to feel those things and it's going to feel pretty good and then

1:13:39

what's really special is as you go forward and you do that with your friends and say and they say "Hey can we hang out?" You go "Oh yeah the thing."

1:13:46

And you're going to say "Well I would," and you say "I would really love to hang out with you and not even but and I have

1:13:53

all these other things on my plate i'm not sure how to balance it but I do want to see you do you have any ideas of how

1:14:00

we could balance that out could we could we meet for 45 minutes and that's all I've got is that okay that's really all

1:14:06

I've got to offer you today but I would love to give that to you or should we wait till Thursday when we have two

1:14:12

hours?" Or you know what what's comfortable for you showing your work out loud when you do that you're gonna

1:14:17

be a little nervous and then they're going to respond "Yeah 45 minutes would be great." Or "Hey you know what if you're stressed today I don't want to

1:14:22

put stress on you let's wait for Thursday that's great." You're going to go "Wow they worked with me." And your

1:14:29

brain will release more oxytocin and some vasopressin and serotonin as well and you're and some dopamine you're

1:14:34

going to get all of it and it's going to start feeling good and every time you solve problems with people like that your brain's going to get better and

1:14:39

better and better and here's your brain's going to settle for it's not going to settle for less than that

1:14:45

you're not going to get into relationships that are cold and isolated anymore you're not going to do that because you're going to be like "Well dang i don't want my boyfriend to be

1:14:50

more distant than like these two friends like I want him to be like closer and more communicative and more more

1:14:56

connected so that we can solve problems this will become friendship the healthy friendship will become normal therefore

1:15:01

your romantic expectations will become more normal and healthier as well and then as you build into it and continue

1:15:07

that openness about working together everything gets so much better does anything I'm saying here sound stupid no

1:15:14

no i like it no no it sounds very doable okay um I think my thoughts prior were

1:15:22

not the greatest that's okay you didn't know yeah no I just I mean I am excited

1:15:27

actually I'm excited to try these methods because um there there was a lot of guilt because sometimes I wanted

1:15:34

friendships but they were in this horrible word to use but like a burden yeah and then because I am trying to

1:15:41

carve out time that I don't have and I didn't know how to respond properly to hey the the responses you just gave um

1:15:50

and then and then I'd feel if I went and hung out gave all this time then I'd

1:15:56

almost feel resentful sometimes because I'm like I just gave all this time now I'm more frustrated now I'm more behind

1:16:02

on my to-do list now you know and so I'm I'm excited to try those yeah because I

1:16:09

think they would work well and I would I would feel those good feelings are the good feelings that I want they are good

1:16:14

feelings that I want most of my closest friends are avoidant men and one of them said something that's always stuck with

1:16:21

me he said "There needs to be a fair exchange of value in in any relationship there must be a fair exchange of value."

1:16:27

And it's true right a man's not going to be with a woman who just takes from him and gives nothing and that's not you in

1:16:32

general and a woman's not going to be hopefully with a man who takes everything from her and gives her nothing and friends if for a real

1:16:39

friendship one of you can't be taking taking the other one is exhausted and running to the ground and getting nothing from it that's not actually a

1:16:46

friendship that's that's a parasitic relationship is what that is you don't need parasites and and and the best

1:16:51

people in your life don't want to be parasites that's why they might back off that's why you might lose them you need

1:16:57

to be getting fulfillment and those those chemicals should be flooding through you and to do that working

1:17:02

openly with them making sure they're being considerate of your feelings showing your work being accepted and

1:17:08

feeling that love and connection that will help the chemicals is what's missing for you that will flood you and it'll feel really good wonderful that'll

1:17:14

help and the relationship will go forward is there anything that would stop you from doing this anything that would prevent you from doing this

1:17:20

bonding no good i don't think so sounds like you're ready then yeah I've been ready i just love it go have those

1:17:26

conversations with those two friends if you find a if you find a boyfriend down the road have those conversations with

1:17:32

him have it with him fairly quickly earlier in the relationship the earlier you know third third fourth date

Essential Questions for a Successful Romantic Relationship

1:17:38

somewhere in there have those open conversations about the challenges and then how to overcome them together and

1:17:44

then ask a lot more questions earlier in the dating process especially more personal questions get to know them curiosity is best um curiosity is a sign

1:17:52

of interest in for friendship and for romance keep asking keep opening okay anything any other questions anything we

1:17:59

haven't touched on um so if we're talking now leading into like a romantic relationship because I think a big

1:18:04

concern is like the amount of time I have to invest into a relationship that's going to fail anyways because I

1:18:10

think there's a a a large amount of romantic relationships that especially dating that end up anyway 98% so um what

1:18:20

are the important questions that I need to be asking in the beginning or things that I need to be watching and they're

1:18:26

like "Is this person worth my investment?" 100% great questions uh

1:18:32

specifically what you need to do is check his references so what relationships does he have in his life

1:18:37

what relationships what friendships does he have uh a really great question that I I encourage women to ask men is "Who

1:18:44

holds you accountable in your life?" Who holds you accountable or who helps you be your best self that's a really

1:18:50

important question uh who's who helps keep you honest that's another good

1:18:55

question uh who's helping you grow is a good question in his life uh who is most

1:19:01

important to you ask about his relationships if he has nobody he's like "I don't have any friends yeah I was

1:19:07

raised by my mom and now she's dead yeah I don't really like talking to people my last relationship was like eight years

1:19:12

ago and since then it's been nothing but one night stands." Probably not the right move for you if he says "Hey you know what i've

1:19:19

got this great buddy that I meet for coffee every Saturday and we check in with each other and we hold each other accountable we laugh at each other and

1:19:25

yell at each other but we make each other be good i have this men's group I'm a part of i have my sister she's

1:19:30

amazing uh I have you know I have these relationships i have my son or my daughter I check in with it's so

1:19:36

wonderful we we really connect i used to be much more disconnected from people and I've really learned the value of

1:19:42

those relationships so I pour myself into them these are good answers okay so check his references ask about his

1:19:48

relationships it's the number one thing I can tell you number one um number two

1:19:54

asking him "How do you resolve problems in relationships?" Asking him that frankly honest yeah exactly i'm just

1:20:00

worried these these questions would rule me out too no well and they might so right now today maybe but you're going

1:20:07

to start making differences with your friends so how do you resolve issues well I talk to the other person about it

1:20:13

and I let them know what's going on with me and I let them know that they're important and then we work together to find a solution so that we can spend

1:20:19

time together that's going to be your answer as of like you know tomorrow or whenever you do the homework your answer changes

1:20:26

yeah my my answer six months ago I' been like what issues uh-huh there are no

1:20:31

issues here right don't ever ask me that again it's already changing so if you

1:20:37

don't like the gaps in your resume that's a really great thing to look at and change i don't like those gaps in my

1:20:42

resume so I'm going to have to answer this to get the right man for you you have to be the right woman

1:20:49

make sense yeah that's what I'm working toward he's going to check your resume you're going to check his resume and then you start having those

1:20:55

conversations hey how do you how do you handle it when you have a disagreement with somebody that is a great second date question how do you handle it when

1:21:02

you have a disagreement with somebody how do you handle it when somebody needs something that is inconvenient for you what do you do right ask him that he's

1:21:09

like good question cuz healthy men are not going to be like you know if I if I

1:21:15

answer right I'm going to be exposed they're like no like no that's a good that's a good question and he's going to go "Huh well here's what I do i tell I

1:21:22

tell them that there's a conflict." And then I ask them how we can take care of each other and we don't compromise on on

1:21:29

our values but we can compromise on the way that need gets met and then we take care of each other that's how it works

1:21:35

and he'll say "Isn't that how relationships work?" And you go "Yeah totally." And you will mean it because

1:21:41

you have that with your friends practice it with friends that's your resume your references get there with him um other

1:21:47

questions to ask him um have you h here's a good one why have your past

1:21:54

relationships not worked out really great question for like a third date as you get really deeper in and yes he will

1:22:00

ask you the same thing and you will say in the past when there was a problem I tended to look out the window i didn't

1:22:06

know what to do so I would overthink i try to solve it myself i hate it i've promised I will never do that again so

1:22:12

if I overthink things hey you call me out immediately because I'm I'm that's something I am really working to resolve

1:22:17

and then he could say "Yeah no same thing i I overthink things as well." A lot of people do here's here's been mine

1:22:24

look look to see if he starts blaming his exes significantly or look to see if he's just like "Oh I don't know it just

1:22:30

didn't work out it just wasn't the fuzzy fuzzy magic." Or is he like "You know what in the past here were some

1:22:35

challenges I had here are steps I've already been taking to resolve it." Right look for that that's going to

1:22:41

indicate that yes he he he's probably avoidant but he's he's enlightened he's he's educated he's insightful and he's

1:22:47

making those changes now he understands the difference so look for those relationship components does he

1:22:52

understand what oxytocin feels like does he understand what bonding feels like right why have things not worked out no

1:22:59

it was a lot of it was my fault i because I selected wrong and then I acted wrong and yes they had their

1:23:04

challenges understood but I'm not going to complain about my ex here's where I'm doing differently these are the

1:23:10

questions start asking yes they're really personal a good man is going to love that you're asking these questions

1:23:15

because it means that you're serious about the relationship unhealthy men don't want you to ask these questions because it means that you're exposing

1:23:21

them okay it's one or the other you can only attract healthy men or unhealthy men you cannot appease both right now

1:23:27

you're attracting unhealthy ones by making it too easy and not asking any questions make sense that's it great

1:23:34

question kind of not attracting anyone not attracting anybody stay the hell out

1:23:39

yeah correct yeah snipers are posted there's razor wire right but that's that's honestly that's a reaction

1:23:45

because you haven't known how to talk to people properly you're trying to make sure you don't get hurt which is

1:23:50

understandable cool any other questions that was a good one

1:23:57

um I don't feeling good right now i threw a lot at you that's okay that's a lot yeah things will occur to you as you

1:24:04

move forward that's natural um you know my email you're welcome to reach out to me and contact me maybe I'll drag you on

1:24:09

again for an update or something like that but um go for now do your homework go talk to your friends and start building that with them and one last

1:24:16

piece mhm and I want to pitch this to you after you've done it a couple times

1:24:21

this won't occur to you so I'm going to say it you can actually ask them if this is a good change you can actually say

1:24:27

"Hey you know that change we've made where we're talking how's this relationship feeling from your side is that a good was that a good change or

1:24:33

what?" You can actually ask them how things are going and what they would prefer and it doesn't mean you're

1:24:39

enslaved to their answer but you can actually ask them "Is there anything else that needs to change in our relationship anything else that you've

1:24:45

noticed that I'm off on any anywhere else that I seem kind of cold anywhere else that you you would want to know

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more about me?" And you could say "I'm kind of cautious to like tell you too much or anybody or bother anybody but is

1:24:56

there anything from your side that you would that you would want?" You can even ask them i think we're pretty close from

1:25:03

my side but I just want to get a feel for you do you think that we are also close or is there a lot of division

1:25:09

between us that that I don't see you can actually ask those questions and yes those sound needy but asking them from a

1:25:16

solution focused approach give context i would love for us to have the best relationship you actually are a really

1:25:21

good friend of me and I want to protect this relationship so can you tell me from your side are things where they want you where you want them to be or is

1:25:27

there anything that's off mhm you can actually ask that you can ask it friendship you can actually ask it in a

Enhancing Communication in Relationships

1:25:33

romantic relationship i encourage couples to have a once a week check-in where they say "Hey here's where things

1:25:39

are feeling from my side it's feeling pretty good is everything good from your side or are you seeing anything that we

1:25:44

need to adjust this week?" And that is an ongoing continuous improvement in relationship that's very proactive as

1:25:50

well solution focused not needy but very very productive yeah I I do I'm I'm

1:25:56

worried that things might take away from a productivity and not like relationships

1:26:03

when I say things um will take away from productivity and in life and um I guess

1:26:10

that's something that that fear is probably the biggest fear the the fear of taking away from where I can be more

1:26:17

more productive and I know you've mentioned in um other videos that you've made that that will actually increase

1:26:23

productivity I still have a hard time believing that um and then I also really struggling

1:26:30

with because like I know the importance of need for change but I really have

1:26:38

this strong strong belief that I don't want to change because I do think that

1:26:44

I'm good and and so I I do struggle and

1:26:49

with trying to change when I don't want to and um and I and I do want to say I

1:26:57

do love love your videos because you do really talk a lot about and I think it's probably one of the only channels I

1:27:03

think a lot of someone with avoidant um tendencies would be able to watch cuz

1:27:09

you are telling me that like I'm not I don't need to change but I need to to

1:27:16

learn this or that um and I I guess that's my biggest struggle of not

1:27:21

wanting to not want to change because I do think that I'm good and I think it really bothers me when people come out

1:27:27

and say um someone who's avoidant is behaving narcissistic um or that someone

1:27:34

is um um you know just they're they're not I'm

1:27:41

not trying to change anyone else and that I'm not trying to someone who is is

1:27:47

more um anxious like I see their value you know they're going to make sure that like I have a comfortable home and good

1:27:56

things to eat and you know and so when someone comes at me and says you need to

1:28:03

change I think that's when the walls come up and I'm just like absolutely not like I and I'm worried that that's going

1:28:11

to be a big hurdle in the future and not that anyone comes up to me and does says

1:28:17

says that um or has said that but I perceive them as saying that anytime

1:28:22

that they want something okay let's address this one last piece because this is big

1:28:28

um no this is not about changing you cuz you're right you have great features that we want the research is pretty

1:28:34

clear that avoidant tendencies are actually very helpful for the group once we unify that that caregiving that that

1:28:40

risk focus that awareness all of that is crucial we don't want to take that away we want to optimize you and give you the

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best version of yourself right now you're not the best version of yourself cuz like you came in here you said you're burned out you're running on

1:28:53

fumes you're tired you're stressed all the time that's where you're nonoptimized so it's almost like a

1:28:58

nutritional deficiency you're not getting enough iron you're not getting enough sunlight you're not getting enough calcium you're grinding yourself

1:29:04

down that's the oxytocin missing the serotonin missing the vasopressin from your relationships so as we do these

1:29:10

changes yes it requires some investment it's just like fixing a nutritional difficulty you know where you're like

1:29:16

"Wow I feel so much better than I did before and you're more productive the pain is going away everything feels so

1:29:21

much lighter and then you become like you're amazed at how much energy you have and then your productivity goes up." That's why that happens you're just

1:29:28

in a nonoptimized state right now that's that's survival but it's not a thriving state it's not even a productive state

1:29:35

you're you're operating at maybe maybe 40% capacity what you can do the goal

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here is to get you up to 80 or 90% capacity what you can do to double that productivity and to make your quality of

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life higher during that process to make your exhaustion so much lower your rest goes higher your satisfaction is higher

1:29:52

we do not want to take away the traits that make you amazing we we don't and you won't lose those you'll actually be

1:29:57

more optimized more content and more fulfilled and it will feel better i know it sounds like I'm promising a pony but

1:30:03

it's And it's it feels like that i know but it's it will get so significantly

1:30:08

better and you have to feel it to really understand it so dip your toes in even small amounts with friends see what it

1:30:14

feels like see if you want to continue those changes see if you want to grow it will freak you out at first just like

1:30:20

the the gentleman who's like "I rely on you too much." It will freak out a little bit but it will feel very good as

1:30:26

you go on track your productivity track your mental state track your exhaustion track your burnout track all of those

1:30:32

things and see them improve over time and the last piece is the best person for you will not want you to change

1:30:37

they're going to say "No no no no don't change." But yes optimize be healthier

1:30:42

live longer be more content what can I do to enhance you so that you can bring

1:30:48

your best parts of yourself into this relationship they will not want you to change never never never make sense yeah

1:30:54

that's cool and if you ever feel like someone wants you to change ask "Are you asking me to change?" Mhm ask them that

1:31:02

collaborate with them on that if they say yes nope if they say "No I just I

1:31:08

want to help bring out the best version of you," see if that's really what they want work with them on that and see if

1:31:14

they're asking you that for your sake or for their own sake have those conversations you only you can only determine that through questions okay

1:31:21

make sense a lot yeah wonderful all right i am here when you need help please please please drop me a line maybe I'll have you come back for an

1:31:27

update but you've got a lot of homework go do it your relationships are about to change i'm excited for you i'm excited

1:31:32

to try wonderful everybody at home thank you so much for following along with us i know this has been amazing so many of

1:31:38

you out there a lot of our audience you've been asking us "Do avoidant women exist?" And then there's been an

1:31:44

abundance of avoidant women in the comments saying "I know I exist i know this is my experience but I don't know

1:31:50

if I'm the only one i hope this has helped you feel not alone i hope this has helped you feel maybe that you're

1:31:56

acceptable maybe that nobody out there is going to hit you with a stick when you say "You know what i don't want to talk about those mushy feelings i don't

1:32:02

want to do all that stuff but I know I'm missing something a lot of you guys out there are husbands to avoidant women i hope this has helped you understand how

1:32:08

to care for her needs how to be patient with her how to be more loving and maybe how have some of these conversations so

1:32:14

that you can build together remember that I'm here to help i would love to see you in the comments hear from you

1:32:20

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