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❤️ Stop anxiety from hijacking your dating life

1 message

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THE 3 RELATIONSHIPS

MATTHEW HUSSEY



Hi Alaina,

Hey! Before we dive into today's newsletter—just a quick heads up:

Missed the live kickoff for the *30-Day Confidence Challenge*? You're in luck—**the replay is here**, and it's packed with everything you need to reset your confidence, start showing up as the boldest version of yourself, and get rid of “the anxiety claw” (which I talk about below) for good.

Inside, I reveal the subtle mindset shifts and practical tools that will help you stop overthinking, take control of your emotions, and build unstoppable momentum over the next 30 days. Plus, you'll get the 5 missions designed to push you out of your comfort zone and into real progress. Don't wait—this replay is your chance to join thousands already transforming their confidence.

 **Watch it now before it's gone!**



**A huge thanks to the thousands who
joined me for the *30-Day Confidence
Challenge* this week!**

In my 17 years of helping people navigate their dating lives, I've seen that exhilaration and anxiety often go hand-in-hand. The early stages of getting to know someone often feel like walking a tightrope—balancing the excitement of possibility with the fear of rejection or uncertainty.

If you've ever found yourself overanalyzing a text, questioning someone's intentions, or feeling consumed by worry . . . it's not just you. Anxiety has a way of creeping in, turning what should be a fun experience into self-doubt.

So, how do you regain your confidence when anxiety starts to take over?

The first step is understanding how anxiety operates. Think of it like a claw machine at an arcade. Anxiety is the claw, constantly searching for something to grab. One day, it might latch on to the fact that someone didn't text you back right away. The next day, it might obsess over whether that person is dating other people.

After you resolve one worry, the claw simply moves on to the next one. It's always active, always looking for the next thing. When we realize this, we come to see that the problem isn't the particular worry the claw is holding on to—it's the claw itself.

Recognizing this pattern is crucial because it allows you to stop giving so much weight to the objects of your anxiety, and start addressing the root cause: the anxious impulse itself.

When you notice anxiety creeping in, pause and label it for what it is. Say to yourself, **"This is anxiety."**

By doing this, you create a moment of awareness that helps you separate your emotions from reality. For example, if you're feeling anxious because they haven't texted back, remind yourself that whatever their feelings may be, your

anxiety is looking for something to latch on to, and even if you resolve this worry, it will find something else an hour from now. It's just what it does.

"The claw" wants you to focus on what it has chosen as the all-consuming concern of the day—it's like it's pointing at it saying: "You need to ruminate constantly about *this* thing in order to keep us safe, do you hear me?"

Our job instead is to bring awareness to "the claw" itself—watching what it does, noticing that it will always do exactly this, today, tomorrow, and the next day.

Watch it long enough and you'll begin to see the absurdity of how quickly it will simply drop one object and move on to another over and over again, like a small child dispassionately dropping a toy and picking up another one he or she is newly excited about.

When we do this, the objects the claw of anxiety holds—the text we haven't received, the fear about our future prospects, or perhaps the idea that someone is mad at us—don't seem all that important anymore. What emerges in place of our anxiety is a newfound sympathy for the person whose genetic makeup, or life circumstances, made them feel the need to invent the claw in the first place.

Until next time,

Matthew x

Want more?

New podcast episode: Does flirting make you feel awkward? You're not alone—and this episode is here to help. Join Audrey, Stephen, and me as we uncover the invisible flirting techniques that make sparking chemistry feel natural and effortless.

From decoding subtle signs of interest to mastering playful teasing, this episode is full of practical tips to help you flirt with confidence—whether it's with someone new or a person already in your life. Watch on **YouTube** or listen on **Spotify**, **Apple Podcasts**, or other podcast platforms.

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