

what is it that makes avoidant men feel attacked you always I hated when you

0:05

don't I always the absolutes but what are you talking about you never brought up a problem until literally 20 minutes

0:12

ago you've been telling me that you're happy you cannot sit there and criticize and question me all the time because you

0:17

have feelings learn to manage your emotions like a [__] adult in adult ways so you can live with an adult cuz

0:24

guess what you're not going to find Mr Wright cuz they don't exist and if you're super anxious and you haven't taken care of yourself they not going to

0:30

go for it did you know that everything you just said is wrong no I did not know that no here's here's

0:42

[Music]

0:54

why today we're talking about the vast divide between anxious partners and avoidant partners and how they each

1:00

other's guts but they actually love each other you know Adam it was really interesting in the last episode we did

1:06

about avoidance how annoyed people were especially the anxious people and they

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really drive me up the wall sometimes you know we had some conversations in in the last podcast where we you know kind

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of enacted and simulated some conversations that we you and I never really had but you know many of your

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clients have had and it pissed so many people off it missed so many people off cuz they jumped in and they were just

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ripping me to shreds my response is you and your feelings so you know it's it's

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actually great that we did that I I'm very happy with the fact that it triggered a lot of people because I think it's a great way to open up a

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discussion and it's a great way to open up a conversation about the different perspective that anxious people have

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from the avoiding people have and I do not intend to go and you know divide people out there even though I don't

2:01

really care um it's more so for the perspective of showing the diversity of thought and showing those different

2:07

positions I do not advocate for hate right really I really do not advocate

2:12

for anxious to hate avoidance and for avoidance to hate the anxious I am simply trying to show that there's a

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huge gap and if you're sitting on your high horse and you're yelling at me for being wrong and evil well I think you

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suck too so we can continue doing that or we can actually try to have a conversation about how to unite those

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two perspectives so I'd like to have this podcast be dedicated to a little bit of an argument into an anxious and

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an avoidant standpoint and I'll talk from my perspective you know I will

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reenact some of the conversations you and I have had Adam I'm going to reenact some of the conversations we've had uh

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with you know clients and friends on either side and let's see if we can find some consensus and build some peace here

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but I'm not going to do this from the perspective of Sing Down we're not going to make

Triggering Reactions and Opening Conversations

3:00

this easy we're not going to make this unnatural let's just actually make this a raw conversation Andre one thing that

3:07

we need to talk about from that last episode quite frankly is a lot of the women in the audience a lot of the anxiously attached women in the audience

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even securely attached women in the audience they and rightly so I think take umbrage with even umbrage isn't the

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right word they hate they flat out hated hearing many of the things that they've heard the

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stonewalling the lack of care in relationships that they've heard from Partners when they've honestly tried

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their best they hated hearing that come out of your mouth and I know that sometimes things come out when we are in

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the heat of a moment sometimes things come out and and just very honestly so what I would like for us to do today is

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dissect relationship pieces like this in a way that brings people together rather than simply saying okay look screw all

3:51

of your feelings screw your feelings I don't care it's going to be this way or else

3:56

because that's what a lot of the women at home are used to hearing in their home yeah and I'll be honest with you in

4:02

many conversations the conversation starts with I hate you and if you come to me

4:07

and you tell me I hate you then I can say you know what kind of screw your feelings right because you're not being

4:12

constructive you're not being productive you're actually not starting conversation all you're doing is you're yelling at me that I'm being wrong for

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not loving you enough so a lot of the comments from the people in our audience a lot of the women here have said the

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number one thing they hate and the number thing they're most concerned about and trying to fix right is my

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husband feels attacked every time I bring my feelings to him and they keep hearing this one phrase and I know I've

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heard you say this phrase before right and you can say it you can look into the camera and say it again your feelings

4:39

are not my problem your feelings are not my problem this this this is what many

4:45

of the women at home are dealing with if ladies if you've heard this please drop that in the comments right now I can hit

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on I can slap Andre across the face for you but Andre that's what many of ,000 you can pay Adam to slap me across the

4:56

face guys let's raise some money but but when when the women come to their husband or the boyfriend and they say

5:03

here's this problem I would like us to fix it their their husband years exactly like that what you just said I'm being

5:09

attacked you hate me oh yeah and then you know what I love about this part and I hate about it personally is that now

5:15

that we are an entirely separate narrative right so let's reconstruct what I said I said if we are in a

5:23

relationship right and you are trying to make your feelings my problem without

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actually having established that level of trust and that connection and we're just not there yet we're not at the

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stage where you know we have built that relationship and you're trying to blame

5:41

me for how I've made you feel even though may have just started you know getting to know each other we're not potentially even dating and you're just

5:48

trying to tear me out of my life and shove me into yours in a way that is not genuine and not fair I can say sorry I

5:55

am not ready for this my your feelings are not my problem so now however now hold on hold hold on no no let's define

6:01

this okay because sometimes there's guys who are 8 years into a relationship and they'll say we're not at a place where I

6:06

can deal with your feelings I shouldn't have to it's only been eight years and we're only technically dating but we're not even boyfriend girlfriend it's been

6:12

eight years lady right so what's the definition for that line for you the definition for the line for building

6:18

trust is a question of responsibility be very clear with your intentions I did not date for a very long time because I

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knew that it was not the right thing I was had no interest in playing that game I had some who came and said you know I

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want to date you I said I don't right and that was it and it didn't work and then there are some things I walked away

6:36

from and that was it and when I met the person I wanted to be with I was very specific and I said this is what I

6:43

intend to do this is what I would like to offer this is the conversations I would like to have and as soon as you

6:48

own up and you put that forward yes that becomes your responsibility now you actually have to own up to your words

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and live that in that connection but until that conversation happens it's not fair to come and demand

7:00

uh something of somebody because in a similar way that's a kind of a double standard for dating in a way where if

7:06

the girl likes you you owe her but if you like the girl then she you know how dare you approach her like that's not

7:12

true that's not fair no and I agree there there needs to be a mutually agreed upon arrangement of this is where

7:18

we're at and this is what we're going to do I I think that's just as much on the women to to make sure that that's the case but what many of these women are

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out there experiencing because I work with them in my coaching I work with them in my mentorship community actually more women come into my mentorship

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community than anything because they want that direct twice a week with me CU they want to dissect these pieces they're like Adam my my husband said

7:38

this today what the hell well then what's the backstory okay let's talk about this okay well I married this guy

7:44

and I loved him and he was an [__] to me this whole time and he is evil and I'm awesome that is not the narrative

7:51

that gets you anywhere and this is why I'm reacting the way I am to these comments right because these people are

7:57

coming out and Tack me on YouTube and you know every or else they're saying I hate this guy you know nothing about me

8:02

you know nothing about me my story what I'm trying to do what I'm doing what I'm not doing and that's exactly the issue

8:09

that that you people are the issue because what you're trying to do is you're trying to play the moral judgment

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card and say I have decided from watching 10 minutes of you that I can tell you in public that you suck and

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this is the part where I say I don't particularly care because I know that that relationship has not been established so if you're in a position

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with your husband where you absolutely despise what he's doing and he's shutting down your feelings then maybe

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first disaggregate the way you guys got there and then you can start talking about who's at fault of what and then

8:40

maybe you might realize that you might have contributed much more to that problem than you want to admit on the first try before we dive in I want to

8:48

take a moment to thank you thank you for following me and the I wish you new podcast thank you for your support and

8:55

most importantly thank you for showing up for yourself it means the world to have you in this community now if you're

The Breakdown in Communication and Trust

9:01

struggling with an avoidant partner and if it feels like you're stuck in a cycle that never ends I get it you want deeper

9:08

intimacy but they keep shutting down it's a frustrating cycle but you don't have to stay stuck in it forever you

9:15

deserve love that's secure and steady and your partner does too but it takes

9:20

the right tools and skills to get there and to make it happen that's why I'm running an October flash sale this week

9:27

only you can get 35% off either of my top courses how to love an avoidant man

9:32

or the attachment Boot Camp or you can go big and grab both of them at 50% off

9:38

buy one get one free plus if you're ready for personal coaching you'll get 15% off from my new coaches and 10% off

9:47

my own private coaching sessions this is your chance to transform your relationship and make a real lasting

9:53

change take advantage of this flash sale before it's gone links in the description or visit me at Adam Link

9:59

smith.com now here's what's fascinating we began the conversation by you saying people come to me and say I hate you and

10:06

we talked about feeling attacked the way that you then separated that was well their feelings aren't my problem because

10:12

we don't have enough of a relationship for me to deal with their feelings let's talk about the relationships where you do have a relationship with the person

10:18

okay let's let's take it for let's take the assumption that both have done their their ethical responsibility as mature

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adults I'm looking out there right now have conversations do do not settle for situationships make sure you have a

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clearly defined relationship of expectations okay number one good for good for avoidant men have I covered

10:37

your side perfect okay go good ladies do that men also do that if that is the if

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that's the piece right she's coming to her husband they've had that conversation let's assume what is it that makes avoidant

10:49

men feel attacked in the beginning of a conversation pull that apart from me you always I hated when

10:59

you don't I always the absolutes

11:05

absolutes again avoidance really like context the reason

11:11

we push back especially in situationships and relationships is because you know hey I like you you like

11:18

me do you want to spend time together yes great hey you know maybe you want to engage in some sexual activity and this

11:25

is mutual and you know maybe you want to spend time together maybe you want to go on vacation together are you happy yes

11:30

and next you know you kind of go in this step by step for a trade by trade and then all of a sudden this person that

11:36

you're with goes 10,000 mil ahead and says why didn't you marry me yet and

11:42

you're like what or they go I hated that you don't love me enough you know unless I

11:48

do this they go what are you talking about right we you never brought up a problem until literally 20 minutes ago

11:55

you've been telling me that you're happy everything's okay and then all of a sudden now you are accusing me and

12:02

telling me that I'm a horrible human and that there's something deeply wrong with me unless I do something that you want

12:09

and to me that's manipulative and I don't think that being manipulated is very nice so I have a chance I have a

12:16

right and I have I have a chance to do so then I will push back and say hey you know what this isn't right either and so I say hey this isn't right either you

12:24

tell me that I'm even worse and that's a very quick degenerative spiral Okay so

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what about the cases where and and yes to be fair Sometimes women lie and cover

12:34

and obfuscate I love that word and and cover everything up until the last moment when they finally say I'm

12:39

frustrated enough to do something about it and then they unload on the man yeah everything it happens it does happen but

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there's also a a million and a half cases where she has shared she has shared concerns she tries to talk about

12:51

it she's maybe too subtle but she's trying to open up and open up and then she's dismissed right dismissed again

12:57

and again and again and then she comes to the husband and says hey we need to talk about this concern and he says how

13:03

effing dare you well then he's a [__] okay all right here we and there's also a combination in there to say look what

13:10

is an avoidant situation right is you can have a healthy avoidant a responsible I think you call them an

13:16

ethical an ethical avoidant which who says simply hey I have limited capacity

13:23

I may have some issues I'm working through I may have a limited ability to give you resources

13:29

time attention cuz I'm simply trying to do something I'm trying to get better I'm trying to provide for you know build

13:35

a future provide for a family I'm trying to learn I'm trying to recover and if all you're doing is you're trying to

13:41

yank me away from that you're shooting yourself me and our family in the foot

13:46

and you're actually asking me to undermine myself in order to satisfy

13:51

your immediate need and you don't even want me to do that cuz you're not attractive to the simp type of guy and

13:57

you're actually trying to get me to be a simp and the answer is no right CU I get that and it's no we're not playing that

14:03

game so you have the ethical type of avoidant it says I'm simply going to lead you through the stages as I see

14:09

them and I'm willing to first of all admit the fact that I'm not don't have a just right but also to work with you to

14:16

the best of my ability at the time being and I'm asking you for honesty and patience and I'm going to be giving you

14:22

an return my absolute best and if that's not good enough let me know and I will work through that with you okay so I

14:29

think that's the definition of ethical avoidance so if the guy is doing that and you still unhappy with him Sor you're the source of the problem I will

14:35

say this um because you're one of my dearest friends in the world and you're also very avoidant it's it's both very avoidant or just avoidant uh it depends

14:42

on the day depends on the day depends on the circumstance as well um and I love you with all my heart so what what I

14:49

know is that you are very very meticulous about defining your relationships with people you let them

14:54

know where they are you let them know what the expectations are you immediately put up good proper Bal boundaries when someone expects too much

15:00

and then you also give them a pathway toward building toward you want this from me here's what that would have to look like and here's how we could get

15:06

there you've done that which is excellent right that's why I spent three years coaching you that but that's why

15:11

but but many of the women who are out there right now ladies tell me in the comments if I'm right or wrong many of

15:16

the women out there do not have a man making that Clarity for them she's might she might be uncertain she might not be

15:22

clear and she comes to him with an idea with a question with a desire a need hopefully she's not using Absolut she

15:28

better or not be but she's coming to him with that and he's not providing that clear road map forward he's running away

15:34

from it he's dodging that what would you say to those men out there through your growth as an avoidant man what advice

15:41

might you give to those men who are hesitant they're Unsure how to guide her they're Unsure how to make those things

15:46

clear what have what have you done to try to make that clear to a man what is this term for

15:54

this we have ethical avoidant manipul manipulative avoidant two man who is

15:59

manipulative avoidant I can safely say that you're some of the worst pieces of [__] that work this Earth and very

16:06

simply I'm saying that because what you're trying to do is you're actually trying to play Both Sides you know

16:12

you're trying to be the victim in your own story and the hero in your own story and you're locked inside your own head

16:18

and there's nothing but misery there because you're using whatever circumstance got you there oh I had a

16:23

horrible childhood oh my you know ex-girlfriend or ex-wife me over or you

16:29

know this and this happen in my life and then you're using that as an excuse to recreate that same environment to

16:36

Justify Your Existence and justify you hurting people over and over and over again right and the first thing you got

16:42

to do is cut it out and stop and ask yourself two very simple

16:49

questions what am I doing and why am I doing that right what am I doing right

16:56

now by telling my girlfriend that I cannot press her feelings I am shutting her down

The Role of the Feminine in a Man's Life

17:04

because I am not able to have this conversation because potentially I am

17:10

you know completely exhausted from work right why am I doing this is because I

17:16

don't think I can do my best right now and if you can answer that honestly to yourself your next response needs to be

17:22

an absolute respect of that and you can say hun you have flagged an issue for me

17:28

I think you're being a little a little bit combative I hear that you're upset I hear that you're sad I cannot help you

17:33

right now but I can help you in an hour after I had a chance to cool down and take a break and think about what you

17:40

said so let's reconvene then and I promise to you I will give you my best and listen to you then and there that is

17:45

a great step and I think a woman would respect and understand that if she has a value in actually maintaining and and

17:51

and repairing that connection yeah but if you say how dare you have come to me when

17:57

you should have seen seen how hard I worked for you and you are doing this

18:03

because you don't appreciate me and I am now acting this way to punish you and

18:09

teach you how to respect me better now that is toxic absolutely that's destructive one thing you said that was

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in there that I loved was the respect component and then listen to her feelings what as an avoidant man what

18:21

has been the biggest piece the most surprising piece about female feelings for you cuz when I met you you were not

18:28

just missive of female feelings you were mostly confused by them I remember and and you have a daughter and you you're

18:33

yeah we all are but but you're you're a fantastic father you care for your daughter it's wonderful I we were at dinner the other day she's she's

18:40

delightful I know that you care deeply for her feelings and I know that you've also learned a lot about those feelings

18:45

a tremendous amount probably more than most men understand about female feelings what has been the difference

18:51

for you what has made you care about a woman's feelings why why tactically has

18:57

that mattered as an avoidant man who is very risk assessing very measurable very

19:02

logical what has made female feelings make sense to you so the presence of the feminine in

19:11

your life is one of the things that makes it worth worthwhile there's a few key experiences that build us as humans

19:18

and you cannot be a full human without it it is to believe in God in some way or another

19:25

because that is a relationship with self to have have children which is a relationship with

19:31

the future right and to fall in love which is a relationship with a present where you

19:39

can actually exist and it can fulfill you it can build you up it can develop

19:45

you it can motivate you and it can really give you purpose without having a female in your life we are purposeless

19:52

men who are avoidant are trying to build a space you know that space was taken away from them or never provided to them

19:58

by life circumstance especially people coming out from you know poverty or you know difficult circumstance in terms of

20:04

life um they're not ready to take responsibility for a female in their life and they may be building that and

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they may be building themselves right and what they're trying to do is they're trying to create a space a structure

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that they can then invite somebody else into and the thing that has really always been so special to me about the

20:24

female emotions is that that when they are in their feminine energy if they are

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actually proper and they're balanced and they're with good intentions and around a good moral compass they can they are

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the most intense beautiful overwhelmingly interesting and

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motivational entities that can even exist and men feel very small in comparison to this because everything is

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very compartmentalized and the beauty and complexity of such emotions is very difficult for us to understand and to

20:57

trust to experience experience so especially if you're avoiding the first stages when you have a woman coming into

21:04

your life and you actually welcome her in and she respects the rules of your house because that is what you bring her

21:10

into you bring into the house of your soul of yourself and she respects those rules and she shows that she's not going

21:16

to be careless with you and she's not going to be careless with herself and your values and your principles align

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then the sense of gratitude relief appreciation and wonder you're filled

21:27

with is absolutely crippling that is actually a big challenge that avoidant will face that they will encounter that

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feeling and they'll run away from that because it's too much but sorry bro you're going to have to work through

21:38

that or you're not getting to the other end this is the number one change when couples come into my coaching practice that helps avoidant men really value the

21:45

woman in their life and then brings peace to them is identifying that her feelings are a measurement on the the

21:51

relationship okay imagine guys that you're driving a car okay you're driving a beautiful car and there's a woman in

21:57

the seat beside you her job is keep your eye on the gauges measure everything in the car make sure the car is functioning

22:02

okay you're driving along you're in the passenger seat and the car starts kind of like shaking a little bit and and you

22:09

hear the woman in the in the seat say well all the lights just popped on your check engine lights on the the temperature gauge is way up this is

22:16

going on these other pieces you go nope it's fine don't worry about it I've driven cars like this sometimes they just shake and she's okay when she she

22:23

quiets down for a little while and then you keep driving and the rattling gets worse you hear a thump something falls off the car kind of scrapes and goes and

22:29

she says well another light just clicked on you said nope we're fine don't worry about it car is fine I've had while ding

22:35

that was an extra part of the car we didn't need that one anyway okay now you're driving you're continuing to drive now there's smoke coming out of

22:42

the hood a little bit and she goes well there's smoke and and the and the temperature gauge you go nope smoke is

22:47

normal in some cars sweetheart this is a deluxe version it comes with that smoke okay and then you continue driving now

22:54

Flames are coming and it's he it's hot and the wheels are one one tire pops and she says sweetheart it's really nope I

23:01

don't even want to hear from you anymore lady come on shut up you are always this way okay eventually she does not trust

23:07

you to continue driving the car her feelings are the measurements on the car her job is to measure that relationship

23:14

now ladies out there I know the other thing that many of you have asked is why as an anxious woman do I the attachment

23:21

specialist say that you have to take the first steps in a relationship because it is you must you must take the first

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steps into a relationship know I'm actually kind of curious so to me to me I've been through this cycle a few times

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right and I understand that there is a step in you know in dating and there's

23:39

kind of a step of where you as a man invite a woman into your life and only

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you as a man can do that right so one thing that I'm actually kind of curious to understand from the other side why is

23:50

it that the anxious woman has to all of a sudden now go and you know initiate

23:57

these conversations from a psychologist point of view well so let's imagine you're driving in that car okay and everything feels normal and

Emotional Impermanence and the Anxious-Avoidant Cycle

24:05

the car is completely peaceful and calm and then all of a sudden the woman in the driver in the passenger seat says

24:11

we're all going to die the car is on fire and you look and the gauges are normal everything's calm and she's like

24:16

really convinced the car is on fire so you pull over you stop you check under the hood everything's normal and she

24:21

goes oh okay well sorry and you get back in the car and this happens 10 times in

24:26

a row on one trip you're just trying to take her out to dinner and she's screaming her head off every 5 Seconds

24:32

that the car is about to explode this lights on that lights on none of them are on okay this is an avoidant man in a

24:39

car with an anxious woman screaming about how everything is wrong she is saying you don't love me I think you're

24:44

falling out of love with me I don't feel cared for something's wrong and it's not

24:49

nothing is wrong because her sensors are overtuned she is tuned to think that disaster is coming an anxiously attached

24:56

partner designed to believe that they are going to fall apart and the relationship will die it's it's something it's something called

25:01

emotional impermanence okay you you had a daughter do you remember when she was very very little object impermanence

25:07

right the cup is Gone the cup does no longer exist right oh no the cup is still there right and they learn that

25:12

the item is still there even when they can't see it emotional impermanence is when you don't see their feelings for you so you believe their feelings are

25:19

now dying unless you have proof of their feelings in front of you their love for you is dying this is emotional

25:26

impermanence okay this is a huge learning piece for most anxiously attached people because they say wow

25:31

that's what I feel so if you're feeling that at home good this is a good piece emotional impermanence is your alarm

25:38

screaming that the car is about to explode when the car is perfectly fine and if you do that too many times to an avoidant person he stops carrying about

25:44

your feelings because he thinks you're a lunatic right you know what also makes people lunatics is when you're driving

25:49

in your car you know taking into the shop having a great time and this red light this random chick gets in to your

25:57

car without Mission and starts being oh my God you're finally here like what who the

26:04

hell are you this is our car now right this is our car where are we going for a day like who are you lady why are you

26:10

here I'm going to say this one thing and it's probably going to get me a lot of hate online but girls get attached far

26:18

too early in relationships without having the right conversations you know honestly like this is part of the thing

26:24

that kind of starts to anxious avoid in dance really is that especially look if

26:29

you're dating and you finding a guy who has avoided Tendencies he's probably working really hard on something he's

26:36

probably going to the gym he's probably you know reading self-help books he's probably obsessed with something that's

26:41

you know like internally focused and you see that you find that as attractive those are good qualities to have in a man because at least he's taking that

26:47

something seriously then you got to understand that that discipline and that intent also comes with some rules right

26:54

we cannot be two things at once we cannot be super super focused and super motivated and super driven and also

27:01

super cuddly and available to flip over and like you know spend the life in la la land with you never having to go to

27:07

work those things are opposites did you know that everything you just said is wrong no I did not know that no here's

27:14

here's why here's why so the research on this is fascinating women healthy securely attached women fall in love

27:21

slower and fall out of love faster healthy securely attached men fall in

27:27

love faster and fall out of love slower that's what biology has designed us to do so a

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securely attached woman everything you just described actually women are highly pragmatic when they are securely

27:38

attached when they're insecurely attached and they are craving that that connection anxiously attached women they

27:44

fly into the relationship and they look for butterflies which is the other person making them feel loved right up

27:50

front those are the women that fall in love way too fast and jump into your car when you haven't invited them in exactly

27:56

but that's my point right if if you're or the woman who has this tendency to being anxious right what usually happens

28:04

you find a guy he's got all these good qualities to him up front upfront you start casually

28:10

dating you love bomb the hell out of them you get way too connected two dates in you're talking babies you know you

28:17

want to you know you start leaving stuff at his place you know you're trying to jump into bed with them you're like

28:23

wearing the most provocative low Cuts thing you will fling yourself on top of them and you'll do anything anything they ask for and you say this is the

28:30

worst part you say oh it's okay I'm fine

28:35

with everything that's happening and I don't need anything from you that's just the way I am I'm a very giving and

28:41

loving person and the avoidant man if he's a dumbass is going to say great deal where do I sign this sound

28:49

sounds too good to be true she's perfect she never complains she never says anything everything's always normal and

28:54

then they get into this car together right and then in two three months 6 months at best you know what's going to

29:01

happen is that the girl says I have given you so much and the guy says but I

29:06

thought it was free right and then they start getting into this whole thing of like well you owe me and now you need to

29:13

take care of my uh my emotions and you know when are we going to have a family and the guy's like we never had the conversation that

29:20

you're the one I thought we were just hanging out man now all the women at home are Furious right now right now I believe because everything you just

29:27

described is exactly the opposite of what they think has been happening cuz that's that's from the avoidant person's

29:32

perspective and I 100% with you I produced a series of five videos on my YouTube channel six months back about

29:39

how anxiously attached women are toxic for avoidant men specifically from the Viewpoint of avoidant men and it has got

29:45

me more hate than anything I have ever created in my life I did two and a half years of pro anxious attachment this is

29:52

what he's doing to you and those five videos so many women walked away like Adam you are a human garbage pile yeah

29:59

for context cont let's for context let's put something make something clear for everybody who was giving me right now

30:06

and is writing like horrible like you know comments you know just pause pause take your fingers off the keyboard and

30:12

pause us for a second so I was an avoidant and I started working with Adam

30:18

together with Adam we have built and produced all of the content that has been helping you the whole time M right

30:25

and we have been on your side and we've been trying to say hey what is happening

30:30

when those [__] guys abuse you is not okay right however now we've gotten to

30:35

the stage where it's time for us to turn back to you and say and now what have

30:40

you contributed to that problem and that's why we have this conversation right you know you may think I'm an

30:46

[__] but not always am I this [__] and I'm I'm not usually like this because we actually don't have to have

30:52

this conversation at all if you are able to develop these skills to detect first of

30:59

all the absolute psychos do not go next to people who are manipulative avoidant there terrible for you right it is for

31:06

you to be able to eliminate those toxic people from your life stop your toxic behaviors and now show up into the nice

31:12

middle segment and say okay what can I work with yes right cuz guess what you're not going to find Mr wght because

31:20

they don't exist and if you're super anxious and you haven't taken care of yourself they're not going to go for you

31:26

until you fix yourself you're going to find Mr right now or Mr wri all the time is who you're going to find until until you perfect it it I I do put and I do as

31:34

a man I I put tremendous pressure on men specifically to clarify in these relationships because many of these

31:40

anxiously attached women the the reason I don't go at at them and blame them is

31:45

because many of them are they don't they don't it's not that they don't know better many of them feel stuck in this

31:51

cycle and they only understand relationship Dynamics from I must give and give and give and only then am I

31:57

allowed to ask they come at it that way and I don't agree with it and I know it's toxic and it's unacceptable so i' I've classified

32:04

with anxiously attached people even so we have the ethical avoidant man manipulative avoidant as I'm updating as

32:09

you know I'm updating attachment Theory ethical avoidant and manipulative avoidant and it makes so much sense right because it finally gives you the

32:15

framework to start saying what is an acceptable behavior that can be fixed over time versus what is an unacceptable

32:22

Behavior yes so on the other side we have the anxious attachment Spectrum okay we have nurturing anxious to toxic

32:29

anxious okay toxic anxious is the secretive laying everything out in

32:34

advance like you said most most anxiously attached women don't buy new lingerie put it on leap on top of you

32:39

like claw you to death like a tiger then say now you owe me that's not most anxious women most anxious women won't

32:44

do that the ones who do that are the ones who lay out everything that you owe them and then they are resentful that

32:50

you haven't magically figured out what it is they want in return and they start punishing you for it because you haven't

32:57

given them what they secretly wanted that's the toxic version of it yep and you know if you are in the toxics again

Managing Emotions and Building Trust in Relationships

33:06

stop because this you can if you're full of rage right now and you have something

33:13

to say and you think that we have disrespected you and we need to be

33:18

punished Adam me both of us perfect take that thought and catch that feeling and

33:26

realize that your desire to punish it has probably some truth to the matter

33:31

that you're actually being exposed to that there's something in your behaviors that you're probably doing that is

33:36

making you so angry that you actually want to hurt people as soon as you want to hurt somebody you're the problem now

33:42

most anxious women are not that at all most anxious women do look at self and say what am I contributing they do that

33:47

actually too much and that's that's anxious attachment what am I doing it's my fault my fault my fault my fault so they put up with abuse and bad behavior

33:53

for 15 20 years which is where avoidant men need to step up to the plate and say

33:59

look here is what I'm willing to offer anxious women need to step up to the plate and say here is what I'm needing and expecting it must be both we can't

34:06

just go at avoidant men and say you have to be good be good be good be good we can't just do that we also have to call

34:12

in women and say you must be clear and you must ask men have to women have to

34:17

State the price quote unquote men have to ask the price and then men have to offer the price on their side and the woman has to ask that price we have to

34:24

have those clear conversations this is what I want how can we get there do you also want that oh communication is

34:31

important this is why I tell people at the end of a first date you must if you want a committed relationship you must

34:37

come in and say hey just so we're on the same page I want a committed relationship I don't have to get married

34:42

tomorrow but I do want that in the future is that also what you want if so fantastic we can have a second date

34:48

that's how you go in for the second date ask by the way but then you say if not that's fine we'll finish our dinner we'll hand we'll high five and we'll go

34:55

our separate ways High you have to do this you have to be clear about what you want on that first date or it is all

35:02

wasted yeah let's be honest about something all of this is fantastic if

35:08

you watched Adam for years if you gotten his coaching if you taken his courses you're coming in you're equipped you can

35:15

actually have a normal relationship I mean it's taking me two years of Adam coaching before I could have a normal relationship and not run face first into

35:21

90% of the problems I already had so God bless you for that and thank you but at the same time

35:28

for many people it's too late you know I'll be honest with you for many people there have already started or in a

35:35

relationship be it for 5 months or 5 years or 15 years where they've been living this way isn't it so funny that a

35:41

avoidant man would say for some people it's too late because they're already in a relationship duce um but what I'm

35:49

trying to say here is this it's too late for you to restart you can't you know

35:55

just say hey hun 50 15 years of our relationship didn't happen go like here

36:00

have this bottle of vodka I'll have one to and we'll you know forget everything ever existed let's start again you have

36:05

to realize this once you're already in this cycle I actually think that is both

36:11

people's responsibility as opposed to just the anxious woman to start doing the work and this is where I actually

36:16

agree with you audience where it is absolutely not fair for you to have to go to start it uh I think it's

36:23

definitely both people's responsibility to do the work now here's one thing you must realize

36:28

the avoidant man has established a system and until the smoke is going out

36:34

the hood and the woman is screaming next to him he's not going to listen because

36:40

we are aware there's a problem we are actually aware that it is a two-sided

36:46

problem and we have decided that we're now driving to the nearest repair shop

36:52

and we're not stopping because if we stop we think the car is going to explode and we're just so I know I know

36:59

you have a wonderful girlfriend now and she's delightful I I've met her um I know you have a good car that is not

37:05

rattling not smoking not on fire you have a wonderful car that's working perfectly prior to that car had you ever

37:12

been in cars before that didn't rattle didn't smoke didn't almost explode had you ever driven an a a good proper car

37:22

before every car I've ever driven like that has always exploded and it was a

37:28

question of either exploding unexpectedly which was the most terrifying thing that's the thing that makes me careful now right um

37:37

or it just doesn't drive so could we say that part of the problem is that

37:42

anxiously attached women are sitting in the passenger seat trying to call out legitimate problems and that avoidant

37:49

men are driving a death trap they are used to every car being a death trap and they're waiting for the last 2% before

37:56

they bail out and the fiery explosion happens 10t down the road is that part of the problem are you just so used to

38:02

driving death traps that that a woman trying to tell you don't drive a death trap is confusing to you no because I

38:09

don't think it's entirely true like what it really is a question is men build systems right sure we have built a

38:16

system based on the best we can do in this environment right so if we are in a relationship it's because we

38:24

believe this is the best we can do but also we realize like we're kind of hyper realistic that

38:29

it's not going to be perfect and we're not going to be able to be perfect and you know just as I said at the beginning

38:34

of this this podcast we're talking about what it's like to have somebody come to you and demand

38:42

things from you and you just like I can't provide not right now not at this time not on the to the level I wish I

38:47

could so I'm going to have to do my best so if you've been in a relationship for

38:53

a while and the man has set up the system that has kept you safe provided

38:58

for you know your kids have a place to sleep you guys have all food to eat he has said I have provided my best at this

39:05

point and I don't know where to go from here so this is a very very important

39:11

part that if you're an anxious avoid in relationship you're a man must

39:17

absolutely must admit hun I've done my best I've reached my Max I don't know

39:23

where to go from here I need help so if your man is not ready to do that there's nothing you can do so this is this is

39:30

the only place when avoidant men come to me for coaching because they come in by the by the hundreds ladies out there

39:35

avoidant men are trying to get better they just don't know how so they come in me for coaching and the only time that

39:41

avoidant men ever come to me for coaching they don't come when they think everything's fine they don't come when they have no hope they don't come when

39:46

they think everything's just normal and they say everything is misery right the very you're very Russian they don't they don't come in very very rushan misery

39:53

Everything is Everything is horrible all the time that's normal misery is normal right they don't come at that point they

39:58

come in when they say something's missing I'm missing something right what am I you know my wife keeps trying to

40:05

talk to me about this thing called emotional intimacy what is that what is

40:10

she trying to tell me why am I not happy right why why does nothing last why it

40:16

does for other people why not me that's the question that brings avoidant men in

40:22

what am I missing you know what's missing avoidant men are deeply negligent of a very important part of

40:29

themselves which is specifically having to do with serotonin and oxytocin and actually bonding and connection if you

40:37

have spent your last 10 years locked in meeting rooms offices airplanes cars you

40:42

know and work sites in the gym you know in a training facility in a martial arts Dojo whatever building your body

40:50

building your finances building yourself you have done so at the expense of your

40:55

ability to process and understand emotions you know you do not know how to feel happy you don't even understand

41:01

what safety feels like you're probably in a dopamine cycle you know and you're just probably flooding cortisol because

41:07

you drink too much coffee and you know hopefully nothing else oxytocin serotonin dopamine cortisol sounds

41:12

familiar somebody yeah it's almost like you talk about that M and you have to understand that while you may be

41:18

excellent at I don't know football or Finance or I don't know Plumbing you are

41:25

an absolute novice and you're actually probably worse than that at these emotional subjects so when your wife or

41:32

your girlfriend comes to you and this is actually why it's so important for woman to understand this Challenge and she

41:39

starts talking to you chances are she is at a much higher level in that you can

41:46

even comprehend in that area yes and this is why there's a huge gap right this is one of the reasons that women

41:51

get so frustrated and they're just so you know so bewildered and exhausted by

41:56

everybody right is that they they they try to speak in things that make sense to them in feminine language and you

42:02

know language they've processed developer 25 30 years as young girls as

42:07

young women as women communicating with each other at this heightened level of emotional intelligence and then you have

42:13

this Hairy Ape that is just sitting there basically sucking its toe and

42:19

you're trying to deliver Newtonian physics to it and then you get angry at it well what the hell do you expect so

42:25

we have to have a recognition that the ape has to recognize it's an ape and the person who is trying to talk to that ape

42:33

in elevated language is being stupid because they're expecting things that can't happen so let's walk through this

42:39

really quick I'm going to ask you a couple quick questions I want really short answers to this help the avoidant men who are watching us most likely

42:45

right now because a lot of them secretly do because they're they're spying on the enemy camp to to understand what's happening um as an avoidant man have you

42:52

ever tried to help someone who was in financial difficulty by explaining basic finances to them

42:57

yes okay when you did that have you had people that didn't listen to you and thought it was Dumb and told you you

43:02

were wrong yes did they then go on and walk into disaster and then you felt bad for them a little bit maybe a little

43:09

okay did you then maybe try to explain a little bit more to them now that they had painful experience yes did they then

43:15

continue to not listen to you and say that you were stupid usually this is the experience of a woman trying to explain

43:20

emotional intimacy to an avoidant man right here that is what she has felt as she's watched you go through this and

43:26

experienc this now I know you are you are an educated you're we've taught you we've taken the bear and taught the bear

43:32

to dance you're an educated avoidant man um and you've done phenomenally well by by the way which just I'm very proud of

43:38

you my friend thank you um I'll hug you afterward not during the show yeah so please don't

43:43

after before to now life quality Joy

43:49

pleasure fulfillment fulfillment level what what level fulfillment were you at before what percentage and what what has

43:56

emotional intim he brought you to now I know where you're going with this but this is actually where I'm going to put a little bit of a handbrake on and say

44:01

well actually if you use this example and you know if I was your friend and

44:07

you know I was coaching you on finance and you refused my advice and you walked into it and then you came back and you

44:14

say well why did this happen and I explain it a second time and you tell me I'm stupid and you go and do it again

44:21

you come back a third time if I go in and I start telling well I Told You So

44:26

and look you don't listen to me because you're an idiot that it does not pass the what are

44:32

you doing and why test because what I'm doing then is I'm actually exerting power over you and I'm trying to feel

44:37

better about myself by seeing I'm trying to repeat what didn't work you know if I taught you for three times and you still

44:44

keep repeating the mistake I'm a bad I'm a bad teacher that's not fair like what I'm doing isn't working I actually at

44:50

that point what I do is say hey I'm trying to show you a way how to live a

44:55

financially plentiful life and you're not listening to me and

45:01

you're not hearing me how is that working out for you what are you looking

45:06

to accomplish and how can I best support you in doing that if only you you know you as the teacher you as the anxious

45:13

woman could do that and allow your superpowers to be actually utilized in a way that's comprehensible and practical

45:20

you will be having entirely different conversation instead you just sit there and say you're so dumb you're so emotionally unavailable I hate you you

45:26

suck neat now this is a fascinating piece that I've actually learned from you as you know I I learned that piece by

45:33

working with you by understanding exactly how avoidant men have thought and you and I together people don't know

45:39

this but you and I together built the how to love an avoidant man video course to show women how to understand that

45:44

language component right there because if you speak to an avoidant man with your feelings or with anger or

45:50

resentment that's exactly what happens so ladies out there we have that course available please check it out it's linked in the description but Andre what

45:58

has been your quality of life Improvement for the guys that are listening how much has emotional connection changed your life percentage

The Struggle of Avoidant Men With Emotional Intimacy.

46:04

wise of fulfillment of Happiness of lack of friction what what what's what's been the increase for you there's a before

46:10

and an after it's entirely a different ball game the different ball game is in what sense there isn't a quantitative

46:17

increase a quantitative increase is it says well I am now 4 123% happier than I

46:23

was you heard it 423 per. no wrong what I'm trying to say is you do not have the

46:30

capability to understand happiness until you have the full spectrum it's like

46:35

going to an art museum if you cannot see the colors blue red orange green and

46:42

yellow good luck walking through that art museum right so you say hey how much more did you enjoy the art museum when

46:49

you were limited you know to 20% of your vision versus 100% of your vision it's

46:54

entirely a different experience you know there're two different places in which you survive and live right that's why

46:59

it's actually difficult to comprehend in fact as you transition from uh from avoid in to secure attachment there's a

47:06

very interesting step that happens which is a absolute sense of Terror and

47:12

rejection and the first thing you want to do when you wake up every morning is

47:17

run and you will have to work through two or three months of that where you absolutely will despise everything about

47:25

you the situation everything else and everything in your systemic you know scale of instruments and you know panel

47:32

will be literally flashing red saying this does not work danger danger danger

47:37

and there'll be no smoke coming out did you have that experience when you were first connecting with your girlfriend your current girlfriend right did you

47:44

yeah and then you you have to wait and it ends did did you express any of that to her while that was happening because

47:51

it's my internal problem and I need to work with my internal solution and it's not somebody's fault avoiding it hurts

47:57

okay yeah but the thing is it's not her fault that I have to go through that sh it's not her fault so why does she have to deal with it so when you wake up in a

48:02

cold sweat and your eye is twitching and you're you're like twitching and and and soaking the bed sheets with your stress

48:09

level and you're so rigid you can hardly walk and she says how are you doing and you say I'm fine right we don't say I'm

48:16

fine that's a lie well well what did you say did you talk to her about that component no your love feels terrifying

48:22

did you say that to her that's ridiculous what is a movie no what you say is hey it's so far I think we're on

48:31

the right track we're working through things I'm very happy with how things are progressing and I'm working on getting better and you go to the gym you

48:37

take cold plunges you you know if you're religious you pray and you just simply understand that you have a physical

48:44

response a physiological response to an emotional state that you're not used to right it's called growing up but did you

48:50

ever at any point express to her that you were even having that response on the inside did she know that about about you

48:57

it's probably better to ask her okay well well um if you had held back what would have

49:03

been your reason for holding back on sharing no 100% I hold back and here's the thing like as a man you are actually

49:09

responsible for creating a comfortable and loving atmosphere right I do not share all of my say Business Financial

49:16

personal troubles with my girlfriend because I'm trying to create an environment which feel safe and

49:21

protected I'm very good at Building Systems I'm building a system where she's cre she's safe protected just as I

49:27

do with my child as I will with my entire family okay right and here's the most important thing right anxious woman

49:35

will go after avoidant men because of all of the stuff they're not providing

49:41

well I'm going to say this anxious woman can you only imagine all the [__] you're not experiencing because we're taking

49:47

care of it because maybe you're not experiencing you know a fat abusive slob you're not experiencing financial

49:53

difficulty you're not experiencing you know many risks and challenges because we're trying to protect and guide you

50:00

and guard you and that is our core Focus now I don't disagree to that component but I will also say this at some point

50:07

you do need to share the context of what's Happening do you remember the first car ride you and I ever took together I do do you remember driving

50:13

yep yep do you remember the fact that I was sitting there in the passenger seat looking at you like this every 3 seconds

50:19

cuz your eyelid was twitching so hard it was like a machine gun my eyes dry out and C that was what

50:25

you said at the time my eye is just dry uhhuh do you remember the like overwhelming compulsive twitch of that

50:32

eye even after you put eye drops in it well I know why that happened in retrospect right cuz I actually showed

50:37

up having just gone through a divorce yes and I stayed with your family and I

50:43

walked into the loving beautiful atmosphere and I 1,00% shut down I

50:49

remember all my kids dog piled on you they hugged you they called you uncle they were so happy my wife gave you a

50:54

big hug and that was when your eye twitch started uh-huh yes yep yes and then we were driving and your eye was twitching I was like are you good you're

51:01

like yeah it's just dry like Batman voice it's just dry and I was like okay and I like five minutes later I felt

51:08

like the woman in the relationship I was like are you sure you're okay and you're like yeah and I remember for like an hour of that car ride I was like we're

51:15

going to die that's I was sitting there I was like first of all I couldn't drive with one eye you were fantastic you were

51:21

a good driver but what was I supposed to do the whole time my heart was like we're going to die and and my it wasn't

51:27

and did we no but did you die here here was the thing I was like okay he's

51:32

stressed out and his eye is twitching and he won't acknowledge it if you had just been like you know what I'm a

51:37

little bit stressed so my eyes twitching I would have been okay thank God he's acknowledging he's stressed out okay at

51:43

least we're there at least we're there and I think that's where most anxious women are probably going to come in here to the conversation and say yes if he

51:49

can just give me some brief context fantastic that that brief context makes you human it also makes you trustworthy

51:56

or you can just let me handle it okay blind trust okay and now when you drive

52:02

with me and your die is twitching I do I have blind trust in you you could you could be weaving through traffic and I'd be okay well exactly take that

52:08

experience I handled it maybe it wasn't pretty on the right side it was a lot better on the left side but my point

52:16

being was that it was okay and if you just trusted me and we got to the end and you did and we filmed an amazing

52:23

course at Ashman boot camp was filmed that day and every everything worked out and as I said I had it and I had it what

52:30

the problem you have been phenomenal the the there has not I will say there has not been a problem it was really just

52:36

the initial moments of absolute blood curdling Terror that we were going to that's why I said I don't give a [__]

52:43

about your feelings when I'm driving my eye twitching we need to film a course you know and there's other things to do

52:50

sometimes I'm sorry hey you know I have a limited capacity and I've had to sit pull over and say Adam I'm going to hold

52:55

your hand and I'm explain the emotional difficulty I have cuz I haven't had time to process that yet no I I will also say

53:01

this you have come back and tell like a couple a couple months later I did say

53:06

hey do you remember that time your eye was twitching and you were like oh yeah I realized and you said I I realized yeah that was because I was I was

53:12

detoxing from all these other things and then the love and connection it really was different for me so I was really

53:18

trying to shift that was also a piece of me trusting you was you coming back with that Clarity and being able to say okay

53:23

here's here's actually what happened you told me after the that really built my trust in you so that's something that

53:29

men need to be doing with women is the after report like here's what I've realized here's some clarity because then she's not like oh no he is still

53:35

redlining with no aw the thing that woman do and I'm really glad you didn't do that and this is something that

53:41

absolutely sets avoiding men off we're like hey I have my hands full there's 50,000 life circumstances of which I'm

53:48

shielding you from because I love and respect you I have systems to build on

53:53

it and maybe I'm not 100% on on the outside but I got this and they sit there and go why are you telling me you

54:00

need to tell me right now you don't love me do you and it's like holy cow just save the

54:08

conversation for tomorrow just let's finish our trip I just need a minute you

54:15

don't need to instantly try to get everything out of me this instant give me a breathing room and wait and that

54:22

right there is why anxious women have to begin the process they don't have to begin the process by giving the man everything this is this is what women

54:28

unfortunately misunderstand when I say maybe I should be clearer they don't have to do everything and give everything and start everything and be

54:34

selfless what what what anxiously attached women have to do is begin the process by fixing their own insecurity

54:41

that causes them to be so amped up that they have to dig those facts out of you with a knife before they can even begin

54:47

trusting you there has to be some secure ability to calm your own nervous system

54:52

so that the avoidant man can work with you if you don't he cannot work with you this is why I say anxious women must

54:58

begin not even for his own sake but for your sake soothe your nervous system learn to become a bit more secure so

55:04

your anxiety is not in control you are in control Master yourself so that he can work with you instead of working

55:11

with your anxiety and I really like that because it's not that we don't want to it's

55:17

because we sometimes can't because on one side we have this overload of the world and you know what I'm sorry I

55:23

don't control life some days are just [__] hard and I didn't expect that I

55:29

didn't get enough sleep maybe I had you know two cups of coffee too many and now I'm a little amped and you know I'll

55:35

take responsibility for that I get it but just give me a second okay and

55:41

that's what I mean it's like I will keep you safe I will keep you protected I will keep you taken care of I'm not

55:46

blowing my gasket at you I'm not you know involving you in my problems I'm trying to be you know to the best of my

55:52

ability honorable and respectable and respectful of you and I'm doing that very much by

55:59

suppressing my own feelings of fear and anxiety and worry and whatnot and I just need you to lay aside

56:06

your feelings for a little bit in a tiny way so I can provide for you so I say

56:11

you know your feelings it doesn't mean f your feelings it says it literally means there's a time and place for everything

56:18

okay and you need to trust me to guide you to a place where we can both process

56:23

them safely knowing that you're not the one driving knowing that you do not see

56:29

what is coming around the corner because you yourself have given me that responsibility and this is the part that I really hate women go oh you drive and

56:36

then they keep taking the wheel it's like don't touch that either you're the driver or I'm the driver and you cannot

56:43

have it both ways you know like really no like there's boundaries right so if you have trusted me to take care of you

56:50

and you have brought me into your life and I've brought you into mine we've made the arrangement you cannot sit

56:55

there and criticize and question me all the time because you have feelings learn to manage your emotions like a adult

57:04

right and learn to manage them in adult ways so you can live with an adult as

57:09

opposed to simply just sit there and make me the sounding board for all the [__] that's happening to you we're not teenage girls and to that connection

57:16

point though once a woman is regulating self her feelings must be listened to

57:21

inside the relationship if theant man is not listening she regulates she brings them she's measurable and calm and ready

57:27

to have a conversation and he's not then it is 100% his problem yes that's the piece is anxiously attached women at

57:33

home if you take that first step and you're regulated you're calm you're speaking properly then you can really

57:39

look at it and say is he the problem because he almost certainly is at that point if he's refusing to engage right

57:46

but here's actually one more piece I got to add do that realize that as soon as you do that

57:52

you will not get an immediate result CU if your man is stressed or he hurt or he's upset or he doesn't know how to

57:58

communicate he's still that you emotional ape you know sucking his toe while you're teaching him you know

58:03

higher quantum physics do not expect an immediate result do your thing if he's

58:09

not responding pause this is one thing that I asked my girlfriend as a condition of you know our relationship I

58:16

said if I'm not being somebody who is worthy of your respect I need you to

58:21

give me space and feedback and give me the opportunity to become that person as

58:28

in don't leave do not engage with my B do not Pity Me For the Love of God right

58:34

just give me space and say hey what you're doing is not good enough for me and I can't respect you right now so if

58:41

could you please go and fix that so I can go back to respecting and loving you and I'll wait right here until you do

58:47

what would you do as an avoidant man what would you do if a woman let's say she's self-regulated she manages her own

58:53

emotions okay she's responsible in that way what would you do if a woman came to you in a relationship and said you are

58:59

not acting in a way that I can respect what would that do I would say okay what

59:06

is happening tell me more what is it that I'm doing that you don't like what

59:11

would you like me to do instead and why would it make you respect me and then

59:17

please what happened is that especially if you're avoid man I'm not living on the street you know I'm not you know

59:23

sitting there picking my nose all day watching Netflix playing video games I have taken significant steps to try to

59:28

be my best self so when you take those words to me you're actually exposing something that I have the opportunity to

59:35

work towards cuz now I have purpose and now I have a reward for

59:42

achieving that purpose because it means hey I am watching you and I care for you

59:47

you're falling short in a place I trust that you can get there and

59:54

if you can I will be waiting and I will reward you with love and respect what more can you give a man to

1:00:02

motivate him I love that so let's let's dive into this respect piece a little bit more what if a woman came to you

1:00:07

what's what's the difference if a woman comes to you and says I feel like you don't love me versus I feel like you

1:00:15

don't respect me what's the difference there in your response to

1:00:20

her if a woman comes to me says I feel like you don't love me

1:00:26

I kind of go well that sucks I take that as a criticism right I take that as a

1:00:32

criticism that I don't really know what to fix with of course I'm going to say okay well can I what can I do differently but it gives me a very deep

1:00:38

and sinking feeling because I actually feel a little bit betrayed when that happens because I go well actually I do

1:00:44

and you just have kind of you know ignored that and I don't know what to do

1:00:51

cuz you're not giving me a solution you're trying to make me Chase a goal I don't understand CU your definition of

1:00:57

Love is much higher elevated than mine and you're just belittling me in a way because you're not giving me an answer

1:01:02

you know so you don't love me it's like well and now what I say no I do and I'm trying to be

1:01:10

you know what we're going getting into an argument and and you're going to list all the things you've done for her the food theel the care right everything

1:01:17

yeah I don't want to do that right right and that's okay cool great now we now we

1:01:23

just both kind of disappointed um versus versus respect you say you don't respect me that is a red light and I go whoa

1:01:31

what have I done to make you feel this way what have I done to disrespect you because now it is an honor-based thing

1:01:38

you know actually men have this conversation with themselves healthy men because you know you get into an

1:01:44

argument with a bro and your bro goes you know what bro I feel like you don't respect me right now and that is it's

1:01:50

about to come to blows and we'll figure out who the you know the big dog is and that's fine or it's a checkpoint and say

1:01:57

hey I have done something dishonorable please give me the opportunity to fix it

1:02:02

and we're playing into the strength of a man to repair those relationships right respect means everything to us because

1:02:09

that's what we want to be we want to be respected that's a very strong move as opposed to you don't love

1:02:16

me what's that again I love this so to all the ladies at home it sounds like

1:02:23

what they need the shift they need to make is speaking in the language of respect speaking of the language of

1:02:28

respect instead of initially love love is not measurable to most men especially at the beginning of the relationship but

1:02:34

the respect component is let's actually play this the other way Adam if I'm your

1:02:39

wife and I look at you right now you know I've been sad over the dinner table you know we put the kids to bed we're

1:02:45

like in bed go Adam you don't love

1:02:51

me I would say what is it that's making you think that how does it make you feel Adam when I say

1:03:00

that confused right yeah you're an attachment specialist very confused you're supposed

1:03:06

you're supposed to be the best in the world about this and even you are confused I my my brain immediately goes

1:03:12

to all the things that I as a man do to show that love that care that diligence the The Blood The Sweat The Tears

1:03:19

everything that you put in day after day after day and it's like if if I don't love you then I don't love any living living creature on the face of the

1:03:26

planet yeah and you know what I how I truly feel if I can actually express it for a second that is so manipulative

1:03:32

yeah because what it is it says look I have done everything that you have asked

1:03:38

me for yesterday you told me you loved me and you were happy and everything was fine and all of a sudden today you dare

1:03:45

to take all of that away to criticize me to see what more you can get out of me you that is the First Response all of us

1:03:51

men experience that's why you have to set it aside and say well okay what what are you what is it that's making you feel that way then you have to try to

1:03:57

play a guessing game with and you go you become the adult in the relationship you have to take care of the little girl

1:04:02

that's hurt on the inside quite honestly yes that is the feeling yeah so when girl when women do that and girls do

1:04:08

that it's like just understand that you have now stop being the adult you are

1:04:14

now like my six-year-old daughter who says you don't love me and I have to say

1:04:19

well what makes you feel this way and what would you like me to do differently and can I give you a chocolate now we

1:04:26

can go and watch TV so you feel loved like I'm sorry grow the [__] up yeah you

1:04:31

know find better ways to express your needs and emotions and then do not sit there you know like if you want to be a

1:04:37

child like we have so much compassion as men for women and their needs and their troubles I have a deep respect for the

1:04:42

fact that my woman is going to fail and that's okay she can divert to little girl she can divert to you know crying

1:04:49

sobbing mess on her period or off her period she's going to go through pregnancy she's going to go through child birth there's a lot of experience

1:04:55

says I'll will never never understand and I will always protect her love her respect her and you know defend her and

1:05:02

it's okay for her to be a little girl right and that point at least just be honest be like hey I'm having a little

1:05:07

girl moment I don't feel like you love me can you please hold my hand and hug me yes that's it I don't feel like is

1:05:14

different from you don't love me you don't love me is a demand and a challenge and a complete negation of you

1:05:20

I feel like you don't love me and I'm having this moment can you help me that is massively

1:05:26

and it's okay to have I feel like you don't love anymore but realize that in that instance you have given up all

1:05:31

control and you have therefore given up your right to demand to be treated like an adult you are a child your man will

1:05:38

treat you like a child you have given up your power you have given up any type of rational conversation and you're just

1:05:44

making a bet that your man is a good in a good mood and he's ready to put up with you bull yeah and if he is he's

1:05:50

going to sit there and cuddle you and explain and talk and make you feel better and you'll go through a little girl experience and come back into your

1:05:56

Womanhood and feel better at the expense of the man so this is what you know my wife we've been together for 15 and a

1:06:02

half years we got five kids I run my business so it will come as no surprise to anybody that there's definitely times

1:06:08

where she comes to me and she needs more love and more affection right she doesn't come in and say you don't love me and then I have to say yes I do what

1:06:15

can I do to help she would never ever do that and she also doesn't come to say I don't feel like you love me when she's

1:06:21

when she's feeling disconnected from me we haven't got time you know she's having her quote unquote little moment whatever you want to call it there when

1:06:27

she's not feeling cared for in that way she comes to me and says I know you care for me but lately I haven't been feeling

1:06:34

it and here's what would help me can we do this and that's fantastic such a

1:06:39

beautiful red light moment and as a man there's no shame in saying yes to that

1:06:46

correct right you are actually not disrespecting yourself you're saying yes you are right I have not done enough

1:06:52

please let me make this better right now yes AB women assume that men gripe about

1:06:58

their wives behind their backs like no women like this men brag behind their wives but don't I brag to you about my

1:07:04

wife how easy she makes my life there's something that you know I've told my

1:07:09

girlfriend recently and she I basically said I kind of want you to be like an eight out of 10

1:07:15

drama seriously because what it does it's information for me right an eight out of 10 drama means you're not going

1:07:21

completely off the wall but you're not hiding things either right you're actually allowing yourself to be in this

1:07:27

little girl moment and that's a building and relationship with but you're leaving 20% adult saying hey I can't manage my

1:07:33

emotions right now and it would really help me if you could help me manage my emotions can we please do it in this in

1:07:39

this way you can still be 80% little girl but if you're 100% little girl then like I'm still learning how to be a dad

1:07:45

yeah right and if now I have all of a second second a second a third a fourth

1:07:50

six-year-old my brain will melt out of my ears you know that's just what the feeling is so that's how we rely on that

1:07:57

now that's not to say that guys don't have those moments either cuz sometimes I have little boy moments MH you know there's there's days when I want to put

1:08:04

my head through the wall oh yeah right and then I actually sometimes have to do the same thing sometimes know she comes

1:08:09

up to me and she's fantastic at this she goes how are you doing and I go I don't really know and she just kind of gives

1:08:15

me this little space and she this is the best part she gives me this little side it's not like a full frontal hug she she

1:08:22

has learned yeah no no no but if she gives me a full hug my cortisol will Spike because I'm not ready for the

1:08:28

serotonin dump it's like and it's the worst right you know as a as a guy if you get if you're flooded with cortisol

1:08:34

something stressful has happened and your girl latches on to you and she releases this flood of Serotonin it is

1:08:41

toxic in two ways first of all it takes you out of the Zone makes you dumb yeah and the second thing is that as soon as

1:08:47

she lets go and your qutool system spikes back up again it's going to be two three times as bad as it was yeah

1:08:54

makes my so my wife early in our marriage that's what she used to try to do when I would get stressed out I'd be in one of those moments like like we do

1:09:00

right I'd be like be tunnel vision and she'd say how you doing I'd say I'm fine I just got to do this project she'd go

1:09:05

okay and she'd get in front and try to give me a hug and I'd go no and I'd push back because it would make my skin crawl

1:09:11

the idea of being hugged and I'd say absolutely not and she'd go and she she'd be kind of so heartbroken kind of

1:09:17

hurt right and we were in our very early 20s and she'd be kind of her like why doesn't he want my love and I had to

1:09:22

explain to her like when I'm in this moment I a hug is the worst thing you can do I need to get through it and then

1:09:28

when I'm when I'm done then my system is is I don't know where to go that's the

1:09:34

moment where you can hug me and help me bring my system back down after the battle is done right after the battle

1:09:39

here's the analogy right you know there you are you know in your little medieval town you know kind of like tending to

1:09:44

your house then you know ulri from the nearby Village like burst in wanting to pillage and burn so you like pick up

1:09:51

this rake and your wife is hanging on to you like give you a big hug please halfway through the fight right exactly

1:09:58

doesn't work like that no it doesn't yeah after the battle you hug your husband after the battle you bring his

1:10:03

nervous system down that's the thing that women don't realize you you help him bring his system down yes and then

1:10:10

comes Victory comes Victory yes exactly right right there on the table but but after that the the nervous system comes

1:10:17

down the healing happens you he's like oh hey I have a bullet wound in all four

1:10:22

Limbs and you bandage and you nurture and you care and and then he's like wow this is incredible and that's where

1:10:27

that's where a woman's moment is to shine and that's why again let's come back to this you know anxious attachment stuff so yes it goes both ways of course

1:10:34

there's an issue that avoidant uh men have but if you're anxious and you're constantly trying to

1:10:40

throw your love at the worst possible Mo moment I'm sorry you're being exceptionally selfish it's not all about

1:10:47

you and your fcking feelings because some things sometimes life is just dangerous sometimes it's not the right

1:10:54

time love is a luxury right we understand that We crave that as the

1:10:59

absolute epitome of existence we also know that we sometimes must sacrifice it in order to protect the bottom of the

1:11:05

triangle especially as men especially as men I would love to have the opportunity

1:11:11

to sit and cuddle my wife and my many children and like my dog and whoever else forever right that is the luxury I

1:11:19

allow myself for such finite amounts of time so I can go back to the [__] hole

1:11:24

that is the rest of reality and enable me to have that and them to have more of it hopefully exponentially more than me

1:11:32

and if you go and you belittle me for that then [__] you is my answer because honestly you're not listening you're not

1:11:38

responding to you're not understanding what life is and unfortunately in many cases girls who have been brought up by

1:11:45

fathers who have overr provided for them without helping them understand that there's not always a good time yeah that

1:11:51

is what's happening I will I will never forget the moment that my oldest daughter she's six I'll never forget the

1:11:57

moment that she decided to try to play that card of you don't love me and she did that to me I remember we were

1:12:02

staying in the hallway she was close to her bedroom door I told her no about something and she said you don't love me

1:12:10

and I stood there for like half of a second my heart and my chest was hurts I was like a and my wife from the other

1:12:18

room came in yeah and like launched like

1:12:24

do you have any idea what your father does for you and just went like I almost

1:12:31

had to pull her off not physically violent but just like the amount of like do you know what your father does for

1:12:37

you kind of moment was that was to me was like oh like a warmth but then it was like okay and then I had to talk

1:12:43

with my daughter look you don't owe me for the things I do for you I don't do

1:12:49

them to you and I do them for you and then you owe me I do them because of my love for you if you want to continue in

1:12:56

an in a sustainable Perpetual relationship where we are both cared and

1:13:02

for and loved together then this is what I would like from you in return but I will always love you and care for you at

1:13:08

the same time yeah but here's the problem that is your daughter yes now if your girlfriend or your wife is

1:13:15

constantly in that little girl mode they're very different you are preventing your man

1:13:22

from attaching to you cuz you're always a little girl and that is not sexually attractive no that is not

1:13:29

psychologically attractive that is not love they are simply your Handler you're refusing to leave that hallway as a

1:13:35

six-year-old and you're constantly demanding attention and when you're told no you go you throw a tantrum and you

1:13:41

try to pull every manipulative card in the book at that point you're the toxic

1:13:47

anxious you're the problem right now you got to realize one thing right first of all very few people stay at the extremes

1:13:54

that's a personality disorder if you're like toxic anxious all the time that's a

1:13:59

personality disorder if you are manipulative avoidant all the time that's a personality disorder very few

Solutions for a Healthy Relationship Between Anxious and Avoidant.

1:14:05

people actually have personality disorders they shift down the scale I shift down the scale I'm sure there's

1:14:11

days when I'm toxic too I'm sure there are days right maybe on some work

1:14:17

calls my producer slowly losing here um but my case and point being is that you

1:14:24

actually have tremendous controls of these behaviors and you also have to realize you're going to have good days

1:14:29

and you're going to have bad days your job with your partner is to help them manage the bad days to also help ensure

1:14:36

the good days however if you're simply enabling that behavior you're actually going to be making more bad days yes so

1:14:43

what advice do you have for the avoidant when their anxious partner shows up and says you don't love

1:14:49

me well this is going to be redundant for most avoidant men but I will say this don't accept that level of

1:14:55

manipulation no avoidant man in the world should ever accept manipulation ever period so let me let me be very

1:15:01

very clear and blunt for the avoidant men out there who think I'm simping for women do not accept that don't accept

1:15:07

manipulation ever from anybody uh number two though recognize that if you are in

1:15:12

a relationship with someone their feelings do matter and you have taken on some responsibility if you want to be

1:15:18

The Driver of the car you now must take the responsibility of being the driver recognizing that you have asked her to

1:15:23

sit in the passenger seat so she is now a passenger in your vehicle you now have responsibility for her feelings and her

1:15:28

care so definitely do take responsibility for that component and don't say your feelings are not my

1:15:34

problem so you must balance between not accepting abuse but also listening call

1:15:39

her to account lead her right I know it's not popular and all the red pill guys have ruined this that men are you

1:15:46

know if if you say lead your wife appropriately it's like oh abuse her control her no no no no never M but

1:15:52

servant leadership yeah servant lead ERS ship that is the that is the key here but also a human level of compassion

1:15:59

right for yourself and for your other person right and this is the point where you got to

1:16:04

understand sometimes life is going to things throw things your way you're going to go

1:16:10

subpar you know sub your own par at that point your woman will sense that and she

1:16:17

will go dig at it my daughter does us all the time she we always have an argument when I have a bad day and it's

1:16:22

like she purpos ful we'll find it will spend hours trying to dig and dig and

1:16:29

dig and there's like been some days when she'd find it we have an argument then we have to resolve it and there's some

1:16:35

days when I could get her to bedtime and then she F falls asleep and I walk out

1:16:41

and he like collaps in the oh thank God you've called me like from the floor before Adam I am on the floor it's it

1:16:47

smells weird I need a new cleaning lady like youve you've done that before yeah and you collapsed because like oh my God I just survived like the absolute 12

1:16:55

rounds with Mike Tyson you know and like I crawled out of there with like missing teeth and an eye yeah right because it

1:17:01

feels that bad and you got to realize so first of all you're having a bad day chances are your woman is not going to

1:17:06

challenge you when you're having a great day she's going to challenge you when you're having a bad day because she send some something's off it's going to set

1:17:12

off the anxiety component she's going to come at you as soon as she comes at you

1:17:17

this is already this is already a fight before you even know it so put on your fighting gloves put on your armor

1:17:23

control your emotions control your anger you trained for this you've built your avoidant armor for this put a the on and

1:17:31

then start being the adult you're good at this start being an adult and say hey hun you seem very worried right now ask

1:17:39

questions you seem very worried right now I understand you're upset you see and this is the best part that was one

1:17:44

of the best Adam that Adam has ever given me was explain the situation you see I'm very worried about work right

1:17:52

now because we had some Financial difficulties or contract you know didn't

1:17:57

get paid or something so I'm very absorbed in that and I'm very annoyed at some people so it's not you but how can

1:18:04

I help you right now I have a few minutes I'm going to take them away I have a work call coming up next and I do

1:18:09

have to be on that call and I have to be attentive but I would like to spend a few minutes with you wonderful do that

1:18:16

99% of the fight is gone however you got to realize that you're going to say then

1:18:21

okay and when I'm done that call we're going to put the kids to bed and I promise you from 9 until 9:45 I'm going

1:18:28

to be yours and we can have a full conversation then clear designated time when you're going to continue yeah so

1:18:34

many women will hear this and they'll say you're telling the man to be the adult in the relationship and many women will say well I am being the adult in

1:18:40

the relationship and he's not ladies to your to your side Being the adult in a relationship means disciplining your own

1:18:46

feelings disciplining them so that they can be useful your feelings are not useful if they are not disciplined and

1:18:51

not measurable and if you're not in control of them so regulate yourself as the adult that is you being the adult

1:18:58

and then you can bring measurable useful data to him and it is his responsibility to meet you and also be an adult so that

1:19:05

he can then work with you on the problems that you have detected MH and you will initially maybe have 3 to 5% of

1:19:12

your arguments end up in that space and that's success yeah that's 3 to 5% of successful things all you have to do is

1:19:19

to build a sufficient Cadence where both of you can feel an ounce of safety and a hope that that maybe this argument may

1:19:25

be like that know that you will fail 95% then 92 then 90 then 80 then 40 then 20

1:19:34

and maybe by the time you're 75 and like perfect you'll fail 15% of them you will

1:19:39

always have a percentage of failure you'll always have bad days you'll always have a circumstance where there

1:19:45

will have to be you know one adult and one child in the relationship and that's going to be the majority of it try to

1:19:53

both be adults expect to fail especially the beginning accept that one person may

1:19:58

have to be an adult to care for the other child and then if you are the child try to revert back as soon as

1:20:04

possible understand what's happening in your head and this is the worst case if you're both going into your child

1:20:11

State leave get out shut the door you say hey you know what I'm sorry I can't

1:20:16

handle this right now I need a few minutes let's come back to this in 20 minutes I'm going to go here you're going to go here and the other child

1:20:23

needs to respect that yep right I had this when Ellie was about 4 she'd you know throw tantrums and then it was too

1:20:29

much and I say hey I'm going to step out I'm going to shut the door and I'm going to come back to you in 3 minutes we're

1:20:35

going to put on a timer and for the first minute and a half she was ramming

1:20:41

the door there was one point when literally my beautiful little four-year-old picked up a chair like

1:20:47

WrestleMania style and was just hammering down and through living dense

1:20:53

like the chair was like half her body weight screaming like an animal until

1:20:58

she put it down she sat on it and she calmly waited for the time to run out

1:21:04

and that's what you want to do right so if your other partner anxious or avoidant is you know as soon as you said

1:21:11

I'm going to take space and you've taken that space and they're hammering on the door from the other side do not respond

1:21:18

let them calm down if you are the banging child stop as soon as you humanly can and real realiz that the

1:21:25

argument is going to end there as opposed to have to continue for hours or days or years for that matter so just

1:21:32

knowing how to stop is very important fully agreed fully agreed Andre this has been a fantastic conversation I I it's

1:21:39

long time coming and I've loved it I hope everybody at home has benefited from it what have you learned what have

1:21:44

I learned I have learned that you and I are basically on the same page oh that's

1:21:49

good which is that's encouraging I came from an anxious place when I was younger and fixed my anxious attachment you've come from a in place and have fixed that

1:21:55

you and I have met in the middle which is fantastic I hope that everybody at home has enjoyed it and the comment

1:22:01

section is probably flooded with either agreement disagreement tell me agree disagree every hate tell us in the

1:22:07

comments you guys this was drawn from your comments this is drawn from the things you've been interested in the are the things that you have talked about on

1:22:13

a previous episode Andre did did we keep you from the comments you didn't see what the ladies were saying about you in

1:22:18

the previous avoidant man I saw it you saw some okay 100% I read all the comments that's why you came in fiery

1:22:24

this time okay well that's all right ladies leave the comments he will definitely read them tell him about his hair tell him that I did see a woman she

1:22:30

rated your hair seven out of 10 that's how angry she was correct yeah exactly

1:22:35

so leave the comments we are definitely reading them we're definitely responding to them let us know how we did in this

1:22:41

episode Andre if they want to contact you personally with their threats or their love or whatever it is where can

1:22:49

they find you Adam Lan Smith for the threats on Instagram Andre corov for the

1:22:54

love and the hair comments no nothing below 8 and a half at the very minimum the rest goes to Adam and ladies I'm

1:23:00

sorry but you will never compare to his girlfriend she's fantastic so you're you're never going to be in there but

1:23:05

don't even try yes one thing I really want to point out right so this is a

1:23:11

perfect example of how these conversations truly go the avoidant man is always going to be annoyed and this

1:23:16

is a predominant commentary is say why is Andre so angry I'm angry because I'm

1:23:22

trying to show you the internal conversation that happens right we're very frustrated very annoyed very upset

1:23:28

we're very lonely on the inside correct and we're trying to do our best to try to get us and our family forever away

1:23:35

from that into a state of love and well-being and all we need to do is get you to please help us as opposed to

1:23:40

running off as a little kid and screaming at us we're not giving you enough chocolate bars right so please

1:23:47

understand that internally there is a lot of turmoil and conflict you have a different you know turmoil and conflict

1:23:52

if you're anxious you know you're probably worried or you're resentful or whatever we just have different challenges right and the fact that

1:23:59

they're different doesn't make one better or worse they just require different management styles you watched Adam manage me throughout this podcast

1:24:06

and you can see how well he directs the conversation so while some of this is real some it of course is a little bit

1:24:12

of a reenactment of the conversations we had you just let it off the leash is what it was just a little bit you it

1:24:18

wasn't fake you just let it off the leash yes cuz we're friends exactly and that's actually what you're trying to do

1:24:23

is you're actually TR a to build a respect based friendship to give yourself that common purpose and find

1:24:29

that love that you actually are going to enjoy not 24/7 no love is 24/7 unless

1:24:36

and until you're in heaven I hope but you're actually going to be able to carve these moments out and that is

1:24:42

going to be sometimes the best you got but it's much better than nothing because if you're avoidant you're going to go back to the cortisol dopamine

1:24:49

Spike which is terrible and if you're anxious I don't know what the heck place you go to but I don't think it's great either so my point being here is

1:24:57

understand that both of you are human when avoid and say affect your feelings they are absolutely going into their

1:25:02

little boy State and they don't really quite mean it but they don't really know how to manage them yet so you can go

1:25:09

into your little girl State and then say well [__] you too or you can go into your adult State and help them work out

1:25:16

of that way eventually people say why does the

1:25:21

anxious woman have to manage the avoidant man she doesn't actually in a relationship if both

1:25:29

people are having a challenge at least one of them has to be the adult and if you are the anxious woman and you have

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that capacity please do that and if you're the avoidant man and you have the that capacity please do that in fact

1:25:40

make it a rule that whoever can get to adult State first gets there and stays there until the second person get get

1:25:47

there too and you guys will be okay it doesn't matter if you're anxious or avoidant this is not a trade this is not

1:25:53

a business this is a relationship so whoever is in a better capacity helps the other and

1:25:58

then eventually you'll see that the roles will switch and if you think you're the bestest and you're the most responsible fantastic use that energy

1:26:06

get your partner to a better level realize you're going to fail and burn out some time and then watch them help you get through the next stage and

1:26:12

you'll have this ratcheting effect which is fantastic there's nothing wrong with that and on that end it's warming my

1:26:18

heart to hear this it's been three three years and he's grown up so much I tried

1:26:24

yeah coaching is fantastic I really got to say his coaching is really good because it's personal right we actually

1:26:30

you go at my level and while I love the courses that we've made together and I've put a lot into the courses and

1:26:35

you've put a lot into the courses to try to structure them in a way that makes sense the personal component the

1:26:40

tonality of your voice the way that you approach things you've seen these conversations right you know actually I'm happy we had this little argument so

1:26:47

you actually people can actually understand that they can be themselves around you and they can be the little

1:26:53

kid that Adam can help get to the stage of an adult and train them to stay an

1:26:58

adult that's really important that's actually I'm excited for your retreat I'm going to be there as well coaching

1:27:03

people with you which is going to be really interesting I'm going to be one of the people on whom you get to practice Yeah so there's actually two

1:27:09

things that I want to talk to you about um and people at home you're welcome to listen in but um so there's a

1:27:14

treat component where people are going to come and about only about 25 people I don't want more than that yeah I want it

1:27:19

25 so we don't have a thousand people on a and I'm on a stage I I no I I want 25 people you and I can talk to and

1:27:26

train and help and have those experiences and have these conversations with so they go home changed forever

1:27:32

from three days they get five years of of practice and experience in from those days during the retreat number one uh

1:27:38

that's coming at the end of the year and number two is I can't coach everybody in the world I'm realizing that you told me

1:27:45

something a long time ago you said you will never change the world from a farm in Wisconsin and and that's true I've

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had to travel quite a bit but also there's no way for me to personally coach every person on the planet so I

1:27:56

have been very very carefully filtering just a couple just a couple of of very

1:28:01

carefully trained therapists that I think I'm going to bring in and I want to talk to you about this a little bit later but I I think there's a couple of

1:28:07

people I trust enough to take on some coaching under me and and use my attachment methods to start working with

1:28:14

my best clients to start getting that experience I don't think it's just Adam Lan Smith anymore I think fixing the

1:28:19

attachment through these methods that you and I have built over the last three years it needs to expand into a system

1:28:26

where I can have I don't want to say send out people that sounds weird but I can have very carefully handpicked

1:28:32

coaches with the right training that can help people on a larger scale than I can by myself we have learned a tremendous

1:28:38

amount about people psychology and attachment itself in practice after building and running Adam's business has

1:28:44

been now two and a half years almost three years well and you ran Jordan Peterson and built his business before me so you're much more interesting to

1:28:51

me so um what I like about what we have learned here is that we've learned that

1:28:58

first of all attachment is a modeling game we have to learn how to model it by

1:29:05

observing somebody who has it so first of all this expansion of the coaching practice while it of course has has to

1:29:10

do with you know giving you know capacity for more people to join us it's also about getting different types of

1:29:16

people you are perfect for a large subset of the population but some women need a woman to speak to some man need

1:29:22

to have a different type of man yeah you know at this Retreat you're going to have different um actually different

1:29:27

actors who will help roleplay scenarios and I'm going to be one of those actors so you can actually come and talk to me

1:29:32

and I will pretend to be different people for you but eventually it's going to be about making it more than that

1:29:38

attachment has to be the thing that heals the world in the way that it allows it to grow up healthily yeah

1:29:45

securely to take all of these insecure children and adult body bodies and allow

1:29:51

them to grow into secure functional adults and that's what we're trying to do here so I'm excited for that and

1:29:58

please everybody keep continue watching the development of Adams brand we're really putting so much effort into it and he's doing so much for the world and

1:30:04

I'm really excited for it good job Adam very proud of you thank you my friend I think I've grown up over the three years you've known me as well there you go so

1:30:10

that's I guess a little business update as well but here's actually this I'm going to pause pause here and say say

1:30:16

this as a final final thought look at how this conversation went we started combatively we worked through our issues

1:30:24

we've allowed ourselves to become adults and look at this bonding moment that Adam and I have just had in front of you

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this is what you can have with your partner if you just stick to being an adult long enough and actually fix that

1:30:38

attachment and Des decide that you are ready to go from the outer spectrums of avoidant or anxious and bring yourself

1:30:44

to the Middle where you guys can meet and really have a fulfilling connection and relationship here's an example

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there's plenty of examples that you guys can follow so take do the work take the time and it'll be worth your while so

1:30:56

thank you for joining us on I wish you knew look up Adam at attachment Adam on

1:31:02

where again Instagram and YouTube I'm attachment Adam I'm also on Adam Lanes smith.com where you'll find everything

1:31:07

about me that Andre has helped build over three years yep and you'll see more of Adam story at veritus creative. media

1:31:14

and for the positive comments please send them to at Andre corov on Instagram

1:31:21

and all the negative stuff you know you hate me just disagree with me you want to say [__] you too Andre you should care about my feelings put them in the

1:31:28

YouTube comment section so I can select what I can ignore and what I can respond to anyways thanks for joining us on I

1:31:34

wish you knew this was fun and please see us on the next one comment like share hate us love us and please tell us