

Jaki Ives interviews Nadine Piat.

NAVIGATE THE
Make OR Break
Of a New Relationship



Nadine Piat



**SUMMIT MAKE HIM FALL
MADLY IN LOVE**

**Navigate The
Make Or Break Period of
A New Relationship**

**Jaki Ives
Interviewing
Nadine Piat**

JAKI IVES INTERVIEWING NADINE PIAT

Jaki: Hi! I'm Jackie Ives, your host for our video summit Make Him Fall Madly in Love. 2 experts share tools on how you can attract love, keep it real and make it last forever. And so I'm so pleased that you've joined us today because we have an incredible speaker today. A renowned dating and relationship coach, Nadine Piat. Nadine, welcome!

Nadine: Thank you. It's wonderful to be here Jackie.

Jaki: I'm so happy you're here today. How are you?

Nadine: I'm fantastic here in Australia. It's a beautiful morning and it's wonderful to be able to share some great tips for dating, love and making the whole experience a whole lot easier for us all.

Jaki: I just love the fact that we have this internet and that we can all share all this marvelous information all the way to Australia, to San Diego, California. I just think it's such a wonderful opportunity that we all have and it just brings us all so much closer.

Nadine: Absolutely. It's definitely the way of the world and I'm just thrilled that I can do this with you. So it's a treat and I love it.

Jaki: Great. And so before we jump in to our subject, I just want to tell the audience a little bit more about you. Nadine is a renowned relationship and dating coach as I've mentioned. She's also a writer, and speaker, and the creator of the bestselling program Unlock His Heart, Never Lose Him. And she also created an online community for women, HealthyYouHealthyLove.com which is a blog and forum for women wanting to find love and keep love alive. I just think that is so fabulous. I love the work that you're doing. Just tell me, what was your inspiration behind on this work?

Nadine: Well, as I was going through my life and as I was dating and experiencing relationships, I found that a lot of people just didn't have basic relationship skills, they hadn't learned the simple stuff, the foundations of a healthy relationship. So I decided to have a look at my own personal challenges, and then at around the same time I actually became really unwell. So I further went down a really powerful personal development path and on this journey I learned some of the most amazing ways to live my life, to change my way of thinking, and to relate to people on a deeper level.

So when I understood myself, when I had a better relationship, a more intimate relationship with me, I realized that so many people just don't have these skills and as much as a relationship takes effort and a little bit of work at times (I'm a bit mindful of using that word 'work'), relationships really can be pretty easy when you have this knowledge, because it stops the complication, it puts an end to the drama, and it makes loving and relating and intimacy so much easier...

So that is my mission - to firstly help people learn the basics and then everything just falls together; so that's why I'm doing what I'm doing. And it's actually led into sex as well. I'm really big about the holistic side of dating and relationships, so I'm merging into the full spectrum of love and pleasure; the pleasure of relating, connecting, communicating, and then the body as well. That's where I'm at.

Jaki: Well, just hearing you talk about this, I can hear that in order for you to even begin to teach somebody else these skills and tools that you speak of, you'd have to have done that. Like you said, work on yourself, work on getting to the bottom of your issues and any things that are coming up, learn how to communicate responsibility and to become intimate with yourself first before you can become intimate with someone else...

And so I'm just really applauding you for the work that you've chosen to do on yourself so that you do have the tools and skills to share with our audience and how they too can

achieve that success in their own lives. And so you've got something that you're working on right now that I'm really excited to talk about today and that's how to *navigate through the make or break period in a new relationship or when dating*.

Nadine: Absolutely. When dating and during the initial part of a relationship (though there are make or break moments in a long term relationship too), there is a make or break period. And with a huge percentage of the population being single and out there dating it's important to know how to navigate through the initial period of a relationship. It is the most exciting and magnetic time of meeting someone and getting to know someone, but it's also the most scary; it can be such an emotionally challenging time because it can trigger all whole range of issues. And sometimes it's really hard to work out, is it me, is it them, what's going on? On top of that, we're filled with so much want and desire and I think that humans are really not good with the unknown.

Jaki: Yes, the known can be really daunting.

Nadine: Exactly. We want the crystal ball, and that's not possible when you first meet somebody. And so therefore, we have this idea, this fantasy of what we would like this new situation to be... Is this person the one?

All that stuff puts pressure on something that's new and it can unravel things pretty quickly. And I also think that internet dating has also contributed to a lot of this unknown as well because when we first meet someone, you may have met them online or you may have met them out through a friend, regardless of how you met them, a lot of the people you meet are internet dating as well, so it's making people less likely to commit and give something a chance. A lot of people think that they've got more options. So this is also impacting on the first eight weeks of dating. And also you don't know about the person's history necessarily. Have they just broken up with someone? Have they just gone through divorce? Have they gone through financial trouble? So we don't know what each other's triggers are and so it's a blind sail.

Jaki:

Right and so that first eight weeks is the most critical, and just seeing that online dating is a contributing factor, you think that just puts more pressure because there is so much more unknown, you don't know their history like you said, where they came from. Sometimes you'd meet somebody and they live in the same county, you have the same friends and so on, but now it's just so different with the online dating and so this is a really valuable subject. How does someone know when they've hit those triggers or what can you do to cause the eruption or things to kind of fall out in those first eight weeks?

Nadine:

Well, a lot of the things can happen and the biggest challenge for a lot of women is they will write into me saying something like this, "It started off so well. He was so attentive and it felt really good..." And then there might be a moment where the consistency or the energy starts to shift a little bit with someone, and the thing is today, it's not just gender specific. Women also change. Women can pull away from men too. It's just that when it's happening to us, we think it's a whole lot more painful and we often personalize it. And when we personalize someone's slight change in behavior -- now this is not to say that things don't come up -- I mean the guy could still be very consistent and still you're going to have things come up. However, it is the most documented or the most spoken about. "Oh my God, he's pulled away. What does it mean and what do I do?"

And so if this is happening, so for example the ladies are listening to this and they met someone new and there seems to be a bit of inconsistency, people are just working each other out and people are dealing with their own fears, their own insecurities. People do judge and it doesn't mean that someone's less interested because they've slightly pulled away. It could mean that something has happened in their life and they don't know if they want it share with you. It could mean that they are a little bit uncertain but it doesn't mean that they're not interested. They're just trying to work out where they're at. It could mean that they absolutely adore you and they're worried if they're enough for you. So there are so many reasons why someone can be guarded or change their behavior, and that is why it's the most critical time and it's important not to be reactive - So

when emotional, triggered or uncertain are you reactive or proactive?

Jaki: I love that.

Nadine: A lot of people become reactive to their emotions, but that doesn't mean that they go crazy. Being reactive, meaning they're reacting to their insecurities, to their fears, to the unknown and so forth and that behavior can be different for every person. So the fact is to know what your triggers are, what your reactive reactions are, so that you can change this and then be more proactive, so that you can make sure that you don't "break" something that could actually be a fantastic love in your life.

Jaki: Wow, that's fantastic. So if you know what your triggers are and you're aware of your issues, when you go into a new relationship, you can observe those. And when you're feeling triggered or you're feeling like reacting, when you've done this work that you teach, you can recognize what are your issues and your emotions, which may not necessarily be issues within the relationship itself. You can just hold that space at that critical time and be able to walk through and not overreact – not take what's happening so personally that you end up sabotaging something that could be quite lovely.

Nadine: Absolutely. And look, the reason why I love this topic at the moment is I actually recently went through this myself. Now it's not the first time I've gone through this and it's also something that I've been working with women around this topic for a long time, but I had to live it myself recently, so I had to put into practice all the things that I talk about. And it was a really challenging time for me, but it was also a really amazing time and I got to rediscover and look at some of my own insecurities and the way I was looking at things.

And for each of us, when there's a shift in attention or affection from a man we really like, most of us will be triggered in a different way? It could be that you feel that nothing ever works for you. It could be that you question yourself, your body, your physicality. You could question

whether you're good enough for somebody. I mean everyone's got their sticking points-- a lot of people probably have similar things but everyone does have a different way of looking at things...

Or maybe you think you're "too much" for a guy; that no guy is ever going to want you because you're too something. We all have our unique things and so we need to really tap into that and know what we need to do to work on, and then recognize the stuff we can just let slide and know that it's actually just our own challenges running and it has nothing to do with the situation. Then it's important to learn how to not let that drag that into a new budding relationship.

Jaki:

And so do you have a system in place; you said you just recently went through this and were able to use your own work on yourself. How do you recognize when you're being triggered or your issue has been touched on and how do you walk through that knowing that that's going on and simultaneously, you're holding a space for this person?

Nadine:

Once again, you just don't know what's going on in someone else's life, and I hear from women that they're sending men messages like... "Have you changed your mind about me?", "I really want to see you", "What's wrong?"...

Not to say that saying those things aren't okay; it's just that you're not even asking the question of how they are or you're not giving the guy some space to come back to you and instead, you're making it all about you. Of course if this person is hot and cold with you all the time and this is a pattern that's been going on for a long time, I would absolutely address that because I wouldn't want to be in that situation. But if it's like a one-off and it's random, and you don't really know what's going on, then give that person some space. Live your own life. The most important thing, as this is not just female specific; it's all human beings, we ought to have our own lives as well and we also have to have self-belief. And if that person, if we felt that there was a genuine connection and it felt really good and there's no real reason why it should change, then we need to trust the unknown and use what I call it the '3 W's'.

The thing is to remain ‘whole’. So this is believing in yourself, remaining whole, that you’re a complete human being, that you don’t need anybody else to complete you, and that you remain 100% connected to yourself. You remain whole or 100% worthy at ALL times...I’m not less or more, whether this guy shows me the same attention as he did last week, or even with a guy who doesn’t feel the same about you, you are 100% whole; so believing in that wholeness.

The other thing is remaining ‘warm’. As soon as you start throwing your weight around and throwing attitude and drama in the mix, then you’re giving into your triggers; so it’s really important to remain warm. Warm and loving...

It doesn’t mean that you don’t have boundaries. It doesn’t mean that you don’t discuss things with him. It doesn’t mean that there aren’t things to work out. It just means that you remain warm in the process, and that you’re not blaming or making someone wrong, or feeling disempowered because you’re taking everything personally.

The third one is ‘withstanding’. This is about going with the tide and not allowing yourself to be battered around by the waves, instead you just remain steady. You’re not doing anything drastic. Not being reactive but being proactive.

So the 3 W’s... if you can keep coming back to those, then you’ll be able to ride through the dating and new relationship stage. When you move through this time gracefully, you’ll let it evolve without force or trying to control and outcome. This new connection will then develop more organically and be a whole lot easier for you.



Jaki: Yes that was just so valuable and what a great skill I think if you have; you can develop that in yourself and be able to use the 3 W’s, observe what’s going on, know what your triggers are, and then be able to just stand in your own power and not give in to needing to know. Like you said, it just involves, and it sounds like a lot it’s imperative to have a lot of trust in yourself and just knowing your own self-worth.

How would you suggest a woman or a man if they’re having low self-worth - they may be doing those emails or those reactions where they’re like, I haven’t heard

from you, and do things that are sabotaging. What can that person do, or how can they behave in those instances to begin to bolster up their own self-worth so they don't sabotage?

Nadine: Self-worth is such a big topic and it would be fantastic to say, "okay, right, now that you've heard this you now feel worthy and 100% amazing no matter what's going on in your life". I mean no matter how evolved we are, it doesn't mean that we don't go through challenging times. But the more connected we are to our worth, the easier it gets.

Jaki: That's so true. That's so true and just knowing what that is and by following your 3 W's, that's the beginning of it. It's just right there. There are three things you can do right away in a relationship to stand in your own power.

Nadine: That's right and what happens a lot of the time with women is we lose our power when we start rating ourselves. I'm less. I'm more. He hasn't called today; oh he's thinking less of me. And we do this rating, rating, rating; it's exhausting.

And so one of the exercises I do to explain self-worth is to imagine a jar of sparkles. I've actually worked quite a lot with children and when I was working with kids, I had to think of ways I could explain self-worth to a child? And what I was finding is was that when we are feeling insecure and have issues around our worth, we often go into child mode, we're actually quite emotionally immature, and in that moment we can really feeling less than or question our worth. So I started doing this sparkle exercise with adults...

I said okay, so when we're born, when our parents had us, did they say, "Oh, I won't love Nadine or Jackie or whoever, Cindy or Annie unless she can walk and talk." Now, that's ridiculous. You adore and love that child the minute it comes into the world. So what happens is, basically we're born with a full jar of sparkle, like a full body of sparkle. We're 100%. We're born 100% worthy.

And so for example if you're in a family where creativity is really valued but being book savvy is not or the opposite, or being really sporty was of value in your family— For example,

I had a young client that I worked with and all the kids were very sporty and my client was really creative and as a result she felt like she was the odd one out and that she was less than because she was different. None of the other kids, nor the parents were musical or into drama and the arts, so she felt unaccepted as though no one could relate to her. So that was within that family environment, it could have been very different if she was born into another family.,,

And so in her mind, being different was like someone had put their hand into her jar of sparkle and taken something away from her, as though something was wrong with her, or even defective. But no one can access her worth and value. We are the keepers of our worth. And in addition, in actual fact, we can't take anything away from ourselves, we cannot take away our own sparkle. We are born innately worthy. So I don't know if this is making sense Jackie.

Jaki: No, it absolutely is. I love that you're talking about your inner child and actually knowing that what your childhood traumas or experiences were, they will actually give you the insights into why you're making the choices you're making today. So it makes perfect sense. I love how you're rearticulating it and I know our audience will understand that as well. And so when you talk about values, it absolutely has to do with your belief systems that were created when you were a child and a perfect example you used is being born into a family of achievers and maybe right-brained and then you're left-brained and so it's like you grow up thinking that you should be like them, when in fact you're beautiful just the way you are. And so you take that into your life and relationships and you project that on to your partner, and then you wonder why all these things happen.

Nadine: Exactly. It's all about this internal and external rating system, which is flawed and inaccurate-- we live in a culture where they're teaching us to rate ourselves to others so we consume and we buy and all this kind of stuff, and we buy into fear and insecurity about our body, our face and ourselves. It's okay to want to be the best and to look nice. I've got to make up on and I like to wear certain things that feel good to me, STILL at the end of the day, that doesn't make me less or more.

And so the most important thing is that no one can take anything away from you--you're born with that full jar of sparkle; you are you, I am me, and you and I are 100% of value and worthy. This never changes or drops. That's a perception in your mind that you are less or more based on all these things. And you're no less when some guy likes you or likes your girlfriend better.

I remember when I was younger, I never thought that I was attractive. I always thought that I would never be the kind of girl that guys liked, and over time, as I became more and more confident, I remember I had this moment in my life where I thought, what am I doing? Why am I rating myself? Why do I keep comparing myself to other girls and what they look like and what they're like?

The funny thing is, I actually did have guys who liked me but they were not necessarily the ones I liked at the time. These guys were often a little bit older because I was quite mature for my age. So at that time in my life when I was 13 or 14, I never felt like I was the one that got the attention and I remember feeling so devastated, and then it changed. I decided that I wasn't going to buy into the stuff that doesn't matter in this world and that I would become the best person I could be and I would embrace who I was...

I know it sounds a bit fluffy but everyone's got to do that and it does drastically change your life and how you relate with men and how you relate with anybody, all relationships.

Jaki:

Right and so that's a wonderful story and a truism for probably most people, especially in the adolescent years when we're all so sensitive by our environment and other factors especially of the culture that we live in like you mentioned, the materialism, and the media, and all the glitz and glam and the pressure to be more and to have more. It's easy to just kind of succumb to that unless you have that self-value system in place.

I know the work that you're doing teaches others how to not only create a high value for themselves but give them the tools for a healthy relationship, and so I was just looking over your free gift that you're offering for our audience today and I just wanted to know a little bit more about it. Your gift includes 16 words and phrases that poison attraction

and love and commitment. Can you tell us a little bit more about that?

Nadine: So my free gift is actually called ‘Word Poison’ and it’s a selection of words and phrases that we can use that can breakdown love and intimacy. Normally at the time we say these words and phrases, we often don’t even realize what we’re saying and what we’re doing, that can really off put or can create blocks in a relationship in the area of relating and when communicating.

The gift is a list and it’s a 10-page report that includes a snapshot of all the words and phrases in your dialogue that you can avoid using, some of the typical ones are in there and some other ones that you probably don’t even normally think about. And yeah, it’s amazing, communication is such a huge part of a relationship and often when we’re under pressure or we’re emotional, we often aren’t really aware of what’s running for us and the things that we say. So having this awareness and actually role-playing different ways to react is a great way to change your patterns. I’m a big believer in doing this.

For example – this gift links well into the first eight weeks of dating and relating somebody new, because it’s so easy to want to say or send that message when you’re feeling uncertain, doubtful or insecure. But if you’re doing the 3 W’s, you won’t buy into that insecurity nor act on it, and so ‘Word Poison’ will help you to be mindful about how you’re relating and communicating with a man.

Jaki: I can see how that would be such an incredible tool because there are things that I can say without really being unconsciously aware of that could trigger a man, a friend, a girl friend or anybody around me if I’m not conscious of how I’m communicating with others -so I think that’s just going to be very valuable. And I know a lot of people just aren’t conscious of what they’re saying. Also the negative dialoguing that we can have - like if you’re not feeling good about yourself, just even verbalizing that and having the ability to catch ourselves using these phrases, it’s going to be really helpful because sometimes we don’t even know what they are that are sabotaging it. Were just saying them out of

habit. We've been saying them for years and just to bring that to the surface and become more aware of it, that's a really fabulous gift. I love that you called it the words that poison or phrases that poison. It's just so true and communication is the biggest part of any balanced, healthy relationship.

Can you share a little bit about communication skills and conscious listening and anything like that? Maybe a couple tips on things that you can do right now to communicate in a more healthy way?



Nadine: Okay, so one of the things that most people do, when they're feeling anxious, they want to get rid of that feeling. So when we're feeling anxious, that's really when we do things or say things that we probably wish we wouldn't because we've become reactive. So what happens then is that you might send a message or you might try to communicate with someone in a certain way to relieve your anxiety-- and this is a really important point --to try and relieve the anxiety most people will do something. Normally it's something they know they probably best not do. Like you like a guy and he's not responded to your text for a few hours, instead of getting on with your life, you're feeling anxious and you want to feel better, so you text him to try and get some reassurance that he's still there, still interested in you. For about 10 – 90minutes you may feel better, but if you don't hear from him or the message isn't encouraging you then find yourself back in an state of anxiety. It's a never ending loop. You keep getting lured into the anxiety – so you do something again to ease the tension, the unknown, the doubt - because you don't want to feel this discomfort. So we want to break that cycle.

If you want to break that cycle, you need to start communicating with yourself differently. Start understanding what's really running for you; what's real and what's not. And you might need some help with that. Speak to a friend who knows you really well who's honest with you or obviously, see a professional. Then look at how you can change the way that you're communicating - because if know that what you've been doing is "reactive" and you know that you act on anxiety, then change it. Try something different.

Jaki:

I love that you said about communicating with yourself. It's like that's where it needs to begin, right? Because you need to just notice your triggers and notice how it's showing up in your body and just be tuned in to yourself enough to realize when you're vibrating a negative belief, or something's going through your mind over and over that causes you to want to act on it, to take action...

Instead of taking that action, you're suggesting to just observe it and to just look at it and possibly see where it's coming from. Follow it to its source so that you can heal and shift out of that way of being so that you don't mess up something that could be real and special...

It's never a good time to write an email or send a message when we're anxious – it's like you said, it creates a pattern that snowballs into something so much bigger...and I can completely relate to that. That's exactly what does that happen and probably the beginning of the end in that first eight weeks of a relationship where that's most likely to go on.

Nadine:

That's right and one of the things that a lot of us do is that we can assume so many things...

Assumptions are obviously quite dangerous when you're getting to know somebody. And so if you are communicating with someone, share it from your perspective...

The number one tip I can give you with communication right now is I'm feeling, my perspective is this. It's not... this IS how it is. So if there is something going on that you're confused or worried about, the truth is, you don't really know what the other person is thinking or feeling until you ask them. We can only know how we're feeling and how we perceive something. So it's really, really important when you're communicating with someone that you don't tell them what they're thinking. You tell them what you're feeling and how you're thinking, and it's crucial to you know that what you're thinking of feeling may not be accurate...

What you can say is, "I don't know if this accurate though my perspective and how I'm seeing it is like this..... How are you feeling about it?"

And another tip that's really helpful that's in both my programs - Never Lose Him and Unlock His Heart, is to

invite someone into a conversation. Say, “Hey, something’s been on my mind and I’d love to talk about it. I’d love to share something with you and are you open to talking about it?”

This allows someone to want to be in the conversation because it doesn’t feel like something’s being forced upon them, they have a choice- and most often the person will say sure. And once they agree to chat - then you don’t go into blame or wronging and you don’t go into fear; just share how YOU are feeling. And sure, you can say, “you know what, I’m feeling really fearful right now”. And make it a healthy conversation and not something that’s riddled with, “Oh you’re doing this and it must mean that.” You don’t know that.

Jaki: Well, absolutely incredible because you now just brought up *perception*- because that’s really it in a nutshell. It’s just all of our perceptions are so different and if we’re not able to really listen and first of all hear what’s going on in our mind, then we’re also not able to consciously listen to a partner or a friend, then we’re already making perceptions and judgments, and like you said, blame, and it just takes us out of the relationship and then were not relating any more and it’s not a relationship.

And so those are fabulous words of wisdom that you’re sharing with us about perception. I just think that your free-gift is going to give our audience immediate tools on those phrases and words that can be poisonous in a relationship and so I’m going to be taking a look at that. Thank you for offering that today and I just so enjoyed our conversation. You have so much wisdom and I know you’re a fabulous coach and I’m just thrilled to have you on this summit. I look forward to just talking with you more down the road. Do you want to add anything else?

Nadine: No Jackie. It’s been fantastic. I love sharing and I’m just pleased to be part of your summit and it’s been wonderful. Thank you for having me and thanks everyone for listening.

Jaki: Oh that’s great. It’s my pleasure to have you Nadine Piat.

~ END ~
