

you might look like you have it all together you're successful composed and reliable but inside you're frozen you

0:09

feel everything deeply but you can't express any of it people say you're cold

0:15

you say you're fine but the truth is you're exhausted from feeling invisible

0:20

if you've spent your whole life feeling fundamentally misunderstood being called cold stuck up or detached when that's

0:28

the furthest thing from the truth and inside you feel everything so deeply

0:34

this video is for you that disconnect between your inner emotional world and how people outside perceive you isn't

0:42

your fault and you're not alone i'm Adam Lane Smith the attachment specialist and I've worked with hundreds of

0:48

high-performing women who present as completely put together on the outside but on the inside feel chaotic and

0:57

disconnected from the world around them what I've discovered is that this specific pattern of emotional freezing

1:04

has identifiable causes and more importantly proven solutions in this

1:10

video I'm going to show you the hidden attachment pattern that's behind this and how to finally feel seen in a good

1:16

way connected and safe and by the end you'll understand why you freeze an

1:22

emotional situations where this pattern originated from and the exact steps to

1:28

begin thawing this response so that you can create the deep connections you've always wanted but couldn't access now if

1:35

this pattern is you you have spent years wondering why you disconnect when emotions run high why your mind goes

1:41

blank during confrontations or why you can't express your needs even when you desperately want to this is actually a

1:48

protective pattern that's been with you since childhood and understanding it is the first step to transforming it let's

1:54

start by recognizing what this looks like in your everyday life you're successful you're responsible you appear

2:02

composed maybe you're even a CEO or a high-performing professional you run your own business people describe you as

2:08

together independent self-sufficient but internally your

2:14

world is a little bit different you probably experience chronic fear in social settings where you overthink

2:19

everything that you do and you say you feel frozen in relationships because you're afraid of doing or saying the

2:26

wrong thing or hurting somebody or coming off as inappropriate in fact hurting somebody is the worst thing you

2:33

can possibly imagine and you would rather face any suffering yourself than accidentally hurt somebody else being

2:41

overly accommodating of others and their inappropriate behaviors is normal for you especially from partners who are

2:48

often wildly disregulated they demand a tremendous amount of mental energy from

2:53

you you've probably had a lifetime of being mislabeled as cold or distant or

3:00

uninterested or unfeeling or even called ice princess and not

3:06

understanding why people think this way about you the painful contradiction of

3:11

caring deeply for others while being blamed for not caring at all it's just

3:19

too much you probably have experienced a constant fear that no one will ever truly accept you not because you're not

3:27

worthy of acceptance but because nobody will ever understand what you really

3:34

feel and you might even have a persistent feeling of being fundamentally different from everybody

3:39

around you especially in socially connecting but not knowing what's wrong now if this is hitting so far I want you

3:46

to know these are not random personality traits they're symptoms of a specific attachment pattern that develops from

3:52

early experiences and they're far more common than you might think as I have updated attachment theory for the 21st

3:59

century to apply to the harsh realities we're living through now and and realistically our modern society and our

4:05

new social environment we're in i identified a subtype of disorganized attachment style sometimes called

4:12

fearful avoidance style that had previously gone completely unnoticed because these people were so silent so

4:19

undemanding so accommodating and so withdrawn that they almost never sought

4:25

help or caused any problems for anybody else because that's the entire purpose of this style to remain invisible to

4:32

stay out of trouble and to never give anyone cause to focus negative attention

4:37

on you that could lead to you getting hurt all over again now this quiet

4:43

disorganized subtype that I've identified can occur in both men and women but what I have found is that many

4:50

many women who might otherwise be anxiously attached but are exposed to

4:55

additional trauma in childhood and chaos grow into this subtype and then

5:01

disappear completely off the radar they cease to complain about symptoms or anxiety no one pays attention to their

5:08

occasional freeze response and their performance level in academics and work is so high that everyone around them

5:16

just assumes they're fully functional these women disappear entirely from everyone's radar and live in stealth

5:22

mode the quiet disorganized men in the world are still visible because their freeze response is very noticeable in

5:30

men and it's designed a and identified as insecurity while it's dismissed

5:35

benevolently as shyness in women so quiet disorganized men usually get

5:41

lumped over there with anxious men in the nice guy pool but this is why quiet

5:47

disorganized women have appeared completely invisible to the psychology community for almost a century until now

5:53

and as a quick aside if you've been in years and years of therapy and it has never helped this is why is because

5:59

psychology and attachment theory has never accounted for you before you have not existed in psychology now you do

6:07

i've got you the central feature of this attachment pattern is emotional freezing

6:12

it looks like a couple of different things first the amygdala which is primed to detect danger now detects

6:18

danger everywhere in every relationship all the time and it releases a flood of cortisol while simultaneously tracking

6:24

every possible variable that might lead to danger this brain response activates the lyic system fight flight fawn freeze

6:31

and it reduces the functioning of the prefrontal cortex that's used to judge variables and outcomes causing a

6:37

conflict that leads to overload and shutdown in your ability to make decisions especially in social

6:42

situations the female brain makes this even worse because it observes in the back and then goes back and forth across

6:48

the hemispheres to analyze as you lose your prefrontal cortex and go into a panic state it rapid fires back and

6:54

forth and then misfires and leads to what we call analysis paralysis where your system begins to shut down without

7:00

even having access to your logical centers you go completely blank in emotional conversations when you need to

7:07

say something but you can't broca's area the language center and the speech area of the brain shuts down and limits your

7:13

ability to speak this leads to what we call selective mutism you're not able to speak because you are so overloaded what

7:20

does this look like well it looks like the other person's saying "Say something just tell me what you want tell me what you expect just tell me what to do." And

7:28

you open your mouth and you actually can't speak you can't even articulate needs even when directly asked you just

7:34

your eyes get big and you just can't you can't speak your mouth might not even open so you just stare at them like this

7:41

and they assume you are refusing and this makes it worse in fact in childhood

7:46

this probably made it worse you probably got in trouble for not communicating enough and then when you did communicate

7:51

it was always wrong and that's why this is happening watching yourself be silent

7:56

when you desperately want to speak up actually increases your distress and panic at this point most women I work

8:04

with quiet disorganized style they almost start crying so if you're crying right now that's totally okay but they're crying because they finally

8:10

understand that their system is doing this on purpose and that they're not just being bad they're not refusing

8:17

they've been yelled at their whole life for refusing to comply you're not refusing to comply your system is

8:22

preventing you from complying you're not bad i just want to be clear okay feeling

8:27

physically stiff or locked when your emotions intensify the dorsal veagal shutdown your system just locks down if

8:34

you're being attacked by a bear and you can't run away and you can't escape and you can't fight and you can't please the

8:41

bear well then the last thing left is freeze lay on the ground curl up protect your organs wait for the bear to be done

8:48

mauling you and then when it leaves now you pick up you patch up your bleeding and you move on this is a basic survival

8:55

mechanism from our evolutionary adaptations and hunter gatherer style this is your brain trying to survive

9:00

when nothing else is left and then when you try to access your emotions and your feelings you've dissociated from them so

9:06

it's like a computer returning the error that says file not found someone says how do you feel right now and complete

9:12

gone right that look I don't know what feelings should I be having please tell me what feelings I should have i will

9:18

have those and then you develop increasing frustration in others who perceive your freeze response as a

9:24

refusal to share refusal to be honest leading to them to believe that you're either indifferent you're unloving

9:31

you're cold this is the negative impact on the outside because they don't recognize what's happening usually

9:37

because you've locked your responses inward and you just go like this you you you go from calm and having a conversation to frozen stiff and silent

9:46

and they don't see the change they don't see how rapidly it shifts this this freeze is not a choice you guys it's not

9:53

a character flaw either it's a neurobiological survival response that once protected but now prevents the very

10:00

connection you desire what makes this pattern so isolating is that others can't see the rich inner emotional world

10:08

that you actually do possess now I want to make it clear when not in a freeze response these women do experience and

10:14

feel emotions but they express them minimally if at all they constantly have a poker face on at all times usually

10:21

because their parents punished them if they showed too much expression they were too happy too sad they are just blank face we call it blank affect

10:28

negative complete blank affect no face they crave intimate connection while

10:36

simultaneously finding it terrifying these women want to connect but they don't believe there's ever a way to

10:42

safely connect to anyone ever and that no one would accept them so they just stay locked inside their empathy for

10:49

others is extreme often to their detriment right you could probably think of examples of times that you have

10:55

overperformed and overgiven to everybody else you probably carry profound loneliness that persists even when

11:02

you're with other people maybe especially when you're with other people just because you can feel that

11:07

disconnect in the moment and your self-awareness of your own self and what

11:12

you're doing and your impact is massively strong and acute but self-expression feels impossible most of

11:20

these women would walk way around a patch of grass just to not offend one

11:26

blade of grass by bending it like literally I'm not even joking that's not hyperbole most of these women try not to

11:32

step on grass because grass has feelings too and grass deserves to live grass

11:38

deserves dignity ladies you're probably watching right now laughing at yourself a little bit you can think of times you've probably done that okay the

11:45

disconnect between your inner experience though and your outer expression is the core of what I call the quiet

11:50

disorganized style a state where your emotional organization system has been disrupted but in ways that are not

11:57

obvious to others they think you're cold and on the inside you're lonely now this

12:04

freeze response you experienced today has deep roots in your earliest relationships and your experiences understanding where this pattern comes

12:11

from isn't about placing blame by the way most just quiet disorganized women I talked to are hesitant to even mention

12:17

that their parents weren't perfect it's about recognizing that your brain adapted to protect you in

12:23

circumstances where you had no or limited power let's explore how this protective mechanism develops and why

12:30

it's still operating today the quiet disorganized pattern develops in very specific environments
childhood

12:36

emotional neglect inconsistent caregiving having to be the adult way

12:42

too early for your family and manage other people's emotions for them subtle but persistent
invalidation of your

12:49

emotional reality and being told your emotions are wrong wrong wrong wrong over and over and
you're not allowed to

12:55

have them environments where expressing needs as a child led to rejection

13:00

abandonment or even punishment you may not even remember being 2 years old and

13:05

asking for a toy or a cookie and how immediate and strong that punishment was

13:11

so you learned to never ask for anything ever again households where emotional

13:16

chaos or volatility is normal that chaos and extreme swinging is exactly what

13:24

creates a highly adaptable situation and an internal experience where you're both anxious and
avoidant constantly back and

13:31

forth where you are staying away from people until you can't and then fawning to get their approval
and if that

13:36

doesn't work you collapse to the floor you cover your sensitive areas and you freeze and you wait for
the damage to be

13:41

done that's environments where that was required of you i'm going to be very honest with you and be very real this

13:47

style usually incorporates the most intense trauma stories of pain suffering abuse and betrayal that I've ever heard

13:54

in all of my years of doing this work but the person the client who comes into my coaching usually has no insight that

14:00

these experiences were abnormal or that the childhood trauma is currently impacting their adult life because

14:05

they've simply accepted them as the way things are sometimes they'll tell you about the time that they were 11 years

14:11

old and had a miscarriage from an incest abuse relationship and they'll just say it because to them it's normal and then

14:18

they'll dismiss it and say "But they they weren't a bad person they were probably hurt too." They instantly jump

14:25

to the defense of other people they'll tell you the most agonizing experiences they've had about how mom used to scream

14:31

at them every single day and tell them they were horrible because dad left and she said it was my fault or how mom was

14:38

completely collapsing and she had to step forward and take care of mom every day or whatever the situation might be

14:43

these are horrible painful life experiences that cause such intense damage that they can't fight they can

14:51

almost never run away they can't really fawn enough to get approval and connection to make a difference so

14:58

instead they freeze rock solid to the point that they can't even have relationships for the most part okay

15:06

they've accepted that this is the way things are these experiences taught your developing brain that emotional

15:11

expression was dangerous or futile and that creating disconnection between feeling and

15:18

expressing is safe and that persists into adulthood so again one more time

15:23

what's happening in your body during emotional freezing is an actual physiological process your nervous

15:28

system shifts into a dorsal vagal shape freezing your system broca's area

15:33

responsible for speech temporarily shuts down cortisol floods your system which creates physical tension your prefrontal

15:40

cortex that handles complex communication and judgment goes offline you switch to your lyic system fight

15:46

flight fawn and freeze and fight flight and flight are gone so fawn and freeze is all that's left memory retrieval

15:52

becomes impaired making it hard to access thoughts and now you can't conversate or even speak to the other

15:59

person you don't know what to say you don't know what not to say so you just freeze this explains why you can't just

16:06

speak up because your body is physically preventing it as a protection mechanism over time this pattern becomes

16:13

self-reinforcing as you have each freezing episode it confirms the belief that freezing was the only way to get

16:19

through and then that as people push back and give you criticism confirms to you that you're fundamentally flawed

16:25

from other people's perspectives avoiding emotional situations becomes a coping strategy so you stay withdrawn

16:32

and isolated as a protective mechanism your relationships become increasingly

16:37

difficult to navigate over time your internal shame about who you are your feelings your thoughts and that one time

16:43

you accidentally bent that blade of grass that grows with each failed attempt at connection or fulfilling your

16:50

high ethical standards and the gap between who you are and who others see

16:56

widens without intervention this cycle continues to narrow your life and deepen your isolation despite your best

17:02

achievements in other areas now many of you women watching this right now my heart goes out to you you're

17:08

experiencing that moment of clarity right now where pieces of your life finally make sense i know this

17:13

understanding is powerful but transforming these deeply ingrained patterns requires expert guidance i'll

17:19

warn you right now through my one-on-one coaching programs I provide women just like you with personalized strategies to

17:25

break free from the freeze response and build genuine connections where they feel truly seen i've developed some

17:31

specific techniques that work with your nervous system rather than working against it for example because that's never going to work so if you're tired

17:37

of feeling misunderstood and invisible click the link in the description to schedule a free consultation call with

17:43

my team let's work together to help your authentic self emerge from behind these protective barriers now let's explore

17:50

this attachment style and how it impacts your relationships so this freeze response shapes the closest

17:57

relationships in your life particularly your romantic connections while you deeply desire authentic intimacy this

18:04

protective pattern creates invisible barriers that keeps others at a distance

18:09

understanding how this manifests in your relationships reveals why certain patterns keep repeating despite your

18:16

best intentions let's examine how this plays out in your everyday interactions for example this attachment style

18:22

creates a predictable relationship cycle in romance first you attract partners with big personalities and bigger

18:29

problems because they're the only ones who can push through your boundaries as if they aren't there largely because you

18:35

freeze you forget how to say no and they see that and move through it they're the

18:40

only people that continue to push through the freeze response to see what's really there everybody else is

18:45

too polite or withdrawn and pulls back when you freeze these people are the only ones who push through now these

18:51

relationships almost become every single time one-sided with you overgiving and

18:57

over time they give less and less and take more and more demand more and more you're consumed with worrying that

19:04

you're not good enough or doing enough and you cater to their endless needs and demands hoping it will finally be enough

19:11

and when you're overwhelmed you quietly withdraw rather than expressing your needs your partners become frustrated in

19:18

a couple of ways number one because their behaviors are unsustainable and it's never going to work but usually

19:24

also by your emotional inaccessibility while they're still pushing you into overaccommodating their demands you're

19:29

giving me not you're not giving me enough now I demand you give me more right relationships tend to end when

19:36

their behaviors finally cause so much chaos on your life you can't tolerate it anymore maybe they're endlessly cheating

19:42

multiple times they're simply being unreasonable for so long you can't handle the stress anymore or they might

19:47

leave as you finally apply the smallest boundaries drawn from your desperation but eventually you can't sustain your

19:54

giving giving giving and they're gone now the real tragedy here is that you're often blamed for breaking up the

20:01

relationship because they tell you you were emotionally unavailable when in reality you gave everything and you felt

20:08

everything intensely but you couldn't express it now at work the quiet disorganized style creates a fascinating

20:14

paradox you excel in structured environments with clear expectations your reliability and competence makes

20:21

you highly valued and good teams you avoid office politics and social dynamics that feel unsafe so you're not

20:27

gossiping and contributing to issues your emotional labor goes unseen and unappreciated but you dump yourself into

20:34

your work and you'll work overtime without even mentioning it and you're often exhausted from maintaining your

20:40

functional facade everyone else relies on you as the the MVP of the team it's a

20:47

totally different world from romance this helps explain why many quiet disorganized women achieve massive

20:52

professional success or financial success while struggling deeply in their closest personal relationships the

20:59

cumulative effect of this is profound isolation you feel invisible even when you're physically present you have deep

21:05

loneliness that persists regardless of your circumstances you assume others wouldn't want your company or your input

21:12

i think of one quiet disorganized woman she's probably watching right now hello who had an adult daughter and she said I

21:18

don't want to bother her so I hardly ever call her and I said you should ask her how often she wants to talk to you

21:23

and she said no that would that would bother her even asking i said do me a favor ask her how often she'd like to

21:29

hear from you so she did and she came back the next week so excited and said she said she wants to talk to me every

21:35

Sunday why would she want that i'm so happy but why would she want that and I

21:40

said well that's your next question to ask her why would why does she want to connect with you why does it make her

21:45

happy to connect with her mom why does it make her happy to get attention like that ask her that let's have that

21:51

conversation next right they don't think other people want them so they pull away and other people say "Why are you

21:58

leaving me?" Initiating connection probably feels impossible to you despite craving it cuz again like that woman you

22:03

don't want to be a burden you don't want to cause a problem you don't want to cause a fuss you don't want to make someone feel like they have to talk to

22:09

you on a Sunday so what happens you watch life pass by without fully

22:15

participating in it this isolation is not a choice it's the painful result of a protective system that has outlived

22:21

its usefulness so here's what you're going to do understanding your patterns it's powerful but transformation

22:28

requires action the freeze response that you've developed was an adaptive response in an environment where your

22:33

emotional needs were not met however this neural pathway is not your destiny

22:39

at the moment it's simply the path of least resistance that your brain currently takes over and over and over

22:45

through intentional practice and compassionate self-awareness you can create new neuropathways that will lead

22:51

to the connection you've always deserved here are the steps that a woman with quiet disorganized attachment needs to

22:57

take to begin her healing process number one is to gain awareness of the impact of your attachment style you're doing

23:03

that right now by the way by watching this video recognizing that your current behaviors were developed through childhood trial and error and learning

23:11

your nervous system adapted to an environment where other strategies didn't work or they weren't safe so

23:16

understanding that something called selective bias has been shaping your perceptions what this means is that your

23:21

brain learned to filter experiences through the lens of past unsafe environments making it difficult to

23:27

recognize when connection was actually safe your whole life you've expected that it wasn't so every time you get

23:33

into a situation that's not it's reconfirmed you also are accidentally pushing away healthy experiences because

23:39

you don't trust them they feel more unsafe because you don't know where the trap is and then acknowledging that

23:45

these protective behaviors now hold you back from forming the healthy relationships you desire what once

23:51

served as protection now functions as a barrier this awareness creates a gap

23:56

between your fear response and your reaction in this space when you have a fear response and then when you choose

24:02

to react you gain the power to choose a different path rather than defaulting to

24:07

the automatic freeze response that has kept you stuck this shift allows you to make an intellectual and proactive shift

24:13

in how you understand your patterns the cognitive awareness is the foundation that makes emotional change possible

24:19

because you now recognize that you can respond in a more effective way next comes challenging your old behaviors by

24:25

learning new social rules deliberately study how healthy relationships function

24:31

and what secure attachment looks like in practice observe read and consciously

24:36

integrate this knowledge begin communicating for example directly with people in your life about their

24:41

emotional and relationship needs ask specific questions would you prefer I share more about what I'm feeling or how

24:48

can I show up for you better what kind of relationship would you like with from me as your mother

24:53

how often would you like me to be calling you that was a transformational question that that woman asked even something as simple as texting a friend

25:00

saying I want to share something but it's hard for me to find the words that's creating connection that's

25:05

rewiring your brain pattern right there also remember this process isn't linear you'll still freeze sometimes your brain

25:12

rewiring is happening ongoing okay it's completely normal to have moments where

25:18

you step back but every time you name what's happening and you stay in connection even just for five more seconds longer than you normally would

25:25

you're actively rewiring your neural pathways every small step builds on the previous one notice the positive bio

25:31

feedback that occurs when people respond positively and the connections that deepen in your life your body releases

25:36

oxytocin vasopressin dopamine serotonin neurochemicals that create feelings of safety acceptance love and belonging

25:43

when that woman's daughter said "No I would love to hear from you more i I just thought you didn't want to talk to me but if you want to call me every

25:49

Sunday for let's say an hour I would be so happy." Wow a rush of biochemistry

25:57

through her whole body love acceptance kindness care shock actually recognizing

26:03

that this positive feedback loop works both ways as you connect authentically the other person also experiences those

26:09

neurochemical rewards strengthening bond from both sides another quite disorganized woman that I knew had a son

26:16

and she was in her late 50s and he was in his early 20s and she said she called him and said "Have you ever felt like I

26:23

was disconnected or disinterested and that I didn't want to be talking to you?" And he said "Yes all of my life I

26:29

felt like you just didn't want to talk to me." And she said "I have always loved you and always want to talk to you

26:34

i didn't want to bother you so they had spent the first 20 some odd years of his life disconnected she learned what he

26:42

wanted and that as he said you've always loved me and you've always been interested it was just a huge misunderstanding at first it was

26:48

frustrating but as time went on he began to heal from his attachment issues he

26:54

had believed his mom didn't really love him or want him all of a sudden he had absolute definitive proof he had always

27:00

been loved he had always been desired he has always been cared for and that was transformative for him not only did she

27:07

improve her life she fixed her son's wounds this feedback loop is

27:13

transformational for the people around you so to all the women out there who don't want to hurt that blade of grass

27:18

imagine being a vector of healing for the people around you so they can finally feel the love they've always

27:25

craved approaching your social skills as learnable patterns that require intentional practice is crucial here

27:31

similar to how a person might learn any complex skill through direct instruction repeated exposure
it's not that you

27:37

can't do it it's that you've never been trained to in fact you've been trained not to socially engage
learning that

27:42

it's okay to socially engage and then picking up the skills that is where your confidence comes from
and then

27:48

establishing that BOF feedback loop is crucial and then committing to the consistent practice that
rewires your

27:54

brain pathways over time this is this is mandatory okay each positive interaction

27:59

you have strengthens the new pattern every time you do it for the rest of your life connection
gradually feels

28:05

safer and more rewarding and increasingly desirable as your nervous system updates its threat
assessment and

28:12

the freeze response diminishes your mindset will begin shifting from avoiding pain and fearing
connection to

28:19

actively seeking opportunities for joy and fulfillment and meaningful shared

28:24

experiences with other people you can generalize your new skills across different relationships and
context

28:31

gradually expanding your comfort zone while maintaining awareness of your nervous system
signals connecting with a

28:37

partner your friends your children your adult children your family people who are safe and loving and giving them that

28:43

love in return so you no longer are the ice princess you're the queen of hearts

28:48

test these skills with some healthy individuals in your life okay you can begin providing authentic feedback to

28:54

them and they can provide it to you about what works best for the both of you and you can build a secure

28:59

relationship and that allows you to continuously refine your approach and meet each other's needs now let's be

29:04

very very clear here the goal is not to become someone else i'm not here telling you you're not good enough so you have to change it's to integrate all the

29:11

natural parts of yourself your competence and your strength they remain valuable assets your self-sufficiency

29:18

and your independence are great things your deep empathy for others becomes a gift to those you love rather than a

29:24

burden to yourself your internal emotional world becomes accessible to

29:30

safe people by choice and they can stop misunderstanding you and then they won't get hurt anymore your ability to

29:36

navigate complex systems serves authentic connections and heartfelt relationships you're finally going to be

29:42

comfortable with those people and you can give them abundant love and you will no longer be lonely and your unique

29:50

perspective enriches relationships rather than isolating you as you become increasingly comfortable with sharing

29:56

your observations with others you're hyperattuned to the world around you you can share your useful observations to

30:02

help them navigate their world in smarter ways now I know this is possible because I've seen this transformation

30:08

countless times in women who believed it was impossible so if you've been nodding along to this video recognizing yourself

30:14

in these patterns please know that what you're experiencing is real your struggle is not a character defect or a

30:20

weakness it's the result of adaptive responses that once protected you but now limit you and most importantly of

30:26

all you are not alone in this experience the freeze response that's controlled your emotional life also is not

30:32

permanent with understanding support and consistent practice you can develop

30:38

whole new patterns of connection that allow your truest self to be seen known

30:44

and accepted that rich internal world that you've always had can become accessible to others and create an

30:51

authentic relationship structure that you've always wanted so if this resonates with you if you're ready to

30:56

transform these patterns I work with women exactly like you through my coaching program i'll guide you step by

31:01

step through the process of thawing the freeze response and building authentic connections with other people click the

31:07

link in the description to schedule a free consultation call with my team where we can discuss your specific

31:12

situation and how we can help don't spend another minute feeling unseen disconnected and unwanted the change

31:20

that you want is possible starting now if this has been helpful please make sure you like this video share it with

31:27

somebody who might need to hear it subscribe to this channel if you're not already and drop me a comment below let

31:33

me know which part of this video really hit your heart the most and which one hopefully gave you a little bit of

English (auto-generated)